



FIGHTING FLAMES

The Official Newsletter of Fight the Flame®

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Fight the Flame was on fire!

On Sunday, September 26, 2021 the 8th annual Fight the Flame 5k and 1k Family Roll & Stroll was held in Charlotte, NC.

We had racers, walkers, wheelers, supporters and Fighters come from 10 different states. Friends, some whom have only chatted online, met, hugged, rejoiced, cried, and enjoyed the morning together.

With awe, we watched as our champion runner finished with a time of 17:08. The amount of CRPS Fighters that walked or ran was impressive.

The weather was beautiful as people strolled through the race village and bought raffle tickets to hopefully win the coveted prizes. With all of your help, we raised over \$ 25,000 ! A committee will be meeting to discuss how and where the money will be used.

For those of you there - it was great to see you. And those who were unable to attend, we hope to see you next year.

(Pictures from the event on pages 8 & 9)

THE PROBLEM WITH CRPS

Friends we have a problem: Complex Regional Pain Syndrome (CRPS) is unknown in the real world. We need to use our brains, willpower, and actions to help solve our problem.

How do we educate those who do not understand? We cannot expect comprehension and compassion about CRPS if they have never heard of the disease. **We have to spread awareness about CRPS.**

The first step is to simply **TALK** about CRPS. CRPS and its symptoms are not a taboo subject. When others ask you how are you doing, do not just respond with "I'm fine". Nobody battling CRPS is just fine; you are fighting your own war. Gently explain to people that you are continuously working to manage your painful disease.

Step two is to **QUESTION** everyone in the medical community. Ask doctors, nurses, EMT, therapists, etc. if they are familiar with CRPS. Unfortunately, the majority of those you speak with will not have heard of this disease. Use this as an opportunity to educate. Explain what CRPS is, how one can get CRPS and its symptoms. Hopefully, they will take this new found knowledge and

share it with others to raise awareness about CRPS in our community.

The third step is to **LEARN**. Educate yourselves. Read about new research being conducted or new treatments that are being discovered. Go to support group meeting, and ask question at your doctor appointments. Be an informed patient, know what procedures you are having, why you are having them, and what are the possible outcomes. You must be your own advocate

The fourth step is **ACTION**. Do not just tell yourself that you will do something, do it. You can make a difference. Give out brochures about CRPS, plan an awareness event, help Fight The Flame fundraiser, and participate in Color the World Orange on November 1, 2021 (*Details about Color the World Orange on pg 6*).

We know our problem; CRPS needs more attention. Now it is up to you to help this situation.

Do you have ideas for spreading CRPS awareness? Please let us know:
Info@FightTheFlame.org

**"AWARENESS WITHOUT ACTION IS
WORTHLESS."**

PHIL MCGRAW

Thank you to our amazing sponsors:

When visiting these businesses, please say "Thank You" for being a Fight The Flame sponsor.

Signature Sponsor

Ayers, Whitow & Dressler

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Carolina Pain Institute
Action Plus Ideas

Gold Sponsor

Omega Sports
Blue Sky Family Counseling
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Crown Builders
Sabino Recovery
Nirvana Hyperbaric Institute
Piedmont Physical Medicine & Rehabilitation
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Rapid Printing
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Raffle Prizes provided by:

Amy Crump • Autobell • Bark 5th Avenue • Bella & Guy Salon • Boardwalk Billy's • Bonefish Grill • Bowlero • Cabot Cheese, • Carolina Hurricanes • CharBar No. 7 • Chipotle • CVS • Denise Antonacci Salon • Diamonds Direct • Domino's • Dunwellz Custom Kitchen & Pour House • Empire Pizza • IHop • Inner Peaks • Kendra Scott • Kimmie Godbold • Krispy Kreme • Let's Crochet • Let's Roam • Mac's Speed Shop • Metro Diner • Mystery Hill • Nascar Hall of Fame • NC Arboretum • Old Sycamore Golf Plantation • Olive Garden, Oriental Trading • Outback Steakhouse • Rare Roots Hospitality • Red Lobster • Renaissance Fair • Skatell's Jewelers • Sports Clips • Subway • The Eagle Food & Beer Hall • Topgolf • Total Wine • Toy Mania • Village Tavern • Walmart • Whole Foods • Wolfman's Pizza

Do you like our new car magnets?

