



January 2022 | Vol. 5

# FIGHTING FLAMES

The Official Newsletter of Fight the Flame

Fight The Flame • September 26, 2021



**Thank you again to everyone who participated in the 8th annual Fight The Flame 5k/1k. Your running, walking, fundraising and cheering made a great impact. We raised a remarkable \$25,000!**

**WITH FUNDS RAISED, FIGHT THE FLAME WAS ABLE TO SUPPORT OUR CRPS NONPROFIT COMMUNITY PARTNERS.**

- FTF sponsored a guest speaker for a national RSDSA conference about suicide prevention.
- We established the Fight The Flame Medical Thermology Laboratory Fund.  
(Read more about Medical Thermography on page 2)
- We will awarding two Fight the Flame CRPS college scholarships.
- Allocated a grant to Ferocious Fighters.  
-Ferocious Fighters is a non-profit organization that provides cards and care packages to people ages 0-21 who battle CRPS.

## NEWSLETTER HIGHLIGHTS

Distribution of Funds

Medical Thermography

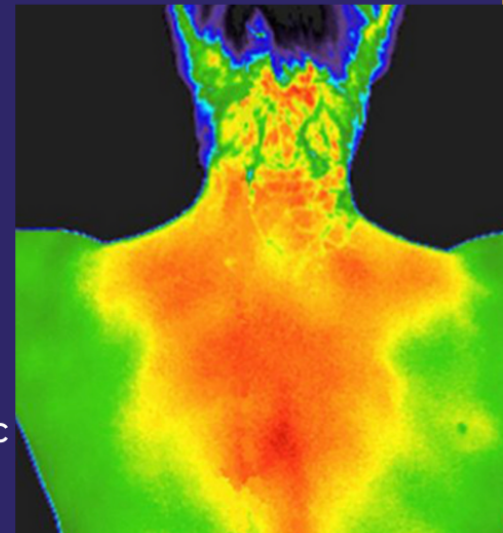
Meet Our Intern

Staying Warm This Winter

## Medical Thermography and AAT

The Fight The Flame Medical Thermology Laboratory Fund was established through The American Academy of Thermology (AAT). The American Academy of Thermology (AAT) is a premiere global professional organization dedicated to the advancement of medical infrared imaging. It was founded in 1971 and is a multi-disciplinary organization that promotes education, research and the clinical application of medical infrared imaging. The AAT's Mission is to improve the delivery of patient care by advancing the field of medical Infrared Imaging through education, research and technological innovation.

The AAT is internationally recognized for its contributions to the medical infrared imaging community, and to patients with medical conditions that can benefit from its application. Examples include, but are not limited to, neuro-musculoskeletal conditions with dysautonomia (such as RSD/CRPS, Fibromyalgia, failed necks and backs, and mixed headaches), community health (such as temperature measurement for fever detection), and Oral - Systemic conditions ranging from superficial venous disorders to physiologic breast thermal findings assessments.



Among its many activities, the AAT hosts an Annual Scientific Session, has online technician and physician education and interpretation courses, and has worked closely with medical universities and residency programs for the advancement RSD/CRPS medical education and patient diagnosis and treatment.

### WE ARE LOOKING FOR SOME WONDERFUL PEOPLE

CAN YOU SPARE 30 MINUTES TO HELP FTF?

All work can be done right from your Family Room. Only a computer is needed.



- Super-easy tasks
- No hard deadline
- Tasks can be completed at your leisure.

### Save the Date

Sunday, September 25, 2022 • 9am

9th Annual Fight The Flame 5k and 1k Family Roll & Stroll



### FTF Valentine's Day Gift Exchange



Would you like to participate? Please let me know by 1/30/22 [BethFightTheFlame.org](http://BethFightTheFlame.org)

**Guidelines:**

- Spending limit is \$10.00 (does not include shipping)
- Only sign-up if you are truly going to participate.

## Meet Our New Intern

Mallory Richard is a senior at the University of North Carolina at Charlotte. She is majoring in Communication Studies with a PR concentration and a minor in journalism. She is extremely passionate about writing, photography and helping others, and hopes to utilize these passions throughout her career.

She is interested in learning more about the nonprofit sector and contributing to a good cause, which is why she is so excited to be interning with Fight the Flame and helping to raise awareness about Complex Regional Pain Syndrome. Apart from school, she enjoys reading books, spending time with her family, and trying new recipes! After graduation, she hopes to relocate to Raleigh, North Carolina, where she will hopefully further her career in public relations.



Mallory Richard

## CRPS & The Cold

Winter is a difficult season for many people suffering with CRPS. The cold temperatures are uncomfortable, and often can cause additional pain flare-ups.

It is important to do all that you can to keep your body warm. Here are some tips to help you do just that.

### In the house:

- Heat: heating blankets/throws, heating pad, hot packs.
- Epson salt baths
- Soft massages to your extremities to keep your blood circulating.
- Wear fuzzy, warm socks
- Soft, comfy pajamas
- Stay under your favorite warm, cozy blankets.

### Nutrition:

- Consume warm foods and beverages.
- Avoid caffeine and alcohol.
- Stay hydrated.

### Going out in the cold:

- Try not to.
- Be sure to bundle up – gloves/mitten, scarf, hat
- Dress in layers
- Use hand/feet warmers
- Sheepskin boots
- Take breaks, do not stay out too long at a time

### Daily Life:

- Exercise/Keep moving.
- Do not smoke.

## CONNECT WITH US:



Fight The Flame Support



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



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*Wishing you a low pain day!*