WHAT IS AUTOIMMUNE ENCEPHALITIS?

AE is caused when the immune system makes antibodies that are not supposed to be there. These antibodies attack healthy brain cells, wrongly identifying them as invaders, causing inflammation of the brain.

PREVALENCE

Autoimmune Encephalitis prevalence-1.2 per 100,000 (5-8 cases). It can affect patients of all ages including infants and the elderly.

WHAT CAUSES AE?

Two potential triggers of AE are tumors and viral encephalitis. In 40 to 50% of the cases, the cause cannot be established. No apparent immunologic triggers is leading some researchers to postulate a genetic predisposition. Further research is needed.

SYMPTOMS

Seizures often appear first with children. Psychiatric symptoms appear first in teens and adults. All brain functions can be compromised: emotions, psychosis, memory, cognition, problem solving, speech, movement, seizures, balance, visual processing planning, sensory, hunger, thirst, behavior and personality traits, often followed by suppressed levels of consciousness and coma may occur.

RECOVERY

The speed of recovery, degree of residual deficit, and frequency of relapse vary according to the type of AE. AE is a highly treatable group of diseases and many of the symptoms of AE can be reversed. Patients often have persistent cognitive and neuropsychiatric problems that persist for years, if not forever.

DIAGNOSIS

Blood tests and lumbar puncture are needed. A brain MRI scan. EEG tests to view any abnormalities in brain wave pattern.