



DO YOU HAVE INTRACTABLE PAIN SYNDROME (IPS)?

IPS is a relatively rare condition that requires multiple, potent medical agents. Going forward we believe that it will be increasingly difficult to obtain some medications unless you have IPS. Therefore, it is of vital importance to not only know if you have IPS, but you must be able to clearly explain it to your physicians, family, and insurance carrier. If you have simple chronic pain or Central Sensitization (CS) you could be quite limited in obtaining many prescription medications.

DEFINITION OF IPS: Constant, incurable pain with cardiovascular, endocrine, and autoimmune complications.

- **Constant** – Pain must be ever present and keep you awake unless medicated.
- **Incurable** – Only some medical conditions cause IPS. Most common are arachnoiditis, Ehlers-Danlos, brain injury, RSD/CRPS.
- **Cardiovascular** – Pain must cause elevations of pulse and blood pressure.
- **Endocrine-**
 1. Cortisone and insulin go up causing elevations in glucose and cholesterol.
 2. Estradiol and testosterone go down causing symptoms which include amenorrhea (women), impotence (men), fatigue, loss of sex drive, osteoporosis, loss of teeth.
- **Autoimmune** – Causes elevation of inflammatory markers, cytokines, proteins, and white blood cell count. Result: Fibromyalgia, thyroiditis, carpal tunnel, TMJ, mast cell activation, migratory joint pains.

Each person with constant pain needs to catalogue the above manifestations and make a record to give to your medical practitioners and pharmacist. If you haven't had blood tests for hormone and autoimmune dysfunction, you must request these be done. Please review our website and obtain materials on IPS for your medical practitioners and pharmacist.



To validate IPS you will need to have some cardiovascular, endocrine, and autoimmune complications.

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