

Transverse myelitis in Western Denmark - investigation procedures and treatment?

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Aim

A sudden rise in number of patients with myelitis admitted to the Spinal Cord Unit initiated this study. We observed variation in investigation procedures and pharmacological treatment, which we wanted to explore further.

Methods

Retrospective hospital based study. All patients with idiopathic myelitis admitted to the Spinal Cord Unit for rehabilitation in the period January 1st 2012 to February 15th 2013 were included.

Results

Number of patients	N=9 (F/M: 4/5)
Incidence	2.9/mill/year
Mean age	55 y (15-70y) male 59 y, female 48 y
Tetraplegic	66% (n=6)
Incomplete SCI	89% (n=9)

Investigation procedures

MRI of spine	100 % (n=9)
Lumbar puncture (incl. Aquaporin-4-antibodies)	100 % (n=9)
Evoked potentials	66% (n=6)

Conclusion

- Incidence similar to other reports but higher median age than previously reported.
- Differences in investigation procedures.
- Differences in dose of initial intravenous steroid treatment and length of steroid treatment
- Further studies are needed regarding differences in investigation procedures, pharmacological treatment and functional outcome.

Pharmacological treatment

Initial intravenous bolus of Methylprednisolone	100%(n=9)
Mean length of steroid treatment	101 days (12-224)(n=7)
Azathioprine	22% (n=2)
Plasmapheresis	33%(n=3)



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