

SMÄRTA OCH KOMORBIDITET VID EDS/HSD



EDS/HSD

EDS/HSD specifika symptom

- Led/muskel **smärta**
- Luxation/subluxation
- Blödning
- Skörhet i:
 - Inre organ
 - Hjärta/kärl
 - Ögon
 - Tänder
 - Muskler/senor/bäckenbotten

Samsjuklighet (komorbiditet)

- **Dysautonomi (POTS,OI)**
- IBS
- Migrän
- **MCAS**
- Ångest/depression
- Trötthet
- **Dysparuni**
- Lokalbedövning

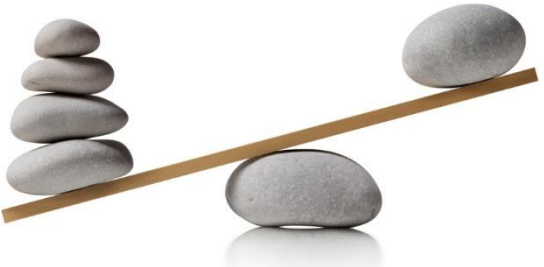


Smärta vid EDS/HSD

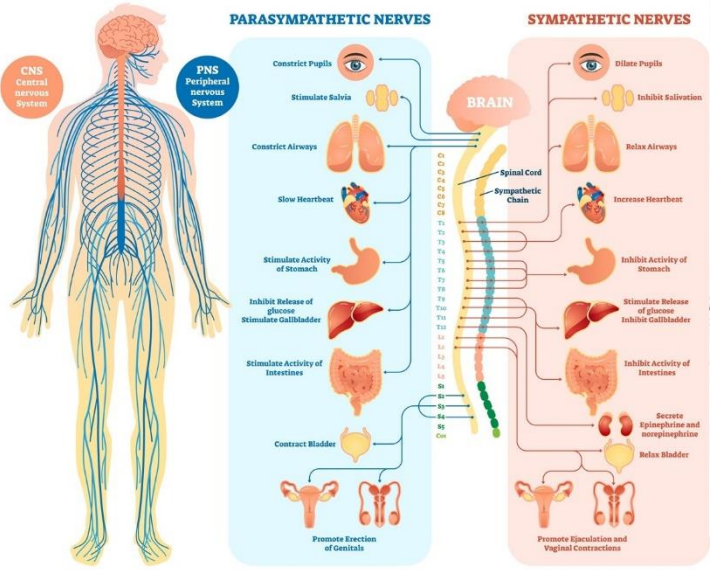
- **Nociceptiv**
 - Ledsmärta
 - Muskelsmärta
 - Inflammation
- **Neuropatisk**
 - Nervinklämning
 - Nervskada
- **Nociplastisk**
- **Kontinuerlig**

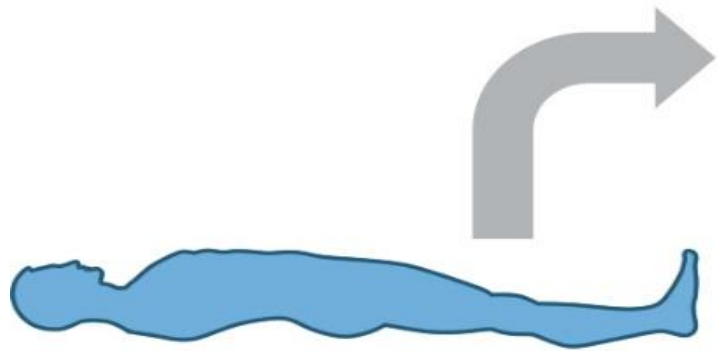


Dysautonomi



HUMAN NERVOUS SYSTEM





Supine
• Blood volume distributed throughout the body

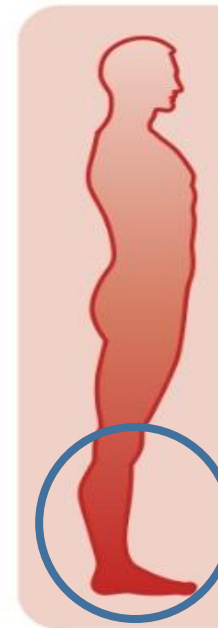


Move to upright
• Shift of ≥ 500 mL of blood to lower body

Autonomic nervous system response
• Baroreceptor reflex activation of the sympathetic nervous system



Normal responses



Dysautonomi



Mastcellsaktiv

Some common SYMPTOMS of MAST CELL DISEASE that are caused by mast cell mediator release

Patients may have a few or **many** symptoms



NEUROLOGICAL

headache, brain fog, cognitive dysfunction, anxiety, depression

CUTANEOUS (SKIN)

flushing of the face/neck/chest

hives, skin rashes

itching with or without rash

CARDIOVASCULAR

light-headedness

syncope (fainting)

rapid heart rate, chest pain

low blood pressure

high blood pressure at the start of a reaction

blood pressure instability

GYNECOLOGICAL

uterine cramps

bleeding



URINARY

bladder irritability

frequent voiding



SYSTEMIC AND/OR ORGAN SPECIFIC

anaphylaxis

angioedema (swelling)

