



2026 Leak Week Proclamation

WHEREAS, spinal cerebrospinal fluid (CSF) leak, also known as intracranial hypotension, is a significant, incapacitating, and underdiagnosed but treatable cause of new-onset headache; and

WHEREAS, while the most common symptom is disabling positional head pain that is worse when upright and improved when lying down, spinal CSF leak can also cause a wide range of symptoms and serious complications, including hearing loss, vision disturbances, dizziness, tinnitus, stroke, dementia, Parkinsonism-type symptoms, and coma; and

WHEREAS, spinal CSF leak occurs when there is a hole, or tear, or other defect in the dura mater, the protective sheath that surrounds the brain and spinal cord, allowing CSF to seep out of the dura mater and causing a loss of CSF volume around the brain and spine; and

WHEREAS, spinal CSF leak can be caused iatrogenically, via medical procedures such as lumbar punctures, epidurals, or surgeries; spontaneously, as is the case with CSF-venous fistulas, bone spurs, or other spontaneous causes; and/or via accidental or other traumatic injury to the spine; and

WHEREAS, diagnosis is often missed or delayed due to low awareness among health care providers, and diagnostic imaging is often insufficiently sensitive to confirm a diagnosis or locate a spinal CSF leak; and

WHEREAS, patients report significant delays in accessing treatment options, including epidural blood and/or fibrin glue patching, embolizations, or surgical interventions, due to said low awareness; and

WHEREAS, each of these limitations negatively impact treatment outcomes, and contribute to additional patient suffering; and

WHEREAS, the incidence and prevalence of this disorder has been challenging to study due to underdiagnosis and a lack of research funding; and

WHEREAS, greater awareness and understanding is vital to ensure the timely diagnosis, treatment, and best possible outcomes for patients suffering from spinal CSF leak;

NOW, THEREFORE, BE IT RESOLVED THAT I, _____ designate the week of June 1 through June 7, 2026, as "Spinal CSF Leak Awareness Week" in _____ and recognize the importance of understanding the impact of this disorder.

