

THE PROFOUND CARDIOVASCULAR COMPLICATIONS OF IPS

Most anyone will tell you that blood pressure goes up due to pain. What is almost unrecognized in medical practice today, however, is that constant incurable pain has such profound and devastating effects on the cardiovascular (CV) system that they will inevitably shorten the normal lifespan of the individual affected by untreated or undertreated IPS.

CV COMPLICATIONS OF IPS- (CAUSE OR ACCELERATOR OF THE CONDITON)

High Blood Pressure (Hypertension)	Congestive Heart failure
Elevate Pulse Rate (Tachycardia)	Angina Pectoris
Elevated Glucose	Heart Attack
Elevated Cholesterol (Lipids)	Cardiac Arrythmias
Arteriosclerosis	Sudden CV Death

HOW IPS CAUSES CV COMPLICATIONS

Constant, incurable pain elevates adrenaline, glucose, and cholesterol at the same time it overstimulates the autonomic nervous system and elevates blood pressure and the pulse rate.

NECESSITY OF REST AND TREATMENT

The body needs a rest from constant pain to rejuvenate and re-energize the body's CV and endocrine systems. The first goals of pain treatment must include the attainment of at least some pain free or near pain free hours which enables the body to sleep and let the CV and endocrine system recuperate. Failure to accomplish these goals will cause or accelerate heart, kidney, and diabetic complications.

ACTION TO TAKE

All persons with IPS and their families must inform their medical practitioners about the profound and devastating CV complications of IPS, and the serious risks if the pain is untreated or undertreated. Ask your medical practitioners to test you for high blood pressure, elevated pulse rate, and high cholesterol, and glucose levels.

1. Lewis KS, et al. Effect of Analgesic Treatment on the Physiological Consequences of Acute Pain. *Am J Hosp Pharm.* 1994. 51:1539-1554.
2. Tennant, F. Treat the Pain..Save a Heart. *Practical Pain Management.* VOL 10 #8, 2011.

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