



January 2021 | Vol. 1

FIGHTING FLAMES

The Official Newsletter of Fight the Flame®

Welcome to the first edition of Fighting Flames, the official newsletter of Fight the Flame®.

Each issue will contain information pertaining to CRPS, health, and positive living.

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"The In-Between"

CRPS Warrior Mindy Bledsoe (Writer, Director, Actress) recently released her movie "The In-



Between. The movie follows Junior (Bledsoe) and Mads (Jennifer Stone) as they take a road trip to Portland. The duo who are both battling invisible diseases; Mads, diabetes and Junior, Complex Regional Pain Syndrome, learn a lot about their friendship, their past and their families along the way.

The movie has already won six awards and is bound for more.

Watch it now:

<http://inbetweenmovie2019.com/>

RSDSA is hosting a Caregivers Support Call



“Navigating the Impact of CRPS on Caregivers”

**Thursday January 28, 2021 7:00-8:30 PM (EST)
via Zoom**

There will be a presentation discussion by Leanne R. Cianfrini PHD. Dr. Cianfrini is a registered psychologist for the pain and Medical Management program at the CBI Health Group.

She will talk about the unique dynamics of caring for a loved one with persistent pain and offer encouraging tips. A question and answer period will follow.

This event is intended for caregivers and loved ones, not CRPS patients.



Space is limited, so please register in advance:
<https://tinyurl.com/y4cjmrrjt>

After registering, you will receive a confirmation email containing information about joining the meeting.

Please submit any questions to: fsg.rsdsa@gmail.com

**You Asked.
We
Answered.**

How Would You Explain CRPS To Someone?

**I just show them the McGill pain scale. And ask for forgiveness if I am unable to be 'myself' any given day
– T.A.**



Hell in a hand basket! Seriously though if I am keeping it short, I say I had an injury and my nervous system malfunctioned and keeps firing nonstop pain signals. I have permanent 24/7 pain that is pretty bad. It's crazy and I never had heard of it until I got it. It also took many Dr's to convince me I even had it. – D.F

That my brain keeps telling my knee that I'm still in surgery on a 24/7 loop. – M.P.

I just say my brain constantly misfires pain signals to my feet. Something is always occurring--burning, electrical zaps, pain. Most of the time it feels like how your feet feel after you've walked all day at a zoo in a pair of shoes one size too small. And it feels that way when you've not walked anywhere. I also add that they are always coming out with new treatments that many people have found helpful. And that I have more good days than bad ones and I am always hopeful. – S.M

...CRPS is basically their nerves going rogue. They tell their bodies that they're on fire even though there is no injury. In a flare up, the pain is even more pronounced. They can't be touched on nor can they use effected limbs. Doing so results in them screaming. They fight fire! – A.M

Question for Next Issue:

What CRPS treatments have helped you the most so far?

- Please send your thoughts to BethFightTheFlame@gmail.com



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.

**If you would like to join our email list, send an
email to: BethFightTheFlame@gmail.com**

Newsletters are a great way to update everyone to upcoming events, new information and keeping in touch.

We hope that you will use it as a source to gain relevant information, updates and stories. If you have something that you would like to be considered added to a future issue, please email us.

*Wishing you a low pain
day!*



Fight The Flame Support



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