What SIRS Is and Why It Matters

In a nutshell, SIRS is an acronym for Chronic Inflammatory Response Syndrome. The way I like to think about it is have you ever wondered why some people get sick and other people don't?

Why some develop autoimmunity where their body attacks itself and others don t? Well, there is a certain percentage of the population, about 21 to 24%, where the body cannot identify, grab bad guys, and escort them out of their body.

Instead, the immune system goes on high alert and you become tired. Fatigue is the hallmark in your brain, your body, You develop pain, you can develop abdominal pain.

How SIRS Affects the Body

You can developed cognitive decline. So a lot of times I say CRS, can't remember squat. Doesn't matter how old you are, but it attacks multiple areas of the body, the immune system, endocrine system and the neurologic system.

But here's the beauty of it. Treatment. can restore balance and function to your body. It's something that will have to be managed the rest of your life and hence the name chronic.

The way that it shows up in children, typically children don't develop multi-system, multi symptom illness.

SIRS Symptoms in Children

They tend to have maybe one of six things, prolonged bedwetting after the age of 6 that can't be caused by any other reason like big fat tonsils and adenoidal tissue, abdominal pain, fatigue that's not appropriate for a three year old.

For example, if the three-year-old is at the park with a bunch of other three-year-olds. They usually run themselves into the ground, but this little one would sit down after a couple of minutes or lay down and go, oh, I'm tired and I just can't give up and keep going.

Headaches, cognitive dysfunction like ADD, ADHD, and prolonged growing pains. something that lasts more than two weeks and you can't associate it with jumping on the trampoline for three hours or running out of track meat.

Adult Symptoms and Specialist Visits

So we're looking at a syndrome that affects multiple areas of the body for adults and it can do the same thing with children but you have to have a high index of suspicion in little ones.

For adults, they go to multiple specialists, like a rheumatologist, a cardiologist a gastroenterologist to pulmonologist. They have chronic sinus congestion.

they seek congestion, They see someone for their migraines, but all of them are actually related. So if we identify that, we want to put individuals in community so that they can get better together.