

Folic acid deficiency as a possible cause of hypermobile Ehlers-Danlos

17 years ago I published my theory that folic acid (FA) deficiency could be the cause of hypermobile Ehlers-Danlos (EDSh) collagen abnormalities.

I published this in the best Rheumatology journal in the USA, Arthritis & Rheumatism, in February 2006 (in the discussion section that appears on page 519). A little earlier I also published it on my website, in Spanish and English. www.reumatologia-dr-bravo.cl. Also, on my website you can find much more information about folic acid. I recommend using the search engine.

Recently, April 2023, a group from Tulane University, in New Orleans, USA, published, as a novelty, the same theory that I had announced in 2006, as if it were a new observation. The reference of such article is:

J Courseault, C Kingry, V Morrison et al. Folate-dependent hypermobility syndrome: A proposed mechanism and diagnosis. *Heliyon*, 2023;9(4):e15387 DOI:10.1016/j.heliyon.2023.e15387. 58 other papers are cited, but not mine.

I have contacted the lead author Dr. Courseault and let them know of my publication, which they apparently did not know and have not acknowledged my credit. Credit should be given to whom it is due.

In any case, this news gives me great pleasure by confirming that, by having given folic acid to some 10,000 of my patients in the last 20 years, I have contributed to alleviate or prevent many cases of hypermobile Ehlers-Danlos. In addition, as it is known, AF is necessary to prevent congenital malformations in pregnancy and especially Open Spina Bifida (Myelo-Meningocele). As many of my patients have continued taking AF daily for years, it is very likely that those who got pregnant while taking this vitamin regularly avoided having children with congenital malformations.

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