

Cauda Equina Syndrome (CES)

YOUR 5 RED FLAGS TO SAVE YOUR SPINE

S

SADDLE ANAESTHESIA

P

PAIN

I

INCONTINENCE

N

NUMBNESS

E

EMERGENCY

What is CES?

CES occurs when a bundle of nerves below the end of the spinal cord is damaged. Without fast treatment, permanent nerve problems and even paralysis can happen.

What causes it?

- Back / spine problems such as a slipped disc
- Tumours near the spine
- Injuries

Symptoms can develop slowly over months or suddenly – within a few hours.

Could we help you?

The Coloplast Nursing Service specialise in **bladder and bowel management** including stoma care. If you have concerns or would like to discuss your bladder and bowel routine, contact us on the details below for a free review with a local experienced bladder and bowel nurse specialist.

Call the nurse booking line: 086-2566597

or

Email: gbemy@coloplast.com

Spinal Injuries Ireland's mission is to engage with people with a spinal cord injury and their families, to address barriers to full participation in society and to empower them to work towards achieving personal, social and vocational goals.

Visit: www.spinalinjuries.ie

Call: +353 1 653 2180

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