

Central Pain Syndrome

Central Pain Syndrome Overview

A neurological condition produced by the dysfunction of central nervous system is called the central pain syndrome. This dysfunction may be caused in the brain, brainstem and the spinal cord.

The degree of ache and the areas affected by this dysfunction are related to the cause of the injury, which may include trauma, tumors, stroke, spinal cord injury, multiple sclerosis, limb amputation, or epilepsy. This ache may be felt in a specific area of the body, or may spread out within the whole body.

Central Pain Syndrome Causes

Following are the underlying conditions of central pain syndrome:

Central pain syndrome is considered to have been evolved due to the two factors. One, the defective transmission of pain signals in the nerve tracts of the spinal cord. Two, malfunctioning of the brain in processing pain signals properly. Other common causes include:

- Brain trauma
- spinal cord trauma
- CNS trauma
- Strokes
- Multiple sclerosis
- Limb amputations
- Tumors
- Epilepsy
- Parkinson's disease
- Fibromyalgia
- Unspecified Myalgia/ Myositis
- Any Chronic Pain conditions unsuccessfully treated leading to Centralization

Central Pain Syndrome Symptoms

Central pain is a steady stinginess with varied intensity from moderate to severe. This condition may become much terrible by making body movements, stress, and temperature changes. Here are some common symptoms of the syndrome:

- Burning ache
- Brief but extreme bursts of sharp stinginess
- Loss of touch in affected areas on distant body parts (usually hands and feet)
- Continuous burning pain
- Mixture of painful sensations
- Aching and Cutting feeling
- Pain aggravated by touch or body movement
- ache intensified by cold temperature

Central Pain Syndrome Diagnosis

Most of the time, it's hard to diagnose central pain syndrome because of the failure to exactly identify the area causing the actual discomfort and hurt. However, these diagnostic measures are used by the pain specialist:

- Diagnosis of central pain syndrome starts with finding out any prior health condition related to spinal cord or brain injury.
- Physical examination by the pain specialist followed by tests, including neuro-imaging (CT and MRI scanning) of the brain, spinal cord, abdomen, or limbs.
- Electromyography and nerve conduction may also be conducted during diagnosis

Central Pain Syndrome Treatment

The most prominent chronic pain treatment for controlling central pain syndrome includes:

- Painkillers, Tricyclic Antidepressants and Anticonvulsants can help reduce pain to a large extent, but not eliminate it completely.
- Injection of IV lidocaine can drastically improve some aspects of central pain syndrome
- A latest therapy involves injecting of botulinum toxin in the body to relax the painful spastic muscles.
- Chronically convulsive and hurting muscles may also be treated surgically, by cutting through tendons.
- For temporary pain relief by amputating nerves or nervous connections in the spinal cord (DREZ or dorsal root entry zone lesioning)
- Deep brain stimulation method is used, which requires the surgical implantation of an electrode deep in the brain.

According to the experts central pain syndrome may be treated from one or more strategies, which can include medications, physical therapy, surgery, and psychological therapy. In this regard, it is advisable to seek help from pain specialists about the treatment. For a more detailed and personalized account on how to treat the problem, please contact us. We, at Pacific Pain Care Consultants provide complete chronic pain management and pain education.