EAR/NOSE/THROAT/RESPIRATORY

nasal itching and congestion

throat itching and swelling

wheezing

shortness of breath

GASTROINTESTINAL

diarrhea, nausea, vomiting, abdominal pain, bloating, gastroesophageal reflux disease (GERD)

SKELETAL

bone/muscle pain, osteopenia, osteoporosis

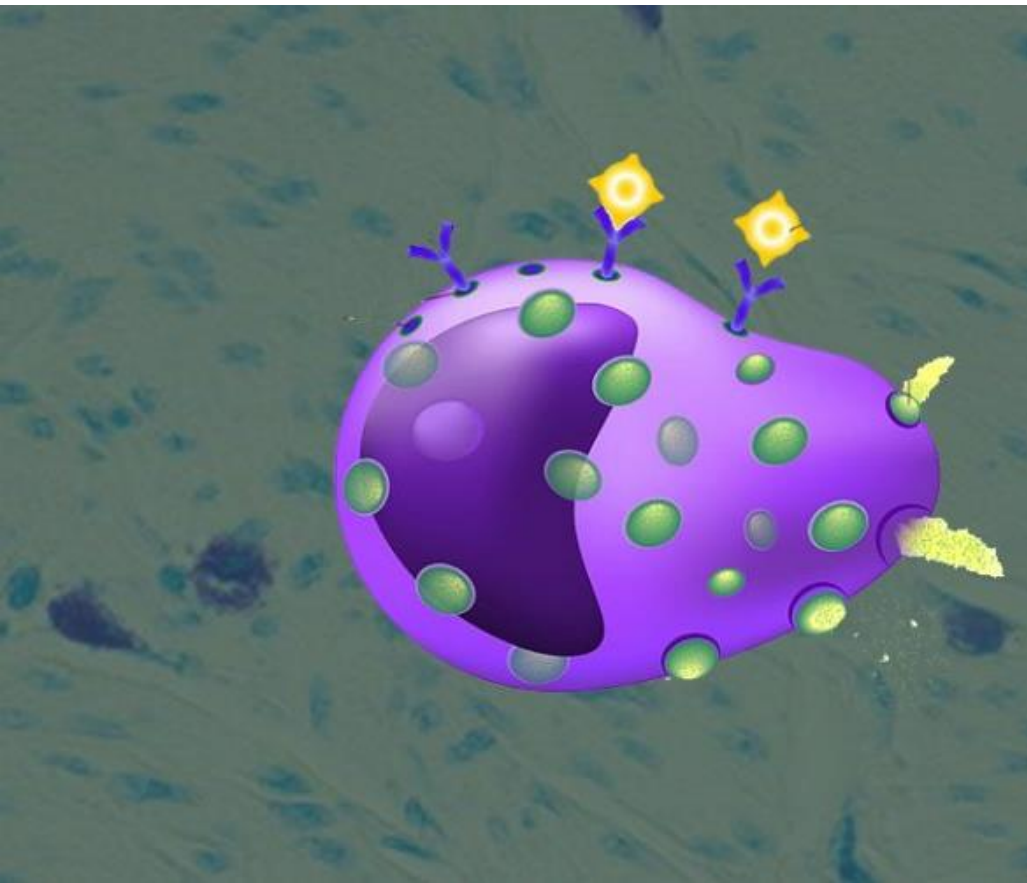


Symptoms can be **SUDDEN** and **UNPREDICTABLE** in onset

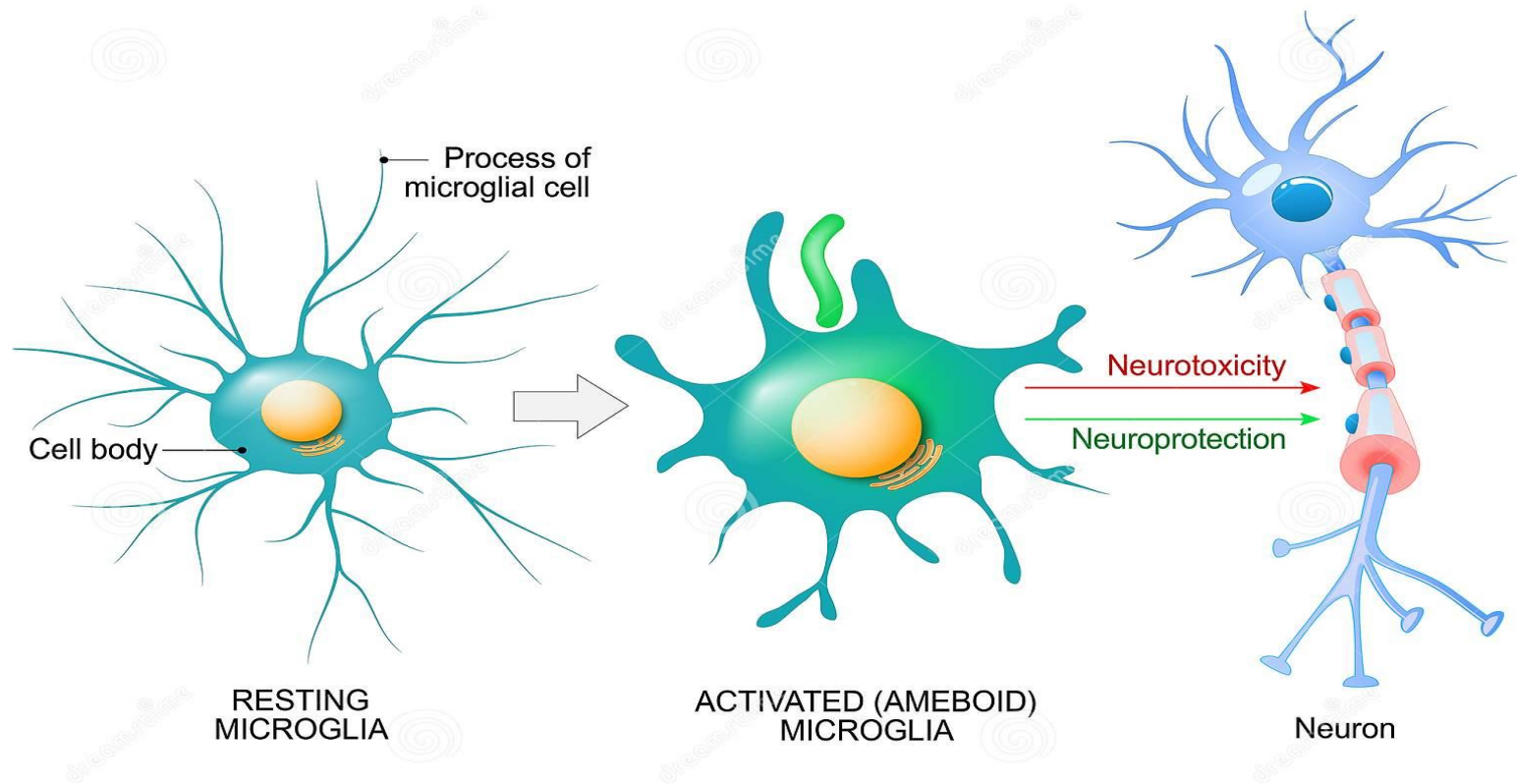
AND MORE...

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tmsforacure.org



MICROGLIA



Dysparuni

- Skörhet
- Led/muskel relaterad
- Bäckebotten patologi/skada
- Psykisk trauma
- Endometrios
- Dysautonomi
- MCAS?



Behandling

- Egenvård
- Läkemedelsbehandling
- Rehabilitering



Behandling av smärta vid EDS/HSD

- **Nociceptiv**

- Ledsmärta
- Muskelsmärta
- Inflammation

- **Neuropatisk**

- Nervinklämning
- Nervskada

- **Nociplastisk**

- **Kontinuerlig**

Proprioceptiv
Egenvård
Fysioterapi
Arbetssterapi
Psykolog
Kurator
Kirurgi

- NSAID, COX-2 hämmare
- Paracetamol
- TCA
- Duloxetin
- Gabapentin
