Results: (BRACKETS DENOTE RESULTS IN DIAGNOSED CASES)

TOTAL NUMBER OF PARTICIPANTS: 29 (Female 18 Male 11)

Age range : 37-78

- Pain: 100% (see accompanying notes)
- Stiffness: 79 (79)%
- Muscle cramps/twitches/spasms: 79 (81)%
- Weakness: 69 (82)%
- Balance difficulties: 52 (70)%
- Numbness/tingling: 83 (86)%
- Bladder/bowel/sexual dysfunction: 59 (68)%
- Difficulty in thinking clearly/decision making/memory 52 (63)%
- Depression/anxiety: 66 (63)%
- Sleep disturbance: 69 ( 84)%
- Increased/decreased sweating increased: 52 (63)%
- Heat intolerance: 55 (58)%
- Intermittent low grade fevers: 21 (28)%
- Flu-like feeling and malaise: 62 (42)%
- Raised ESR /white cell count: 3 (14)%
- Enlarged lymph nodes: 14 (10)%
- Joint pains: 62 (72)%
- Skin rashes: 31 (32)%
- Frequent infections: 24 (20) %
- Sinusitis: 24 (32)%
- Slow healing/tendency to scar easily: 31 (29)%
- Limb/generalised swelling: 28(38)%
- RSD:1
- Trouble swallowing: 31 (27)%
- Angina type chest pain (but no heart disease found): 24 (31)%
- Weight gain: 55 (50)%
- Reduced mobility (i.e. house/chair/bed bound?): 62 (68)%
- Allergies (new, e.g. multiple drug allergies): 45(25)%
- Dizziness/vertigo: 38 (44)%

- Dry eyes/mouth: 55 (58)%
- Bruising: 41 (39)%
- Fatigue: 69 (76)%
- Dental problems (tooth/gum): 31 (28)%
- Low potassium: 1
- Abnormal blood tests: 14 (13)%
- Abnormal kidney function: 7 (7)%
- Abnormal liver enzymes: 1
- Osteoporosis: 10 (14)%
- Shortness of breath: 4I(32)%
- Lung problems 2 cases: (10%)
- Multiple pulmonary emboli Gastrointestinal problems: general 14 (41)%
- IBS: 24 (8)%
- Visual problems: 45 (45)%
- (Women) menstrual irregularities (if pre-menopausal)/early menopause/painful periods: 14 (14)%

Diagnosis of:

- Lupus: ?1
- Raynaud's disease: 4

Other autoimmune disease:

- Rheumatoid Arthritis: 1
- Thyroiditis: 2
- +hypothyroid: 1
- Mixed connective tissue disease (MCTD): 1
- non-specific inflammatory arthritis: 1
- Iritis: 1;
- Diagnosis of MS: 1

Other neurological diagnoses:

- Epilepsy: 1
- Muscular dystrophy: 1
- Chronic Fatigue Syndrome: 1

Miscellaneous conditions:

- Carpal Tunnel Syndrome: 1
- Sarcoidosis: 1
- Paget's disease (skull): 1
- Erythema nodosum: 1
- Granuloma annulare: 1
- renal calculi: 1
- sleep apnoea 1
- keratoconus + cataracts 1
- cystic ovary 1

TOTAL NUMBER OF RESPONDENTS: 29

AGE GROUPS:

- 30-40: 4
- 40-50 :12
- 50-60 : 7
- 60-70 : 4
- 70-80: 2

GENDER:

- MALE: 11
- FEMALE: 18

RISK FACTORS:

- TRAUMA: 2
- STENOSIS: 6
- SPINAL SURGERY: 16
- OIL-BASED MYELOGRAM: 6

- WATER-BASED MYELOGRAM: 11
- UNSPECIFIED MYELOGRAM: 2
- SPINAL/EPIDURAL ANAESTHETIC: 3
- EPIDURAL STEROID INJECTION: 14
- MENINGITIS(including chemical): 4
- LUMBAR PUNCTURE: 1
- SUBARACHNOID HAEMORRHAGE: 1
- TUMOUR (brain): 1
- DURAL TEAR/PUNCTURE/CSF LEAK: 4
- LUMBAR SYMPATHETIC BLOCK:1

MISCELLANEOUS ASSOCIATED CONDITIONS

- CONGENITAL ABNORMALITY (SPINAL): 1
- SCHEUERMANN'S DISEASE: 1
- SPINA BIFIDA OCCULTA: 1
- PAGET'S DISEASE IN SKULL: 1
- EPILEPSY: 1
- MUSCULAR DYSTROPHY: 1

PREVIOUS SERIOUS VIRAL INFECTION

- (EBV,HEPATITIS ETC.): 2
- POLIOMYELITIS: 1
- SPINAL FUNGAL INFECTION: 1

OTHER INFECTION:

- CHLAMYDIA: 1
- E.COLI 0157 : 1

LEVEL OF LESION(S):

- LUMBAR: 20
- THORACIC: 4
- CERVICAL: 7
- CRANIAL: 3

DIAGNOSES:

- FAILED BACK SURGERY SYNDROME: 3
- EPIDURAL/POST-OPERATIVE FIBROSIS:3
- MS: 1
- CFS: 1
- FMS: 3
- NEUROGENIC PAIN: 1
- RSD: 1

MEDICATION:

- OPIATES: 16 = 55%
- ANTI-INFLAMMATORY: 8 = 28%
- ANTIDEPRESSANT: 12 = 41%
- ANTICONVULSANT (e.g. Tegretol): 6 = 21%
- MUSCLE RELAXANT: 2
- BENZODIAZEPINE: 3