

## Fast Facts

### Guillain-Barré Syndrome

- Rare condition
- Exact cause unknown
- Immune system attacks nerves, resulting in them becoming damaged and preventing them from transmitting signals properly
- Usually appears within a few days or weeks after a respiratory or digestive tract infection
- Most commonly, infection with campylobacter, a type of bacteria often found in undercooked poultry, is the culprit
- Other possible causes are the influenza virus, cytomegalovirus, Epstein-Barr virus, Zika virus, Hepatitis A, B, C, and E, HIV, Mycoplasma pneumonia, and Covid-19 virus
- Recent surgery, trauma, or vaccination have triggered the illness in rare cases
- Several types: Acute Inflammatory Demyelinating Polyradiculoneuropathy (AIDP – most common in the US), Miller Fisher Syndrome (MFS), Acute Motor Axonal Neuropathy (AMAN) and Acute Motor-Sensory Axonal Neuropathy (AMSAN)

<b>Symptoms</b>	<b>Treatment</b>	<b>Prevention</b>
<ul style="list-style-type: none"> <li>-Tingling and weakness in feet and legs and spreads to upper body and arms</li> <li>-Muscle weakness evolves into paralysis</li> <li>-Prickling/pins and needles sensations in fingers/toes/ankles/wrists</li> <li>-Unsteady walking</li> <li>-Inability to walk or climb stairs</li> <li>-Difficulty with facial movements (ex. speaking, chewing, or swallowing)</li> <li>-Double vision or inability to move eyes</li> <li>-Severe pain that may feel achy, shooting or cramp-like</li> <li>-Pain may be worse at night</li> <li>-Difficulty with bladder control or bowel function</li> <li>-Rapid heart rate</li> <li>-Low or high blood pressure</li> <li>-Difficulty breathing</li> </ul>	<p><i>Goal:</i> Identify the condition early so treatment can be started as soon as possible</p> <ul style="list-style-type: none"> <li>-Plasmapheresis</li> <li>-Immunoglobulin therapy</li> <li>-Pain medication</li> <li>-Blood clot prevention medicine</li> <li>-Physical therapy</li> <li>-Adaptive devices (ex. wheelchair or braces)</li> <li>-Strong support system</li> <li>-Join a support group</li> <li>-Talk about any feelings or concerns with a counselor</li> </ul>	<ul style="list-style-type: none"> <li>-No specific way to prevent</li> </ul> <p><i>Reduce Chances of Developing an Infection:</i></p> <ul style="list-style-type: none"> <li>-Wash hands frequently and thoroughly using the proper technique</li> <li>-Keep body healthy by getting plenty of exercise, eating a nutritious diet, and getting adequate quality sleep each night</li> </ul>

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