- Pregabalin
- Blockader, "BTX"
- Capsaicin



Behandling av dysautonomi

- plasmavolympökning
- Puls och blodtrycks-stabilisering
- Betablockad
- Ivabradin
- ”Syrgas”
- Konsultera specialist i kardiologi eller neurologi



Behandling vid mastcellsaktiveringsyndrom

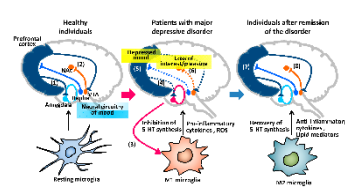
- Antihistaminer
- H2, H3-receptor blockad
- Mastcellstabiliserare
- Kortikosteroider
- Konsultera specialist i immunologi



Behandling vid dysparuni

- Fysioterapi
- Antidepressiva
- Blockader
- Behandling av dysautonomi, MCAS, endometriosis
- Konsultation av gynekolog, psykolog

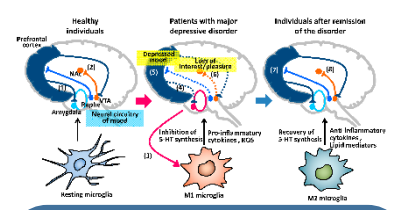
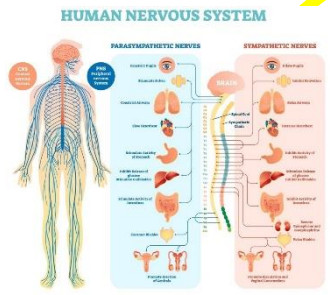




Stress, smärta, sjukdom

↑ utsöndring av Noradrenalin och neuropeptid Y

↓ utsöndring av Noradrenalin/Adrenalin



Allergi, sjukdom, stress, smärta

↑ sympatikus aktivitet

↑ Vaskulär resistens

Ortostatisk takykardi

Rodnad

Klåda

↑ Histamin

H1, H2, H3, H4-blockad

Vatten, salt, stödstrumpor, anpassad aktivitet, andningen

Lågt blodtryck

Blodkärl vidgning





Tack

