

Syringomyelia (SM)

(Sear-IN-Joe-My-E-Lee-Uh)

SM, is a chronic disorder of the spinal cord which consists of the formation of a syrinx (a pocket of cerebral-spinal fluid sometimes referred to as a cyst, hydromyelia, or syringohydromyelia) inside the spinal cord cavity. The syrinx may expand and elongate as it encroaches on the spinal cord and can easily cause deterioration of the nerves. SM is sometimes progressively degenerative and typically has a slow onset, however, symptoms can very easily rapidly progress due to strain or by trauma to the spine. It can easily yield very painful neurological symptoms of varying intensities and at varying times. In fact, most patients with SM are quickly dismissed as being psychosomatic.



Side Effects:

A variety of neurological side effects including severe pain, possible pain induced vomiting, temporary or permanent loss of feeling in various parts of the body, sharp tingling or throbbing pain in un-isolated parts of the body, loss of hot and/or cold sensations in some areas of the skin, sudden hot and cold sweats, shooting pain in the arms and/or legs, weakness and/or wasting of the upper extremities, persistent extremely bad headaches, and in some cases stroke, blindness, paraplegia or quadriplegia can result.

Resources and References

National Organization for Rare Disorders (NORD)
http://www.rarediseases.org/search/rdbdetail_abstract.html?disname=Syringomyelia

Washington University School of Medicine
<http://neuromuscular.wustl.edu/spinal/syrinx.htm>

National Institute of Neurological Disorders
<http://www.ninds.nih.gov/disorders/syringomyelia/syringomyelia.htm>

Cleveland Clinic
<http://www.clevelandclinic.org/health/health-info/docs/1300/1352.asp?index=6126>

Mayo Clinic
<http://www.mayoclinic.com/health/syringomyelia/AN00464>

University of Maryland Medical Center
<http://www.umm.edu/ency/article/001398.htm>

Cedars-Sinai Institute for Spinal Disorders
<http://www.csmc.edu/5749.html>

The Alfred I. Dupont Institute
<http://gait.aidi.udel.edu/educate/syrsc0.htm>

eMedicine.com
<http://www.emedicine.com/neuro/topic359.htm>

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CHRISTOPHER S. BURTON
SYRINGOMYELIA
FOUNDATION

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Help Us Help Others™

It's called

Syringomyelia (SM)
(Sear-IN-Joe-My-E-Lee-Uh)



It is a chronic, painfully debilitating, often progressively degenerative spinal cord disorder, unknown to most doctors and there is NO CURE for it.

CHRISTOPHER S. BURTON
SYRINGOMYELIA
FOUNDATION

<http://www.SyringomyeliaFoundation.org>

About This Foundation

Several of my dear friends have assisted me in establishing this foundation and have been graciously volunteering their time to fulfill my wish and hope that no other person would **EVER** have to endure the pain and suffering that I have due to ignorance of SM in the medical community.

There are approximately 250,000 known diagnosed cases in the United States alone and it is my belief that there are far more undiagnosed cases due to the widespread lack of knowledge of this disorder.



Christopher S. Burton
Founding President

Our Mission

- ✓ **Raise and distribute** funds to those who are diagnosed with SM and can demonstrate a financial and medical need;
- ✓ **Assist** with short or long term financial assistance while social services are pending or insufficient;
- ✓ **Raise awareness** in the general public in hopes of finding a cure someday soon, and;
- ✓ **Educate** the medical community.

Currently there is no mechanism in place for immediate financial assistance for those who need it, like Christopher. We hope to bridge that gap for others so they do not have to suffer and learn the hard way too.

We Need Your Help to Help Others

Misdiagnosis Prevention – SM can yield a myriad of neurological anomalies which may appear to be symptoms of meningitis, narcotic withdrawal, or stomach viruses. SM is almost always mistaken for something else in the Emergency Room or the patient is dismissed as having psychosomatic symptoms. Only an MRI can show the presence of a syrinx or SM. It is our goal to educate the Emergency Room staff and medical schools across the country about SM.

How Can I Help? – Your donation is desperately needed funding that will allow this organization to fund each person with SM on a case-by-case basis and give them the attention and help they deserve. This foundation is a Non-profit Charitable Organization designed to educate and to improve the quality of life for those with the debilitating effects of SM affecting their every-day living. It is our belief that nobody should have to suffer and do without the care or medical equipment they may need. You may donate via our website or by mailing check or money order donations to us at:

Christopher S. Burton Syringomyelia Foundation, Inc.
P.O. Box 100335, Fort Lauderdale, FL 33310-0335

How is My Money Used? Since we are 100% volunteer operated, each person who works with us shares our passion for helping others gratuitously. We see ourselves as conservative stewards of what you donate.

- ✓ 10% of every dollar is committed to an endowment fund to ensure the work we do is perpetuated far into the future.
- ✓ We have set a goal for the remainder of no more than 10% for operating costs, which we see as possible with our all-volunteer workforce.
- ✓ There is an internal system of checks and balances to protect your donation so that the most funding possible addresses our stated goals.

SM Awareness Bracelet



Show your support and help raise awareness and funds for those who suffer from Syringomyelia (SM). These durable, all-silicone bracelets are white, which is the color that represents spinal cord disorders, and bear the phrase "**Syringomyelia (SM) Awareness.**" They are only \$5 each and, best of all, 100% of the proceeds are used for our charitable causes. Please visit <http://www.TheSMFoundation.org> to order yours today!

Emergency Medical Information Card

EMERGENCY MEDICAL INFORMATION	
Cardholder Information:	
John Doe 123 Main Street, Apt 2B Ft. Lauderdale, FL 33309	Phone: (555) 555-5555 Allergies: NONE DOB: 1-28-1985
Emergency Contact:	
Jane Doe (555) 555-5555 (Healthcare Surrogate)	
See Reverse Side For Important Medical Information About The Cardholder. <small>To order a new card please call 354 727 5077 or visit www.thesmfoundation.org/medcard</small>	
Primary Care Physician:	Medication List: (as of 7-19-2007)
Dr. Jim James, MD (555) 555-5678	1. Zoloft, 100mg, 1x/day/am, oral 2. Insulin, 32cc, 2x/day, injection
Pain Management Physician:	3. Neurontin, 300mg, 4x/day, oral
Dr. Joe Smith (800) 555-1234	4. Narco, 10mg, 4x/day/prn, oral
*Please contact physician BEFORE administering any pain medications.	5. Zanaflex, 4mg, 4x/day/prn, oral
Known Conditions:	6. Duragesic, 50mcg/hr, 1x/48hrs (Fentanyl Transdermal Patch)
Diabetes, Syringomyelia (SM)	

The Emergency Medical Information card has been deemed "BRILLIANT!" by countless doctors. Contains physicians' contact info, allergies and medication list, etc. Please visit <http://www.TheSMFoundation.org/medcard> for details. You DO NOT need to have SM OR ANY condition to get one.