



WHO DEVELOPS IPS?

Our IPS Research and Education Project has a mission to bring prevention, diagnosis, and treatment to every community across the globe. It is clear that a small group of chronic pain patients develop IPS which is constant, incurable pain that has cardiovascular and endocrine complications. But which unfortunate chronic pain patients will succumb to this fate? To this end we have been surveying persons with IPS to understand who they are, and how they developed the syndrome. Without knowledge as to “who” and “how” IPS occurs, it is impossible to either prevent the condition, identify it in early stages, or stop progression of the syndrome. This chronicle describes the basics of who has IPS and how it started in 28 persons.

WHO HAS IPS

IPS is a condition of older age that primarily affects those who are female. Out of 28 patients surveyed, 20 (71.4%) were female, and 8 (28.4%) were male, and ages ranged from a low of 34, to a high of 77. The average age was 56 years. In addition, these individuals had been ill and experienced chronic pain for many years. Only two of the 28 patients surveyed reported pain of less than five years duration. The majority could actually recall the day, month, and year that their chronic pain shifted to IPS.

KEY FINDINGS IN 28 PATIENTS

Almost all reported three major manifestations:

- Medication required for sleep- 24 - (85.7%)
- Physical Functions declined- 28 - (100%)
- Mental Functions declined- 23 - (82.1%)

LABORATORY TEST RESULTS IN 28 PATIENTS

Key laboratory tests were frequently abnormal:

- Hormone Abnormality - 20 - (71.4%)
- High Glucose - 9 - (32.1 %)
- High inflammatory Markers- 15 - (53.1 %)

WHAT CAUSES IPS?

Patients surveyed were asked the diagnosis that caused their IPS. Surprisingly, the majority said they had multiple diagnoses. These 28 patients reported 53 diagnoses. They are listed here:

Adhesive Arachnoiditis -	20- (71.4%)	Osteoarthritis-	5- (17.9%)
Ehlers Danlos Syndrome -	9- (32.1%)	Interstitial Cystitis-	2- (7.1 %)
Cervical Neck Neuropathy -	7- (25.0%)	Traumatic Brain Injury-	2- (7.1%)
Reflex Sympathetic Dystrophy/CRPS -	2- (7.1%)	Post-Stroke-	1- (3.5%)
Rheumatoid Arthritis-	1- (3.5%)		

SUMMARY

IPS developed in a group of persons who have a history of chronic pain, and it is caused by a relatively small group of medical conditions. Persons with IPS almost all report severe insomnia and declines in physical and mental abilities. Some laboratory tests validate the abnormal physiological impact of non-stop constant pain. This initial survey suggests that IPS may have multiple pain originations (medical disorders) to generate IPS.

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