

WHAT DOES CONSTANT 24/7 PAIN REALLY MEAN?

Many people have chronic pain. If you are over age 60, you probably have some bothersome pain from arthritis, bunions, carpal tunnel, TMJ, or a neuropathy.

These common conditions cause intermittent pain which may be quite bothersome. There are some unfortunate persons, however, who have terrible, grueling pain that just won't go away. It's there 24/7. It's the kind that keeps you awake and makes you feel so "sick" you can't read, think, or socialize, and it will force you to take cover on the couch or in bed. The pain can be primarily located anywhere on the body such as the hip, neck, or back but when it flares you feel it "all over" and it is intense.

The Meaning: Constant pain means you have a primary or underlying disease or injury that has emitted and sent so much electricity to the brain and spinal cord (also called the central nervous system, CNS), that inflammation forms inside the CNS. Then the brain chemicals and tissue action sites (technically called neurotransmitter-receptor systems, NTRS) that normally control and shut down pain become damaged and impaired. The chemicals your own body makes for pain control, and medications will stop working correctly because of the damage to these chemical-tissue receiving sites.

Necessary Action: Constant pain means you need a program or protocol to treat your basic injury or disease. One that reduces electric impulses and helps rebuild the damage to the NTRS in your spinal cord and brain. Symptomatic pain relievers are usually a "must", but they don't treat or reverse your basic problem.

New Hope and Healing: Due to new research, we now call the constant pain condition the Intractable Pain Syndrome (IPS). It's called a "syndrome" because of the many manifestations of the condition.



Step one to a better life is to understand what has happened to your body and mind.

Start studying IPS to develop your treatment program.

