



## Chiari Malformation

Chiari malformations (CMs) are structural defects in the cerebellum, the part of the brain that controls balance. When the indented bony space at the lower rear of the skull is smaller than normal, the cerebellum and brainstem can be pushed downward. The resulting pressure on the cerebellum can block the flow of cerebrospinal fluid (the liquid that surrounds and protects the brain and spinal cord) and can cause a range of symptoms including dizziness, muscle weakness, numbness, vision problems, headache, and problems with balance and coordination. There are three primary types of CM. The most common is Type I, which may not cause symptoms and is often found by accident during an examination for another condition. Type II (also called Arnold-Chiari malformation) is usually accompanied by a myelomeningocele—a form of spina bifida that occurs when the spinal canal and backbone do not close before birth, causing the spinal cord to protrude through an opening in the back. This can cause partial or complete paralysis below the spinal opening. Type III is the most serious form of CM, and causes severe neurological defects. Other conditions sometimes associated with CM include hydrocephalus, syringomyelia, and spinal curvature.

Source: National Institute of Neurological Disorders and Stroke  
<http://www.ninds.nih.gov/disorders/chiari/chiari.htm>

### Web Sites

<http://www.aans.org/en/Patient%20Information/Conditions%20and%20Treatments/Chiari%20Malformation.aspx>

#### **American Association of Neurological Surgeons (AANS): Patient Information – Chiari Malformation**

The AANS provides information on four types of chiari malformation, syringomyelia and hydromyelia, including symptoms, diagnosis and treatment.

<http://www.asap.org/>

#### **American Syringomyelia & Chiari Alliance Project (ASAP)**

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-ASAP-282 (Toll Free)

E-mail: [info@asap.org](mailto:info@asap.org)

ASAP provides information regarding Chiari (CM) and syringomyelia (SM) and related disorders and support for people with these disorders and their families and caregivers. The organization also funds research and sponsors an annual medical conference.

<http://www.csfinfo.org/>

**Chiari & Syringomyelia Foundation (CSF)**

29 Crest Loop

Staten Island, NY 10312

Phone: 718-966-2593

CSF is an education and advocacy organization. There are currently six regional CSF chapters in the United States.

<http://www.conquerchiari.org/>

**Chiari & Syringomyelia News**

A newsletter published by the C&S Patient Education Foundation, known informally as Conquer Chiari. The website also includes general information on Chiari, updates on the latest research, and links to support groups.

<http://www.lulu.com/content/e-book/i-have-what-a-kids-guide-to-chiari-type-1-malformation/6571033>

**I Have What?: A Kids' Guide to Chiari Type I Malformation.**

Free downloadable booklet written by M. Preston Byrne for kids.

[http://www.ninds.nih.gov/health\\_and\\_medical/disorders/chiari\\_doc.htm](http://www.ninds.nih.gov/health_and_medical/disorders/chiari_doc.htm)

**National Institute of Neurological Disorder and Stroke: Chiari Malformation**

Informational fact sheet on Chiari malformations that includes treatment, prognosis and links to research and patient studies.

[http://www.muhealth.org/body.cfm?id=336&action=detail&aeproductid=Greystone\\_peds&aearticleid=1103](http://www.muhealth.org/body.cfm?id=336&action=detail&aeproductid=Greystone_peds&aearticleid=1103)

**University of Missouri Health System: Chiari Malformation**

Information on Chiari malformations including symptoms, diagnosis and treatment.

[http://www.familyvillage.wisc.edu/lib\\_arnd.htm](http://www.familyvillage.wisc.edu/lib_arnd.htm)

**University of Wisconsin's Family Village: Chiari Malformation**

A portal site with links to organizations, chat rooms and other places to learn more about Chiari malformations.

<http://www.wacma.com/>

**World Arnold Chiari Malformation Association (WACMA)**

WACMA provides support and information to people affected by the Arnold Chiari malformation and syringomyelia.

<http://www.pressenter.com/~wacma/arnie.htm>

**WACMA's Doctor Listings**

A list of doctors experienced with Chiari malformations compiled by members of the World Arnold Chiari Malformation Association.

### Chat Rooms

<http://health.groups.yahoo.com/group/chiari/>

#### **World Arnold Chiari Malformation Association Support Group**

An online support group for and about those who suffer from Chiari Malformations with or without syringomyelia/syrinx.

<http://health.groups.yahoo.com/group/chiari-kids/>

#### **World Arnold Chiari Malformation Association Support Group—Kids and Teen Discussion**

An online support group specifically geared towards kids and teens.

[http://health.groups.yahoo.com/group/Chiari\\_Information2/](http://health.groups.yahoo.com/group/Chiari_Information2/)

#### **Chiari Malformation Information**

Medical information and support for those who have Chiari malformations.

### Specialized Center

<http://www.chiariinstitute.com/>

#### **The Chiari Institute**

865 Northern Boulevard  
Great Neck, NY 11021  
Phone: 516-570-4400

The Chiari Institute is a comprehensive, multidisciplinary center for the management of patients with Chiari Malformation, syringomyelia, and related disorders.

The following books are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click *Borrow from Our Lending Library* under PRC Quick Links.

### Books

- **Arnold-Chiari Malformation: A 3 in 1 Medical Reference.** San Diego, CA: Icon Group International, Inc., 2004.
- **Chiari Malformation and Syringomyelia: A Handbook for Patients and Their Families.** Ulrich Batzdorf, M.D. Editor. Raleigh, N.C.: Lulu.com, 2008.

- D'Alonzo, Raphael. **Contents Under Pressure: One Man's Triumph Over Chiari Syndrome.** Lulu Publishing, 2008.
- Hewitt, John. **Chiari Malformation: Causes, Tests and Treatments.** Jacksonville, Fla.: Kenrose Media, 2011.
- Labuda, Rick. **Conquer Chiari: A Patient's Guide to the Chiari Malformation.** Wexford, Penn.: C&S Patient Education Foundation, 2008.
- **The Official Parent's Sourcebook on Chiari Malformations.** San Diego, CA: Icon Group International, 2003.
- Oro, John J. and Diane Mueller. **The Chiari Book: A Guide for Patients, Families and Health Care Providers The Chiari I Malformation and Syringomyelia.** John J. Oro & Diane Mueller, 2007.

**The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.**