



FIGHTING FLAMES

The Official Newsletter of Fight the Flame®

BIG NEWS

Fight the Flame® is officially a 501(c)(3) !!!!

That's right. We are now our own fully-fledged non-profit. After months of paperwork, Fight The Flame® is officially recognitionized by the IRS as a tax exempt 501(c)(3) public charity.

What does this mean?

How will things be different than previous years?

We will now govern ourselves. We have an executive board to guide us. It also means, that Fight the Flame® will decide where all funds raised are allotted.

We hoped you enjoyed the last edition of Fighting Flames. If you missed it, we will have a digital copy for you to read on our website:
[www. FightTheFlame.org](http://www.FightTheFlame.org)

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SAVE THE DATE!

THE 8TH ANNUAL FIGHT THE FLAME 5K
AND 1K FAMILY STROLL & ROLL

SEPTEMBER 26, 2021
9 AM

MCALPINE CREEK PARK, CHARLOTTE

Returning to "Normal"

As the weather gets warmer, and more people become completely vaccinated, we will want to start venturing outside of our homes. COVID, a terrible pandemic that affected all of our lives in some way, has leveled the playing field for those who do not experience chronic pain. Almost everyone had to stay home; may have felt isolated at times; frustrated that they could not make plans; see others outside their homes, etc.

So many people were avoiding crowded places; supermarkets, malls, movie theatres. For them it was because they were terrified of becoming sick, rightly so. Well, for many of us this is a constant worry; will the movie be too loud; the restaurant too crowded; will others bump into me if I go shopping?

There have been several times when my family has sat down, and even ordered in a restaurant only to realize it was too loud and it was making my pain much

worse, so we had to leave. No matter how sympathetic your co-diners are, they cannot understand how noises turn into vibrations, and those vibrations make your skin crawl, inducing a horrible pain flare.

Now that a lot of the population is returning to eating out at restaurants, people will be sitting further apart which helps ease the fear of getting knocked into. I wonder if the atmosphere will become quieter because you are not competing against other parties.

During COVID, people adapted to isolation by speaking with family, friends, and co-workers via the computer. How many people realized that this type of communication could keep us connected to others when major pain strikes and we cannot leave our homes?

There have been many times in my life that my entire family cancelled plans because I was in too much pain, or too ill to leave the house. Now, after living through this

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**You Asked.
We
Answered.**

What CRPS treatments have helped you the most so far?



LDN, warm water PT. -E.G.

Hands down-Ketamine infusions. - A.D.

**CANNABIS AND
CBD. - J.M.**

Aquatic physical therapy, cannabis and cannaboid creams, acupuncture, anti-inflammatory diet, DRG Stimulator by St. Jude, hot baths with 3-4 cups of Epson salt.- J.C.

Exercise and movement despite pain, cranio sacral therapy, flector pain patches - L.L.

Making myself move/walk every day; good medication management (whatever combo works for you. We're all different, but the key is consistency); listen to your body when it's "had enough;" reduce exposure and involvement in drama/stress/emotional turmoil as much as possible; psychotherapy to address chronic bananas and the emotions that go along with it, as well as anxiety and depression from feelings of loss - L.B.

LDN, low dose Cymbalta (20mg), PT - E.E.

Physical Therapy and then including yoga, free weights and recombinant bike. - M.C.

Dry needling with e-stim for a year reversed it for me. - J.C.

Question for Next Issue:

What is one thing you wish people would understand about CRPS?

- Please send your thoughts to Beth@FightTheFlame.org

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"Normal"

pandemic and learning how to connect with others when I physically cannot be there, I can still participate with my family. When they go somewhere without me, they know I can still be involved. Guilt is lessened on both sides; me for having to make my whole family miss an event and them for leaving me at home where I will be much more comfortable.

parts will look back at the past year and a half and remember what social isolation feels like, and that we do want to participate in life. Hopefully, our families and friends will understand more when we cannot physically leave the house, just as they were not allowed to for so long that they will try to make adaptations for us so that we are included.

It is my hope as things return to "normal" our non-pain counter-

BINGO!



Time to have some fun - see your friends - and win some prizes!!!

Date: TBA - via Zoom

**KEEP A LOOK-OUT FOR MORE
INFORMATION**



FIGHT THE FLAME®

SUPPORTING RESEARCH, EDUCATION & AWARENESS OF RSD/CRPS

Did you know there is a

Fight the Flame CRPS Support Group?

We meet the 2nd Saturday of each
month

1- 3pm EST via Zoom

Monthly flyers are posted on Facebook
and sent out to those
signed up on our email list..

Upcoming topics are listed on our
website: www.FightTheFlame.org

**If you would like to join our email list, send an
email to: Beth@FightTheFlame.org**

Is there something you would like to see in our newsletter,
or if there an article you would like to contribute? Contact
Beth at Beth@FightTheFlame.org

*Wishing you a low pain
day!*



Fight The Flame Support



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