



## ADHESIVE ARACHNOIDITIS IS USUALLY ONE ENTITY IN A MULTI-SYSTEM DISEASE

Persons who develop AA have either had direct spinal cord and canal trauma from a severe accident such as a severe fall, or the AA is just one component in a multi-system disease.

Definition of Multi-System Disease: A multi-system disease is a single pathologic entity that attacks more than one organ or body system. The entity can be an infection, autoimmunity, or genetic disease.

### AA is Associated with Multiple Other Painful Diseases:

In studying persons with AA, those who developed AA without severe spinal cord and canal trauma had multiple painful diseases prior to developing AA. The Table shows the preceding diseases in 36 persons with MRI-documented AA.

### Implications of Multi-System Disease:

The simultaneous presence of pain in multiple organs or body systems has been overlooked as persons are usually given one label (example: fibromyalgia or AA) rather than multi-system disease. The causes of multi-system disease can be a reactivated virus (i.e., Epstein-Barr), genetic disease (i.e., EDS), or autoimmune disease (i.e., lupus, mixed connective tissue disease). Based not only on our studies of patients, but our surveys of patients in active pain treatment suggest that multi-system disease may now be the most common reason to develop severe, chronic, or intractable pain and the need for medical treatment.

Message to Persons with AA: To properly treat and control AA, a medical evaluation needs to be done to determine the underlying cause of the multi-system disease (i.e., Ehlers-Danlos, Epstein-Barr reactivation).

Special Note: Persons with multi-system disease are at high risk to develop AA with epidural injections, spinal punctures, and surgery.

<u>Painful Conditions That Preceded Adhesive Arachnoiditis in Patients with Elevated Epstein-Barr Virus Antibodies</u>		
<u>N = 36</u>		
<u>CONDITION</u>	<u>No.</u>	<u>%</u>
Arthritis	36	100
Neuropathies	36	100
Herniated discs	29	80.5
Migraine	27	75
Fibromyalgia	22	61.1
Irritable bowel	21	58.3
Temporal mandibular joint (TMJ)	20	55.6
Tarlov cyst	18	50.0
Bursitis	18	50.0
Sciatica	17	47.2
Loss of teeth	17	47.2
Spinal fluid leaks	15	41.7
Plantar fasciitis	15	41.7
Tendonitis	13	36.1
Complex regional pain syndrome (CRPS)	9	25.0
Costochondritis	8	22.2