

AUTOIMMUNITY IN CHRONIC PAIN CONDITIONS

Part Two of Three Parts

PART TWO: COMPLICATIONS AND RECOGNITION

Every chronic pain patient needs to do a self-assessment to determine if their basic pain problem has caused autoimmunity. A failure to do so will likely result in progressive complications, misery, and most probably an early death. As with most other medical conditions, the earlier the recognition, the better the control, suppression, and outcome.

Special Note: The complications of autoimmunity usually begin without warning- "out of the blue."

COMPLICATIONS-KEY TO RECOGNITION

Every chronic pain patient should review the following list of some common autoimmune symptoms or conditions. If you have two or more an assumption can be made that you have autoimmunity and must take actions to control and suppress it.

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| °Joint pain-TMJ, elbow, neck, hip | °Food sensitivities | °Exhaustion |
| °Carpal tunnel | °Medication sensitivity | °Weakness |
| °Histamine episodes/Mast cell stimulation | °Hashimotos Thyroiditis | |
| °Blue/white cold hands (Raynaud's) | °Brain fog | |
| °Allergies-Eyes, ears, nose, throat | °Fibromyalgia | |
| °Mild recurring fever | °Diarrhea/gastric upset/heartburn | |
| °Neuropathy | °Periodic flushing/itching | |
| °Burning mouth/feet | °Herniated disc | |
| °Medications stops working | °Constipation/lack of bowel motility/bloating | |
| °Irritable bowel syndrome (IBS) | °Psoriasis | |

Autoimmunity may silently cause kidney, liver, and adrenal disease-with no warning symptoms.

Special Note: We now believe that autoimmunity, along with excess neuroelectric stimulation, to be the cause of the "Intractable Pain Syndrome."

LABORATORY CONFIRMATION

Autoimmunity and its close association with chronic inflammation, immune suppression, and allergy will almost **ALWAYS** result in **elevations** of one or more of the following blood tests:

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|-------------------------------|---------------------------------------|------------------------|
| ° C-reactive protein (CRP) | °Erythrocyte sedimentation rate (ESR) | °ASO Titer |
| ° Lymphocytes or eosinophiles | ° Interleukins-cytokines | °Tumor necrosis factor |
| °Anti-nuclear antibody (ANA) | °Thyroid peroxidase antibodies (TPO) | |

These will be decreased- Immunoglobulins (G,M,A)

This will be altered- Albumin-globulin ratio

Reference: Austin PJ Et al. The Neuroimmune Balance in Neuropathic Pain: Involvement of Inflammatory Immune Cells, Immune-like Glial Cells and Cytokines. *J Neuroimmunol.* 2010;229:26-50.

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