

IPS CAUSES GLUCOSE (SUGAR) ABNORMALITIES AND DIABETES

The definition of IPS is constant pain “24/7” that produces cardiovascular and endocrine (hormonal) dysfunction. The term endocrine is a Greek word that means “secretion of a substance from an organ inside the body.” These substances are commonly known as hormones such as insulin, adrenaline, and cortisol. This chronicle will focus on insulin. More information will follow.

HOW INSULIN NORMALLY WORKS

Insulin is made in the pancreas. Blood glucose (sugar) levels elevate after food consumption. Insulin is then secreted into the blood to drive glucose into the cells of your body to provide energy. Some persons are born with or develop a pancreatic disease (diabetes), so they don’t have enough insulin to drive glucose into cells. As a result, the person has no energy, and cellular (nutritional) wasting begins, and the person with the lack of insulin will have to take insulin most every day.

WHAT EXACTLY IS DIABETES?

This is the term used when the pancreas cannot produce enough insulin to drive glucose into one’s cells, or one’s cells won’t allow glucose to enter despite adequate insulin (hyperglycemia). In either case, blood glucose goes up, and a medical diagnosis of diabetes will be given.

THE DELETERIOUS EFFECT OF IPS

Constant “24/7” pain continually causes glucose to rise in the blood. Body organs and cells need a rest which is why we sleep and fast for a few hours between meals. The continuous “24/7” pain of IPS will eventually exhaust your supplies of insulin and make your cells resistant to insulin. Consequently, uncontrolled, or undertreated IPS will usually cause diabetes. Also, persons with IPS can expect to gain weight, crave sugar, have excessive thirst, have elevated cholesterol, lack of energy, and increased pain when their insulin/glucose balance becomes abnormal. Episodes of “hypoglycemia” with dizziness and fainting can also occur.

ACTION TO TAKE

We highly encourage all persons with IPS to have their community physician or nurse practitioner test for high blood sugar and diabetes. Above all, inform all your medical practitioners that insulin resistance and diabetes is almost a 100% complication of uncontrolled IPS.

References:

1. Pozzobon, D. et al. Is there an association between diabetes and neck and back pain? A systematic review with meta-analyses. PLOS ONE, 2019; 14 (2): e0212030
2. Rajabally YA. Neuropathy and impaired glucose tolerance: an updated review of the evidence. Acta Neurol Scand. 2011 Jul;124(1):1-8.

*Published as a public service by the
Intractable Pain Syndrome Research & Education Project of the Tennant Foundation
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