

**CRITERIA FOR INTRACTABLE PAIN SYNDROME**

To make a diagnosis or claim of IPS, the following five criteria must be present:

1. Constant severe (never leaves) pain
2. At least 2 or more of these symptoms are present:
  - a. Extreme fatigue
  - b. Change in appetite
  - c. Decreased attention span
  - d. Insomnia
  - e. Episodes of heat/sweating
  - f. Memory loss
3. A specific underlying cause of pain
  - a. Adhesive arachnoiditis
  - b. Reflex sympathetic dystrophy (RSD), Complex Regional Pain Syndrome (CRPS)
  - c. Traumatic brain injuries (TBI) (stroke, trauma)
  - d. Advanced osteoarthritis
  - e. Genetic connective tissue/collagen disorder (Ehlers-Danlos Syndrome type)

There are other rare causes including porphyria, sickle cell disease, interstitial cystitis, Lyme, and rare genetic disorders. The following are not specific diagnoses: “failed back,” “sprain-strain,” neuropathy, headache, “back pain.”

4. Cardiovascular hyperarousal
  - a. Episodes of hypertension and tachycardia (elevated pulse rate)
  - b. Cold hands/feet
5. Laboratory abnormalities of the endocrine and/or immune systems
  - a. Hormones: cortisol, DHEA, pregnenolone, testosterone
  - b. Hyper or hypoglycemia
  - c. Elevated inflammatory markers, erythrocyte sedimentation rate (ESR), C-reactive protein (CRP), cytokines-leukotrienes, tumor necrosis factor

***SPECIAL NOTE: Any person who meets the IPS criteria should discuss the matter with their family and medical practitioners.***

**ANNOUNCEMENT**

As part of the “self-help” movement, hormone and neurotransmitter testing can be obtained through “Life Extension” at 1-800-208-3444. We recommend one-time testing for diagnosis.