

SELF-RECOGNITION OF THE INTRACTABLE PAIN SYNDROME (IPS)

The mission of our IPS research and education project is to bring the recognition and treatment of IPS to every community, worldwide. Up until now, all chronic pain patients have simply been thrown into “one group” and “one size fits all” and not categorized according to severity. This terrible misconception and failure to recognize IPS usually means that the person with IPS is inappropriately treated with measures designed for simple chronic pain, not a full “syndrome.”

MAJOR PROBLEM

Many people with IPS don't recognize they have a different kind of pain, and they don't inform their family and physicians that they have it. If a person with IPS doesn't recognize they have it, they can't expect to find much relief and recovery with the “one size fits all” measures intended for simple chronic pain that isn't a syndrome. Self-recognition is the first step in finding good help.

SIMPLE DEFINITION OF IPS

Constant pain associated with cardiovascular and endocrine (hormonal) abnormalities. The first hormone that is affected is insulin, which causes abnormal glucose levels.

FIRST STEPS IN RECOGNITION OF IPS

The first tip-off that you have IPS is that your pain is constant “24/7” and it keeps you from getting a good night's sleep. The second is that your pulse rate, which should be around 72 beats per minute at rest, elevates to over 90-100 at rest on a regular basis. Routinely measure your pulse rate and let your physicians know the results.

CONFIRMATORY TESTING

Every person with constant “24/7” pain, insomnia, and elevated pulse rates should confirm their IPS with laboratory testing of their glucose metabolism. IPS will almost always cause glucose metabolism abnormalities, showing up as either hyper-glycemia (high blood sugar) or hypo-glycemia (low blood sugar). Optional hormone and inflammatory marker testing can also be done.

SOME OPTIONAL TESTS:

Inflammatory Markers:

ESR
CRP
Cytokines

Hormones:

Cortisol
DHEA
Pregnenolone
Testosterone

Reference: Mäntyselkä P, Miettola J, Niskanen L, Kumpusalo E. Chronic pain, impaired glucose tolerance and diabetes: a community-based study. *Pain*. 2008 Jul;137(1):34-40.

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