



WHICH PAINFUL DISORDERS DO YOU HAVE?

If you have chronic pain, you and your medical practitioners must know if you have one or more of these four disorders. Here are four Diagnostic Questionnaires to help you. If you answer yes to over half of any of these, you need to share this information with your family and physicians to help you determine a course of action.

1. INTRACTABLE PAIN SYNDROME (IPS)			
	QUESTIONS	YES	NO
1	Have you been told you have an incurable disease or injury?		
2	Do you have constant 24/7 pain?		
3	Do you have osteopenia, osteoporosis, or joint arthritis?		
4	Does your pain keep you from falling asleep, or staying asleep?		
5	Have you lost most of your sex-drive?		
6	Have you lost most of your appetite?		
7	Have you been told you have abnormal blood glucose or cholesterol?		
8	Do you have episodes of intense heat, profuse sweating, and elevated temperature?		
9	Are your hands and feet cold much of the time?		
10	Does the skin of your hands/arms and or feet/legs change color to blue, purple, pale red?		
11	Is your blood pressure elevated much of the time?		
12	Have you had a stroke, heart attack or have an enlarged heart?		
13	Does your pulse rate elevate much of the time?		
14	Do you often have difficulty paying attention to conversations or focusing your eyes on what you are reading?		
15	Are you often too fatigued to leave home?		
16	Do you have periodic anxiety attacks with sweating, headache, and racing heart rate?		
17	Have you lost teeth, or do you have worsening dental problems?		
18	Do you sometimes hurt all over, and does it hurt to be touched?		
19	Is it sometimes painful to comb your hair, brush your teeth, or cut your nails?		
20	Have you developed diabetes since you have had constant pain?		
Special Note!	IPS is a serious, life-shortening condition due to cardiovascular and endocrine complications.		
2. EHLERS DANLOS SYNDROME (EDS)			
	QUESTIONS	YES	NO
1	Do you have pain in multiple locations?		
2	Do you have extreme fatigue?		
3	Are you clumsy sometimes and fall or walk into objects?		
4	Are some of the joints in your hands, feet, elbows, hips, or knees "loose" or very flexible?		
5	Have you had a lot of sprains or joint dislocations?		
6	Is your skin thin in places?		
7	Are you double-jointed or able to bend your fingers, arms, or ankle backwards?		
8	Are your hands and feet cold much of the time?		
9	Do you bruise easily or have bruises that suddenly occur?		
10	Is your skin "stretchy" in some places?		

11	Are you constipated a lot?		
12	Do you suffer from “heart burn” or frequent episodes of food regurgitation?		
Special Note!	Many persons are not aware they have this condition! It may cause IPS and AA. Ref. Claude H, Lucette D. Ehlers-Danlos, an Unknown and Disturbing Syndrome. Free Comments. Theranostics Brain Disord. 2017; 2(4): 555591		
3. ADHESIVE ARACHNOIDITIS (AA)			
	QUESTIONS	YES	NO
1	In addition to chronic pain, do you ever experience sharp, stabbing pains in your lower back when you twist, turn or bend?		
2	Do you ever experience bizarre skin sensations such as crawling insects or water dripping down one or both legs?		
3	Do you ever have burning, tingling, or a sensation of walking on broken glass in your feet and/or toes?		
4	Does your pain become worse while standing, sitting, and/or walking?		
5	Do you have leg weakness and/or pain that radiates down one or both legs?		
6	Do you experience any bladder dysfunction such as dribbling, or difficulty when starting or stopping urination?		
7	Do you sometimes have a headache along with blurred vision?		
8	Have you been told you have spinal discs that are protruding (bulging) into your spinal canal, scoliosis, osteoporosis, or other spine disorder?		
Special Note!	Other causes of inflammation inside the spinal canal may produce similar symptoms. The conditions include chronic cauda equina syndrome, epidural fibrosis, and plain arachnoiditis.		
4. INFLAMMATION IN CENTRAL NERVOUS SYSTEM (ICNS)			
	QUESTIONS	YES	NO
1	Do you have sudden periodic episodes of intense heat?		
2	Do you have sudden periodic episodes of profuse sweating?		
3	Do you feel like your body has too much electricity?		
4	Do you have periods of burning in your feet, hands, pelvis, or buttocks?		
5	Do you have periodic episodes of the sensations of stabbing pins and needles, or bugs crawling on your skin?		
6	Are you sensitive or become nauseated and dizzy in heat, as on hot summer days?		
7	Do the areas over your spine sometimes become red and hot?		
8	Does your temperature rise at times?		
9	Are your pain flares accompanied by intense heat and profound sweating?		
10	Do you have periods of stabbing, shooting, or jerking pains?		
11	Do you have recurrent pain flares you can’t control?		
12	Have you been told you sometimes have a high white blood cell count?		
13	Have you had a blood test that shows elevated inflammatory markers?		
Special Note!	ICNS is often called “neuroinflammation.” It is an underlying cause of IPS and makes the CNS overly sensitive to touch, minor injury (i.e., “central sensitization.”) ICNS is usually progressively destructive to CNS tissue, so it must be treated.		

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