

HOW TO EXPLAIN IPS TO YOUR FAMILY, DOCTOR, AND FRIENDS

The word “syndrome” is used when one cause produces many physiological and medical complications throughout multiple body systems. The official medical definition of IPS is: “A constant “24/7” incurable pain that is accompanied by measurable cardiovascular and endocrine dysfunction.”

FIGHT OR FLIGHT SYSTEM EXHAUSTION

It is the constant 24/7 pain that causes the cardiovascular and endocrine dysfunction. IPS develops initially when the nerve damage due to an injury or disease sends so much electricity into the brain and spinal cord that it destroys some of the neurotransmitter-receptor “action point” sites. When functioning normally, these receptors shut pain down after healing occurs, but with the constant pain of IPS this doesn’t happen. IPS that goes untreated or undertreated for a long period will start to exhaust the glands as constant “24/7 pain is perceived by the body as a “danger” and this ignites a constant “fight or flight “response that wears this system out. This leaves the body in a deficient hormonal state.

IPS AFFECTS ENDOCRINE SYSTEM

The endocrine system stimulates the pituitary and adrenal gland to produce extra amounts of the hormones insulin, cortisol, and adrenaline when pain is constant and unremitting. Adrenaline raises blood pressure, pulse rate and may initiate a cardiac arrhythmia, constriction of a coronary artery (angina), or heart attack. Cortisol raises blood sugar, lipids, cholesterol, and insulin. Increased insulin then causes insulin resistance, and type 2 diabetes. Excess cortisol over time causes calcium to dissolve, and leave teeth, joints, and bones, and causes osteopenia and osteoporosis with fragile bones that collapse easily, and decaying teeth. Without adequate stores of several hormones including cortisol, estrogen, and testosterone, insomnia, social isolation, loss of appetite, and malnutrition may set in.

IPS AFFECTS CARDIOVASCULAR SYSTEM

Constant pain drives the cardiac system to overwork and may cause or accelerate a variety of cardiac complications including hypertension, tachycardia, cardiac arrhythmias, constriction of arteries (heart attack), congestive heart failure, and sudden death.

IPS IS A RARE AND SERIOUS SYNDROME

IPS is relatively rare, as are its causes, including a very severe injury or disease that damages nerves. Diseases that may cause IPS include arachnoiditis, porphyria, ankylosing spondylitis, pancreatitis, sickle cell disease, interstitial cystitis, and hereditary connective tissue collagen disorders, such as Ehlers-Danlos Syndrome.

Untreated and undertreated persons with IPS die before their time, as would be expected in any person who has the complications of unremitting hypertension, tachycardia, and elevated glucose.

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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*

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