

CONSTANT PAIN (CP) CATEGORIES
WHICH ARE YOU?

Like any other disease or disorder, constant pain (CP) is categorized as mild, moderate, or severe.

Why is **categorization** important?

Your treatment program will vary depending on your category.

WHICH CATEGORY ARE YOU?

MILD CP: also called Intractable Pain (IP)

- Aware of pain at all times
- Can work, drive, care for family
- Require daily medication, but opioids are used only for flares
- Normal hormone, neurotransmitters, and inflammatory markers
- Blood pressure and pulse normal
- Sleep medication seldom required

MODERATE CP: also called Intractable Pain (IP)

- Aware of pain at all times
- Cannot always work or function well
- Requires daily, low to moderate opioid dosages
- Need some medication to help sleep
- Periodic elevation of blood pressure and pulse rate
- May or may not have some hormone, neurotransmitter, or inflammation marker abnormalities

SEVERE CP: Is the Intractable Pain Syndrome (IPS)

- Aware of pain at all times
- Bed or couch bound some days each week
- Requires high dose, daily opioids
- Requires sleep medication
- Has hormone, neurotransmitter, and/or inflammatory marker abnormalities
- Blood pressure and pulse rate are elevated on most days



**Persons with Mild
or Moderate CP
Need to Prevent
Progression to
Severe (IPS)**

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