These are available on our website by making a donation.



Giving Assistant

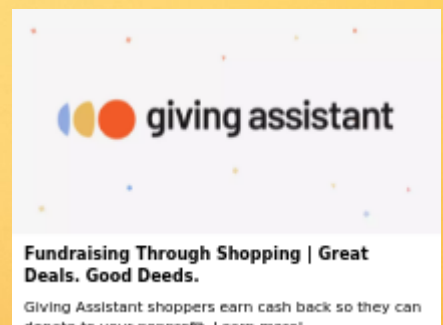
Did you know you can raise money for Fight the Flame just by doing your regular online shopping?

Registering with Giving Assistant is free and straightforward. You can sign up using your Facebook account or email address.

Giving Assistant is a company that gives you cash back and coupon codes when shopping via their online portal.

There are over 3,000 stores you can buy from including Walmart and Target.

When you purchase a product via Giving Assistant, you have the option to redeem cash rewards and/or donate to Fight the Flame.



**You Asked.
We
Answered.**

**What specialty is primarily
responsible for your pain
management?**

My pain doctor is also a
anesthesiologist - K.K.

Pain Specialist and then
Psychiatrist for medication
management. - J.P.

**I use a pain management doctor but I am
thinking of switching to a neurologist - K.M.**

not much more pain management
can do for me. I should see
rheumatologist, I have an
appointment next month - K.W.

**I was lucky it was my
original G.P. - J.C.**

Pain specialist - E.R.

*Pain Dr and
Neurologist - J.H.*

DO doctor - D.T.

**I see a Physical Medicine &
Rehabilitation Specialist.They also
are called a Physiatrist. L.H.**

Neurologist - M.M

Pain specialist and orthopedic - G.H.

Question for Next Issue:

**What is the oddest symptom you
experience as a result of your CRPS**

Important Dates:

Saturday, October 9: Let's Talk: Meet & Connect with Friends

Saturday, November 13: Cultivating Compassion

Saturday, December 11: CRPS & Fun Over the Holidays

Come meet, talk to, support other people who understand what you are going through on a daily basis.

The 2nd Saturday of every month from 1-3pm EST.

**Want to know more about our Support Group?
www.FightTheFlame.org**

TREATING THE WHOLE PERSON: OPTIMIZING WELLNESS

VIRTUAL CONFERENCE

OCTOBER 25-28

rsdsa
SUPPORTING THE
CRPS COMMUNITY

MONDAY,
NOVEMBER 1, 2021

COLOR THE WORLD ORANGE DAY

To learn more, please go to :
www.colortheworldorange.com
Find out how you can participate.

FTF is Looking For:

Newsletter contributors

Would you like to write an article?
Share your story?

Beth@FightTheFlame.org

**Special Shout-Outs
to:**

Elizabeth & Dena

**Thank you for all your
hard work assisting
with the race. We could
not have done it
without you!**

Previous issues of
Fighting Flames are
located on our
website:

www.FightTheFlame.org

**If you would like to join our email list,
send an email to:**

Beth@FightTheFlame.org

Wishing you a low pain day!

Connect with us:



Fight The Flame Support



www.FightTheFlame.org

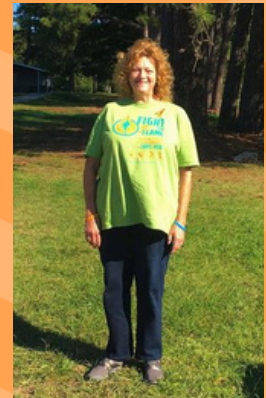


@FightTheFlame



@FightTheFlame

We all smiled pretty...



**Our Sponsors are
Smiling too!**



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**Connolly
Orthodontics**



**Steve Carpou -
State Farm**



Liberty Mutual



**Nirvana Hyperbaric
Institute**



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Institute**



Rowdy Energy