



RISK FACTORS **FOR ADHESIVE ARACHNOIDITIS (AA)**

Arachnoiditis Hope was established about eight years ago to primarily develop a treatment protocol for AA. Essential to this effort was a determination of the cause(s) of AA. We have learned that the causes fall into two general categories:

1. Direct Spinal Injury (Examples: trauma, electrocution, infection, spinal fluid contamination)
2. Non-spinal Inflammatory Autoimmune Disease (Examples: psoriasis, Lupus, RA, Sjogrens, post-viral)

Direct spinal injuries may occur to persons in good health. Examples are auto accidents or electrocution in an industrial accident. Some non-spinal inflammatory diseases may eventually spread to the arachnoid membrane and cauda equina.

RISK FACTOR DEFINITION: We have identified seven risk factors that make an individual more likely than other persons to develop AA. Many persons who have AA report they had more than one risk factor before developing AA.

RISK FACTORS

1. Genetic connective tissue disease – Best known are Ehlers-Danlos Syndrome (EDS) and Marfan Syndrome.
2. Anatomic spine abnormality – Best known are scoliosis and spondylolithesis.
3. Ankylosing spondylitis – A genetic autoimmune disease that causes deterioration of spinal discs and vertebrae.
4. Autoimmune diseases – Best known are psoriasis, systemic lupus, and rheumatoid arthritis.
5. Severe non-spine trauma – These are vehicular accidents, falls, beatings (domestic or sports).
6. Severe infection – Best known are pneumonia, meningitis, Lyme, and infectious mononucleosis.
7. Multiple painful diseases – Two or more of the following painful diseases: fibromyalgia, migraine, irritable bowel, sciatica, carpal tunnel, small fiber neuropathy, arthritis, temporal mandibular joint, trigeminal neuralgia, myofascial pain syndrome, myalgiaencephalopathy/chronic fatigue (ME/CFS).

Special Note: Severe non-spine trauma and infections may occur years before AA develops.

SUMMARY: AA may develop from a direct spinal injury or from an inflammatory, autoimmune disease that originates outside the spine. The discovery that inflammatory-autoimmune diseases can originate outside the spine and spread into spinal tissue is a new medical concept.