

OSTEOPOROSIS, ARTHRITIS, SCOLIOSIS, AND TOOTH DECAY
CAN ALL BE CAUSED BY IPS

Many people still wonder why we call intractable pain syndrome (IPS) a “syndrome,” rather than simply intractable pain. Why? They are different! A syndrome is when one cause has multiple manifestations and complications. IPS is a constant “24/7” incurable pain that causes verifiable cardiovascular and endocrine (hormone) dysfunction. The “BIG 3” hormones that behave abnormally with IPS are insulin, adrenaline, and cortisol. The secondary hormones that may be affected are estrogen, testosterone, prolactin, pregnenolone, thyroid and DHEA.

BIG MYSTERIES

For many years, patients, families, and doctors were bewildered when a chronic pain patient developed osteoporosis, scoliosis, arthritis, or their teeth fell out. Now we know why. It is primarily because IPS causes multiple abnormalities in the endocrine system.

IPS IS CONSTANT STRESS

The catastrophic element of IPS is that the constant pain is a huge stress that never shuts off, so it causes constant demand on the body’s glands to elevate the “BIG 3” hormones: insulin, cortisol, and adrenaline. This is made worse if pain is untreated or undertreated.

CAUSE OF OSTEOPOROSIS, SCOLIOSIS, ARTHRITIS, AND TOOTH DECAY

The constant elevation of cortisol or a synthetic version, over time, causes calcium to dissolve and leave the tissues of the teeth, joints, and spine. Vertebrae may become so fragile with osteoporosis that the spine may collapse in places and give you scoliosis. When calcium leaves the joints, you get arthritis. Don’t be surprised if you bite on a hard, or even semi-hard food and have a tooth fall out.

Be careful and don’t fall! Osteoporosis of your hips and knees, makes them so fragile that persons with IPS frequently have fractured hips, and knee joints that have to be replaced.

SECONDARY PROBLEMS

When cortisol is raised too long by constant pain, testosterone, and estradiol may drop, and these two hormones are critical to prevent osteoporosis as they function to build bone, joints and teeth. Also, when cortisol is too high, for too long, glucose and insulin are also raised causing a nutritional state that may reduce vitamin D, magnesium, and other nutrients critical for tooth and bone maintenance.

ACTION TO TAKE

All persons with IPS and their families need to know about these endocrine complications from untreated or undertreated pain. Pain must be treated to allow for pain free hours, so the body systems can rest and recover. Inform your medical and dental practitioners about these health risks. Most can easily test you for osteopenia (early osteoporosis), endocrine function and vitamin D levels.

*Published as a public service by the
Intractable Pain Syndrome Research & Education Project of the Tennant Foundation
4931 W. Central, Wichita, KS, 67212 phone: 626-919-7476 Fax:316-260-4077
E-mail: tennantfoundation92@gmail.com www.arachnoiditishope.com www.intractablepainsyndrome.com*

This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.