

Constant (24/7) PAIN- JUST WHAT DOES IT MEAN?

Constant Pain (CP) compared to on-and-off or periodic pain is a serious biologic occurrence. Anyone who has pain that “never leaves” must fully understand what it means, and the measures one must take to avoid a shortened, miserable life.

BIOLOGIC MEANING OF CP

You have, or have had, a pain condition that has sent so much bioelectricity into the brain and spinal cord (Central Nervous System-CNS) that it caused inflammation which has destroyed some tissue elements (e.g. neurons, receptors) that normally shut off or cancel pain. You now are left with pain that “never leaves” and is constant.

THE COMPLICATIONS OF CP

CP, if not controlled, will wipe out and destroy CNS tissues that make the neurotransmitters (CNS chemicals) and hormones that control and stop pain. If enough CNS tissue is destroyed the person is not only left with CP, but possibly with insomnia, loss of appetite, fatigue, mental impairment, inability to function, and a shortened life-span. Endocrine (hormonal), cardiovascular dysfunction can develop. When this occurs, it is called intractable pain syndrome (IPS).

MAJOR MEANING

If a person has CP, it means they have to be treated quite differently from a person who has the usual on-again-off-again chronic pain that is normally seen with such common conditions as arthritis, fibromyalgia, carpal tunnel, bunions, or headache. Here is the major meaning: you will have to treat the condition that is causing the pain as well as the inflammation and tissue destruction in the CNS. CP also means you can't just rely on opioids or other single medications and either hope to find consistent comfort and stop progression of your condition.



**You can't treat CP
like the usual pain
condition.**

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