IPS Intractable Pain Syndrome Research & Education Project

**CHRONICLE 15**
**SEPTEMBER 2020**

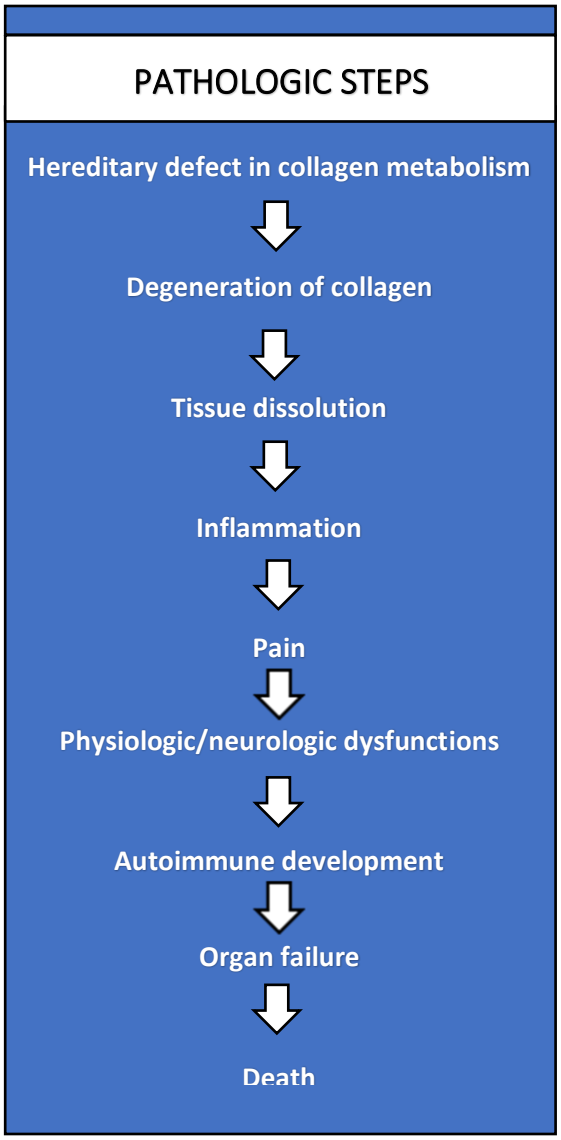
# HEREDITARY COLLAGEN DISORDERS (HCD) OF THE EHLERS-DANLOS SYNDROME (EDS) TYPE IS A COMMON CAUSE OF IPS

EDS is the best known of the hereditary collagen disorders. From birth, persons with HCD are preprogrammed to start dissolving collagen at some location in the body, as HCD cause a defect in the way collagen is produced or maintained throughout all tissues. The letters EDS, as used here, will include all collagen-related disorders. All have one pathologic thing in common. They cause the collagen that hold tissues together to deteriorate and dissolve.

The fine and soft tissues that are the most susceptible to dissolution are found in such anatomic locations as joints, ligaments, eye, spine, gums, and intestine. When these tissues deteriorate and begin to dissolve inflammation, pain, and neurologic impairments begin. The tissue may or may not rebuild and usually leaves permanent damage, pain, and/or disability.

Collagen deterioration may start in childhood or in middle age. The first site to be affected may be an intervertebral disc, spinal canal covering, eye, or joint. It is unknown currently what the exact mechanism is, or what precipitating factors such as virus or trauma that initiate this reaction. Regardless, collagen dissolution will move to a new and different locations once the hereditary preprogramming begins. EDS commonly hits the spinal canal and spine. The first major problem may be a cerebral spinal fluid leak, protrusion of a disc, Tarlov cyst, or arachnoiditis. Given the predilection to hit the spine, EDS may produce the complication of IPS. In fact, it almost seems to be emerging as the 1st or 2nd most common cause of IPS.

If you have developed a spine or pain problem without an injury or other obvious cause, you should be screened for EDS.

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