



## **THE IMPORTANCE OF SUGAR(GLUCOSE) AND CHOLESTEROL TESTING IN IPS PATIENTS**

### **Part 3 of 5-Part Series**

Foods that are mainly sugar and starches (called carbohydrates) cause sugar (called glucose) to rise in the blood. Fatty foods cause cholesterol to raise in the blood. New research shows that high levels of glucose and fat may cause inflammation and damage to the neurotransmitters and receptor systems that control pain.

### **IPS EFFECTS ON GLUCOSE AND CHOLESTEROL**

The constant pain of IPS causes insulin and cortisol to rise in the blood, which in turn causes glucose and cholesterol to raise. This is an effect that IPS has on the endocrine system. Unfortunately, IPS usually throws off the desire to eat three regular meals a day. IPS patients who eat only one big meal a day may hurt themselves. The burst of glucose or cholesterol from one big meal a day may damage the CNS neurotransmitter systems that control pain.

### **FIRST MAJOR STEPS**

To prevent and control pain the best answer is 2 or 3 small meals spread throughout the day. You must not drink fluids sweetened with regular sugar, or drink fruit juice. Drink “dietary” (sugar free) sodas and caffeine/coffee/tea/sodas with “dietary sugars,” or not at all.

### **ACTION TO TAKE**

IPS patients should have their local MD or NP test their blood sugar (glucose) and cholesterol levels on a regular basis. If abnormally high or low, work with your medical practitioner to normalize one or both. You can help by reducing sugars and fats in your diet and by eating meals on a regular schedule, even if you are not hungry. This will help balance your glucose and lessen your pain over time.

### **REFERENCE:**

Navio-Pelaez JM, Choi SH, Capettini LSA, et al. Normalization of Cholesterol Metabolism in Spinal Microglia Alleviates Neuropathic Pain. *J Exp Med* 2021; 218 (7): e20202059.

DOI: [org/10.1084/jem.20202059](https://doi.org/10.1084/jem.20202059)

*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](mailto:tennantfoundation92@gmail.com) [www.arachnoiditishope.com](http://www.arachnoiditishope.com) [www.intractablepainsyndrome.com](http://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.***