

SEPTEMBER IS CHIARI AWARENESS MONTH

Chiari Takes a Toll

The following deals with the psychological impact that Chiari can have on patients. It in NO way is implying that Chiari symptoms aren't real. Rather it is highlighting the devastating effects Chiari, and its symptoms, has on people.

Results from over 950 adult women with Chiari who participated in the Chiari 1000 show that Chiari takes a devastating toll on psychological well-being. The Chiari 1000 includes widely accepted scales to assess depression, anxiety, and PTSD (post-traumatic stress disorder). Over three quarters of the Chiari women showed signs of significant depression, and over one third scored as severe or extremely severe. The anxiety scale produced similar results, with over 40% of the group exhibiting severe to extremely severe anxiety. Incredibly, the results also indicated that half of the women would possibly meet the diagnostic criteria for post-traumatic stress disorder (PTSD). Clearly, moving forward, the psychological impact of Chiari needs to be considered as part of the standard of care.