



MARCH 2022 | VOL.6

# FIGHTING FLAMES

The Official Newsletter of Fight the Flame®

## Support Group Meeting Recap

There is a CRPS Support Group that meets on the second Saturday of every month. Each month, a different topic is discussed (traveling with CRPS, nutrition, coping, etc.). We also bring in guest speakers from time to time as well. On March 12th, we discussed different CRPS pain-relieving devices.

Brendon Flanigan spoke about the Hidow, a pre-programmed therapeutic TENS and EMS mode device. TENS and EMS work on different nerve groups. TENS works on sensory nerves offering pain relief, stimulating endorphins, and promotes blood circulation; while EMS uses motor nerves to increase muscle recovery and performance. It also reduces pain and promotes blood circulation.

Dr. Jeff Marksberry, the Chief Medical

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Tips For Caregivers

Beth Stillitano and Sponsor Info

Officer at OSKA Wellness then discussed the OSKA Pulse is a Pulsed Electromagnetic Field device. It is a medical, drug-free device that works on the source of your pain to increase your circulation, pain relief and mobility while decreasing inflammation.

We invite everyone to join us at our next meeting, April 9th.

If you are interested in purchasing HiDow, contact Beth for a discount code.  
Beth@FightTheFlame.org

## UPCOMING MEETINGS



### **Saturday, April 9th: Alternative**

**Treatments.** Guest Speakers:

Roger Hunter -Nirvana Hyperbaric Institute and Dr. Jordan Lukens, DC - Brothers Clinic



### **Saturday, May 14: Self-Care and Coping**

Guest speakers: Shannon Berger; Licensed Professional Counselor, MEd, LCMHCA, LPCA, CMHIMP, NCC and Mike Bowers; Physical Therapist

## LEARN ABOUT OUR SUPPORT GROUP

Every month Fight the Flame has a support group meeting for those affected by CRPS. Come meet and talk to people who know what you're going through. caregivers (spouses, partners, etc) are always welcome to be a part of our meetings. Upcoming topics are listed on our website.

- **WHEN:** 2nd Saturday of each month
- **WHAT TIME:** 1-3 EST
- **WHERE:** Via Zoom



## VOLUNTEERS

Can you spare 30 minutes to help Fight the Flame? All work can be completed from the comfort of your own home. All that's required is that you have access to a computer! If you are interested in becoming a volunteer, please email Beth Stillitano: [beth@FightTheFlame.org](mailto:beth@FightTheFlame.org)

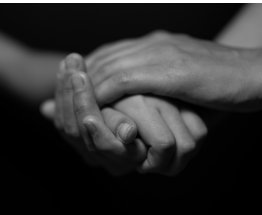
Join us on September, 25th 2022 at McAlpine Creek Park for the 9th annual Fight the Flame 5k and 1k Family Stroll and Roll! At this year's race, we will be having an extraordinary raffle! You will have the chance to win dinners, lunches, winetasting parties, pet packages, excursions, golf packages, museum tickets, festival tickets, salon visits, gift baskets, jewelry, and more. Registration and ticket information can be found at <https://runsignup.com/Race/NC/Charlotte/FightTheFlame>.



## SPRING GIFT EXCHANGE

Would you like to participate in Fight the Flame's Spring Gift Exchange? Please let Beth Stillitano know by 3/31/22 at [Beth@FightTheFlame.org](mailto:Beth@FightTheFlame.org).

## Caring For Someone With Complex Regional Pain Syndrome (CRPS)



Complex Regional Pain Syndrome (CRPS) is a life-altering condition that may be extremely burdensome on both caretakers and those who suffer from it. Caring for someone with CRPS can be emotionally exhausting, but there are several ways caregivers can cope with the mental and physical effects of the condition.

### Remember that communication is key

Open communication is critical between caregivers and loved ones. Find a method of communication that works for you and your loved one so you can both make joint decisions about how to manage care and reach health objectives.

### Stay up to date on individual health needs.

Educate yourself on CRPS and keep up with the latest developments. Researching their condition lets your loved ones know how much you care. It may also be helpful to create a caregiver binder with important information such as a list of health care providers, insurance, a list of medications, medical history, and any other important information for emergency and non-emergency situations.

### Offer support- and ask for it too.

CRPS takes a toll on individuals who suffer from it, both physically and mentally. It's critical to listen to and encourage your loved ones if they're experiencing feelings of depression or loneliness. It's important to remember that CRPS can be difficult for caregivers as well, so don't be hesitant to seek support.

## Beth Stillitano

Congratulations to Beth Stillitano for being named one of Charlotte Media Group's 50 Most Dynamic Women! Beth is the executive director for Fight the Flame and has been a CRPS warrior for over 20 years. She works diligently every year to raise awareness and educate the public and the medical feild about CRPS



Beth Stillitano



Do you know of a business, spa, hotel, or restaurant that would want to sponsor Fight the Flame's 9th annual 5k or donate a gift certificate for our raffle? If so, please email [Beth@FightTheFlame.org](mailto:Beth@FightTheFlame.org)

### Contact us



Fight The Flame Support



[www.FightTheFlame.org](http://www.FightTheFlame.org)



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*Wishing you a low pain day*