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# The Great Masquerader: Why One Glitch Can Cause 20 Different Symptoms

If you have Ehlers-Danlos Syndrome (EDS) or Hypermobility Spectrum Disorder (HSD), your medical chart might look like an alphabet soup of diagnoses.

You might be seeing different specialists for:

- **Fibromyalgia** (chronic pain)
- **POTS** (Postural Orthostatic Tachycardia Syndrome)
- **MCAS** (Mast Cell Activation Syndrome - allergies and rashes)
- **Anxiety & Panic Attacks**
- **IBS or Leaky Gut**

It can feel like your body is falling apart in ten different ways at once. But what if these aren't ten separate diseases? What if they are just ten different symptoms of **one** underlying problem?

## The Root Cause: P&S Dysfunction

As we have discussed, the core issue in EDS/HSD is often a malfunction in the **Parasympathetic and Sympathetic (P&S)** nervous systems. When this "wiring" is faulty, it creates a domino effect that impacts almost every system in your body.

The biggest consequence of this glitch is **Poor Perfusion**.

- *Translation:* Your blood isn't getting pumped efficiently to the top half of your body.

When your nerves don't tighten your blood vessels correctly, gravity wins. Blood pools in your legs, leaving your brain, heart, and upper muscles starving for oxygen.

## The Mystery of "Coat-Hanger Pain"



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One of the most common complaints in EDS patients is a deep, aching pain that runs across the tops of the shoulders and up the back of the neck.

Doctors often call this "**Coat-Hanger Pain**" because the pain follows the shape of a clothes hanger.

- **The Mistake:** Many people think this is just "stress" or "bad posture."
- **The Reality:** This is actually a sign of **poor blood flow**. Because your upper body isn't getting enough blood, the muscles in your neck and shoulders essentially stiffen and cramp. It is your muscles crying out for oxygen.

### **The Brain's "Panic Button" (Adrenalin Storms)**

When your brain realizes it isn't getting enough blood (poor cerebral perfusion), it goes into survival mode. It thinks you are in danger, so it slams the alarm button.

This triggers an "**Adrenalin Storm.**"

- **Physically:** You might feel sudden chest pressure, sweating, or a racing heart.
- **Mentally:** You feel a surge of **Anxiety** or a **Panic Attack**.

This isn't necessarily "psychological" anxiety. It is a physiological attempt by your body to force more blood to the brain.

### **The Link to ADHD and Focus**

This lack of blood flow can even explain cognitive struggles.

- **Brain Fog:** The brain is running on low battery.
- **ADHD/OCD:** Some researchers believe that the hyperactivity seen in conditions like ADHD (or even high-functioning Autism) might be the brain's way of keeping itself stimulated to maintain blood flow. It is "revving the engine" to keep from stalling.

### **A New Way to Treat**



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This perspective changes everything about treatment. Instead of taking one pill for anxiety, one for pain, and one for digestion, the goal should be to treat the **P&S Dysfunction** first.

We have seen that when we fix the blood flow issues and calm the nervous system:

1. The "Coat-Hanger" pain fades because muscles get oxygen.
2. The "Anxiety" drops because the brain stops hitting the panic button.
3. The "Brain Fog" lifts.

**The Golden Rule:** Treat the wiring first. If symptoms still persist *after* the blood flow is fixed, then (and only then) do we treat the specific organs.