

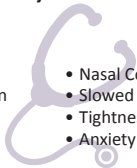
AUTONOMIC DYSREFLEXIA (AD)

A condition where the brain is unable to receive signals of distress from the nervous system (full bladder/bowel, pain, infection, etc.), requiring the body to utilize other methods to convey information.

Those with spinal cord injury at the sixth nerve of the thoracic spine or above are most commonly at risk, and in some cases the seventh and eighth nerve. Complete/Incomplete injuries are also at risk.

SIGNS & SYMPTOMS

- Sudden/Significant Elevation of BP
- Severe Headache
- Profuse Sweating
- Goosebumps
- Blurred Vision
- Seeing Spots
- Flushed Skin
- Nasal Congestion
- Slowed Pulse
- Tightness of Chest
- Anxiety



EMERGENCY TREATMENT

- + Sit up or raise head to 90°. Remain upright until BP is normal, based on SCI patient's normal baseline.
- + Loosen or remove tight clothing.
- + Check/empty bowel or bladder.
- + Call health care professional, even if symptoms go away.
- + Monitor BP every 5 minutes.

To obtain a complete guide, call toll-free 888.860.7244 or visit pva.org.



Paralyzed Veterans
of America



CHRISTOPHER & DANA REEVE FOUNDATION
PARALYSIS RESOURCE CENTER*