



November 2022 | Vol. 9

FIGHTING FLAMES

The Official Newsletter of Fight the Flame

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Thank you!

The 9th annual Fight The Flame 5k and 1k Family Roll & Stroll was a HUGE Success!!! We raised over \$28,000! Thank you to everyone who contributed.

It was a beautiful Sunday morning. Over 200 people participated in the event. One hundred and sixty runners/walkers, 55 volunteers, and many people, both family and friends came to McAlpine Creek Park on September 25th.

CRPS Fighters and their families came from 12 states. Many of us finally met our friends in person after speaking with them only through Facebook, online support groups, etc.

Ms. Wheelchair South Carolina USA, Melissa Adams greeted the guests and got us psyched for the day.

There was much to do at the park, even if you were not competing.

People walked through the race

village and enjoyed speaking to and getting goodies from this year's sponsors. The gentlemen of UNC-Charlotte Delta Sigma Phi offered the CRPS Ice Water Challenge. Many selfie pictures were taken with the big orange awareness ribbon (if you have any of yourself, please post them or email them to Beth@FightTheFlame.org). Raffle tickets were sold; CRPS merchandise was offered.

After our competitors completed the course and had

(cont. page 7)



Vitamin C and its Amazing Powers

Vitamin C, also known as ascorbic acid, is crucial in keeping your immune system healthy. It is a powerful antioxidant, which is a substance that supports the immune response. Your immune response is responsible for protecting your body from infections.

Vitamin C is a critical component in helping one's body heal. It produces collagen which is needed to build skin, bones, teeth, and every organ of your body. Studies have shown that Vitamin C reduces the possibility of excessive bleeding during surgery, can accelerate wound healing, and can minimize scars.

Further studies have concluded that taking vitamin C before and after knee surgery can significantly reduce the onset of Complex Regional Pain Syndrome. With your doctor's approval, It is suggested that a person should take 1,000-2,000 milligrams of Vitamin C at least two weeks before surgery and continue to take the same dosage for at least two weeks after surgery. One should not be worried about taking too much Vitamin C. It is water-soluble and any excess amounts will be expelled through your urine.

Vitamin C can help lowering pain, therefore lowering the need for narcotics/opiates. Having a steady, continuous blood flow at the wound site is critical for a positive recovery. Vitamin C permits your blood vessels to widen, relax, and open.

Some doctors recommend a Vitamin C infusion before and after surgery to help stimulate a positive immune response, reduce bruising and swelling, lessen inflammation scarring, and strengthen tissue repairs. Further benefits are that

Humans are unable to naturally produce or store Vitamin C in our bodies so it is vital that we include foods high in Vitamin C daily. Fruits and vegetables such as oranges, grapefruit, brussels sprouts, broccoli, cabbage, kale, sweet potatoes, tomatoes, kiwis and lemons contain high amounts of Vitamin C. Including these foods in your diet will assist in filling the needed amount of daily vitamin C.

Vitamin C strengthens your immune system, helps wounds heal quickly, helps fight the common cold, and prevents heart disease.

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FTF Mission/Goal

The mission of Fight the Flame is to raise awareness and educate medical personnel and the public about Complex Regional Pain Syndrome (CRPS); while providing resources to support the CRPS community.

Vitamin C (cont.)

Taking a daily dose of Vitamin C helps to lessen the chance of bone breaks, fractures, and osteoporosis. If an individual is Vitamin C deficient, healing may be slow and wounds will have difficulty time healing.

Resources:

- <https://www.drweil.com/vitamins-supplements-herbs/vitamins/vitamin-c-for-surgery/>
- <https://www.woundsource.com/blog/vitamin-c-do-daily-mega-doses-accelerate-wound-healing>
- <https://www.phlabs.com/having-surgery-speed-up-recovery-with-this-powerhouse-vitamin>
- <https://www.vitdripcenter.com/post/how-to-prepare-for-and-support-healing-after-surgery-marbella>
- https://www.researchgate.net/publication/45508795_Vitamin_C_requirement_in_surgical_patients

Fighter Spotlight

Hi, my name is **Michelle Weiss**. I live in Greenville, SC with my husband Jeff, our 27-year-old son Hank & our 2 beautiful cats. I have had CRPS since 2014 after an ankle sprain & a bump to the back of my head from a fall. I have been part of the FTF family since 2018. My husband made the 2-hour drive up to Charlotte every month for me until the Pandemic. At that time, I attended the monthly Zoom meetings. I enjoyed seeing everyone in person & I look forward to being able to do that again in the near future. It gave me the sense of belonging to a group in the same situation I desperately needed. I really enjoy being able to give & receive encouragement & support from each other. I also enjoy the monthly Zoom meetings. I have benefitted so much from the excellent speakers Beth has arranged for the group. I learned about treatments & modalities, which I found to be very informative. The best advice that I received from the group (Beth) is to get out of bed each day, put on clothes (not pajamas) & do something, even if it's going to the couch. I'm so grateful to FTF & to our fearless leader and friend Beth Stillitano. She goes above & beyond for all of us.



Michelle Weiss



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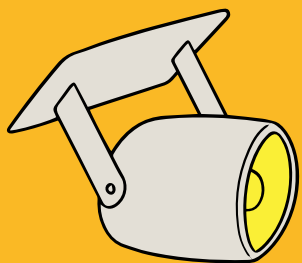
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Special shout out to our Race Committee
Thank you for your dedication and
perseverance

Dena T, Elizabeth B, Jennie R.

Do you know a business that might be interested in becoming a 2023 sponsor?

Email: Beth@FightTheFlame.org for information

EXCITING NEWS!



CRPS CONFERENCE

FIGHT THE FLAME[®]

Learning to Thrive with CRPS



DR. ROBERT SCHWARTZ
Piedmont PMR



DR. GLENN GITTELSON
Glenn Gittelton, DDS



DR. JAMES DEERING
Carolina Pain Institute

Additional speakers to be announced...

22
APRIL
2023

9 am - 5 pm

Fairfield Inn & Suites
2220 W Tyvola Rd
Charlotte, NC 28217



Register at : tinyurl.com/2023CRPSConference

Questions? Email: Beth@FightTheFlame.org

HOTEL INFO:

Special Room Rates available.

Use code:

<https://tinyurl.com/FTFReservation>

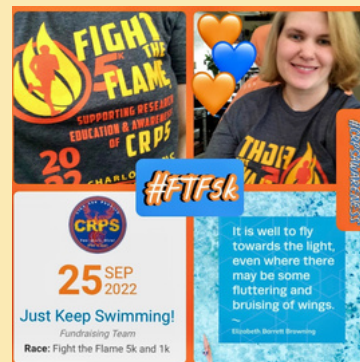
2022 5k/1k Pics



2022 5k/1k Pics con't



A couple of our virtual racers:



Race Recap

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some water and a bite to eat, we presented awards to all the top finishers. Tickets were drawn for the 20 raffle prizes. Many of our fellow warriors were lucky to win one of our fabulous prizes. This year's total raffle value was approximately \$10,000!

All in all, it was a tremendous day. Hard to believe that we will be starting to plan the 10th annual 5k/1k in just a month.

