

WHAT IS CAUDA EQUINA SYNDROME?

CAUDA EQUINA SYNDROME (CES) is a little known but debilitating condition that can result in permanent loss of function of lower spinal cord nerves. Although nerves are protected by the backbone they are still vulnerable to injury, trauma and disease.

If diagnosed quickly it can be prevented.

MONITOR YOUR SYMPTOMS

Act now if you develop these red flag symptoms:

- Severe pain in back, buttocks, perineum, genitalia, thighs and legs;
- Loss of sensation or weakness in one or both legs;
- Saddle numbness (loss of feeling in the body areas that sit on a saddle – buttocks, anus and genitals, inability to feel toilet paper when wiping);
- Recent onset of bladder dysfunction (inability to urinate / difficulty initiating urination / loss of sensation when you pass urine / incontinence / loss of the full bladder sensation);
- Recent onset of bowel dysfunction (bowel incontinence / constipation / loss of sensation when passing a bowel motion);
- Recent loss of sexual function (inability to achieve erection or ejaculate / loss of sensation during intercourse).

**IF YOU HAVE ANY CONCERNS ABOUT YOUR SYMPTOMS,
CONTACT YOUR DOCTOR OR GO TO YOUR HOSPITAL
EMERGENCY DEPARTMENT IMMEDIATELY.**

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