



LEAK WEEK / Day Four

1 March 2018



Day Four: Treatment

Hi <<First Name>>.

It was another really busy for Leak Week UK 2018 today.

We had loads of interaction on social media and some fabulous #WearBlueToo photos being shared around the globe.

The theme for today was 'Treatment' and you can check out the key resources for Day Four

at: www.csfleak.info/leakweek2018/dayfour



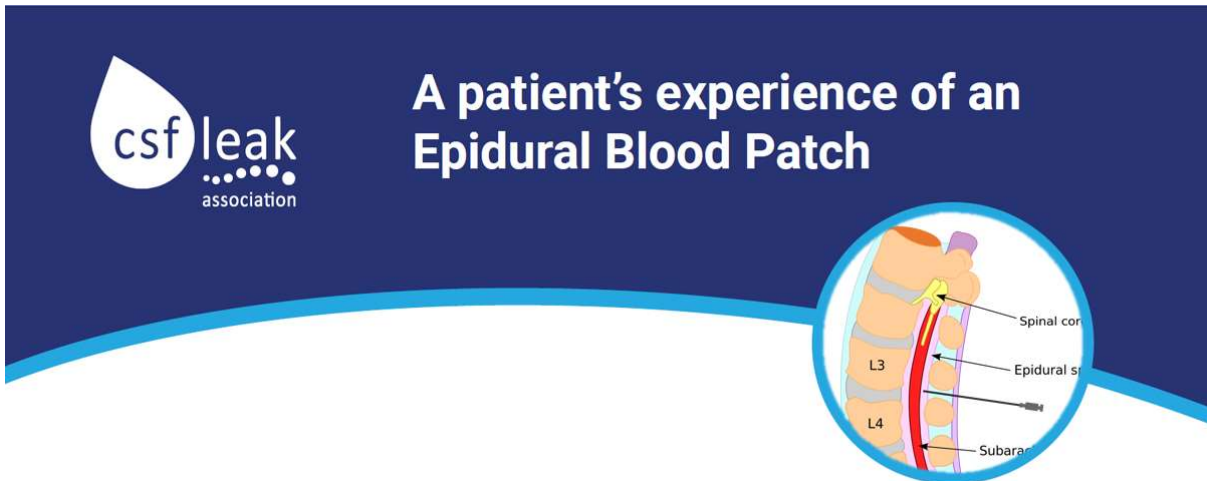
New content

Many people who experience symptoms of intracranial hypotension due to a CSF leak are lucky enough that conservative treatment (e.g. bed rest) does the trick. Unfortunately, a significant proportion of stubborn cases require treatment. Treatment options can vary from non-invasive caffeine infusions to more invasive procedures (including epidural blood patches), and sometimes surgery.

We've published two new documents today called 'A Patient's Experience of an Epidural Blood Patch' in which two spontaneous spinal leakers, Clare Joy and Robin Palmer Hosking, were kind enough to write about their personal experiences.

Although every person's experience of a blood patch is different, and doctors

approaches may differ a little between hospitals, we thought folk who've yet to have one would appreciate some firsthand accounts.



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A patient's experience of an Epidural Blood Patch

Spinal cord
Epidural space
L3
L4
Subarachnoid space

Read Robin's account by [clicking here](#) and read Clare's account by [clicking here](#).



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While doctors don't entirely understand why, caffeine may give some relief to symptoms caused by a CSF leak. Any improvement tends to be temporary and symptoms may return if the leak is not repaired.

Find out more about cerebrospinal fluid leaks
www.csfleak.info/findoutmore

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We also shared information about caffeine, which can sometimes take the edge off of the extreme headache symptoms experienced by spinal CSF leak sufferers.

Note: you should always consult with your doctor before increasing caffeine intake above normal levels or if you have any preexisting conditions that might be affected by it.

SPINAL LEAKER STORY



**“I’m scared of the future,
I’m scared of being this way forever...”**

Read my story at:
www.csfleak.info/profiles/suzannemorgan

Do something good for charity and support the CSF Leak Association today:
www.csfleak.info/donate

Leaker Profiles

Keeping leaker experiences at the forefront of our campaign this week, we have Leaker Profiles of Suzanne Morgan and Donia Wheelan centre stage.

Suzanne welcomed her second child to the world, but a very unwelcome set of events while the epidural was being placed prior to a C-section led her to develop a CSF leak.

She struggled with her health and two small children while she also had to fight her corner to obtain an blood patch.

You can read Suzanne's story at: www.csfleak.info/profiles/suzannemorgan

Some of you may already know Donia through her vlog on YouTube, where she has chronicled her CSF leak journey.

She developed a spontaneous CSF leak while she was 17 weeks pregnant and although treated successfully with a blood patch, she has had repeated leaks and repeated blood patches.

She has recently had positive experiences with caffeine infusions. You can watch her video below:



Bite-sized Facts

Throughout the week, we're releasing bite-sized facts, and today's fact is:

LEAK FACT #11

Spinal CSF leaks
reoccur in 10% of people*

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Cerebrospinal fluid leaks are not rare!
Find out more about cerebrospinal fluid leaks www.csfleak.info/findoutmore

* Schievink JAMA 2006 295(19):2286-96 Spontaneous spinal cerebrospinal fluid leaks and intracranial hypotension.
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#WearBlueToo

We've been really impressed with the lengths many of you are going to take up the

challenge of our #WearBlueToo campaign, all to raise awareness for our cause.

Your creativity and ingenuity really makes for a very engaging experience on social media. We really appreciate all your efforts, no matter how small...keep'em coming!

#WearBlueToo #CSFleak #LeakWeek #Headache #UprightHeadache



[Click here to visit our Leak Week UK webpage](#)


GET INVOLVED!

1. Add the Leak Week UK logo to your social media profile or page.
2. Share our Leak Week posts across social media using the hashtags #CSFleak & #LeakWeek.
3. Download our leaflets, factsheets & infographics and share them with your friends, GP and other medical specialists, like your neurologist.
4. Wear your CSF Leak Association wristband or dress in blue & make it a conversation starter with friends & colleagues at work.
5. Add a fundraiser for the CSF Leak Association to your Facebook page & help us fight for CSF leaks.

Leak Week UK

26 Feb - 4 March

2018



Raising awareness of cerebrospinal fluid leaks

www.csfleak.info/leakweek2018

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