



September 2023 Vol. 12

FIGHTING FLAMES

The Official Newsletter of Fight the Flame

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Register Now

10th annual
FIGHT THE FLAME 5K
and 1k Family
Roll & Stroll

9/24/2023

register today
www.FightTheFlame5k.org

Meet Other CRPS Fighters

Walk, Run, Cheer

Win Fabulous Prizes!

Fighter Spotlight

My Story

In 2017, everything changed for me (and my family) when I suffered a severe lower back injury requiring multiple surgeries and other treatments.

At some point during the process, I developed classic signs and symptoms associated with Complex Regional Pain Syndrome. I was ultimately diagnosed with CRPS in my left leg nearly 2.5 years ago before it spread to my right leg as well.

CRPS is a complex, complicated, and chronic disorder that affects every aspect of my life daily. I continue to have a difficult time describing it, and I continue to learn about related symptoms and systemic complications.

After learning about Fight the Flame, Lee and I began attending monthly Zoom meetings and we also attended the conference earlier this year. From the very first meeting, we felt so welcomed, and we benefit greatly from the educational speakers and the opportunity to join others who are impacted by CRPS. We are thankful for the organization, it's leadership and members, and we believe the organizational mission is critical to creating awareness, and in helping those currently impacted by this terrible disorder as well as those who may be impacted in the future.

As CRPS warriors are well-aware, a diagnosis can be life-changing for individuals, their families, and friends. I am so thankful for my family and friends for their continuous support no matter the situation.

MEET

The Cauble Family



FTF Fighter: Chad Cauble

Family: Wife, Lee and Son, Davis

Location: Mooresville, NC

Current hobbies: Spending time with my family, listening to relaxing music, and *now* searching for *new* hobbies that I might enjoy.

FIGHT THE FLAME

SUPPORTING RESEARCH, EDUCATION & AWARENESS OF CRPS



AND 1K FAMILY ROLL & STROLL

SEPTEMBER 24, 2023 / 9am

McAlpine Creek Park
Charlotte, NC 28212

HELP US EXTINGUISH THE PAIN

CRPS is ranked as the highest level of chronic pain that exists today.

NO ONE is IMMUNE.

DETAILS & REGISTER HERE

<http://RunSignup.com/Race/NC/Charlotte/FightTheFlame>



Ways to Join the Fun!

Register

Sign up to walk
or run

OR

Virtually
Participate

Create

- Sign up 7 people to your team - your registration fee will be refunded
- Be the 1st to have 10 people on your team - receive 20 tickets to our raffle!
- If you have the largest team – you will win 40 FREE raffle tickets

Donate

- Any donation is welcomed!
- Challenge: Send the link or QR code to 5 people and ask for a donation of \$10. In doing so, you will raise at least \$50 and educate 5 people about CRPS
- Whoever has the most donations will receive an Amazon gift card



2023 FTF 5K/1K SPONSORS

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- Dental Staff Institute



FIGHT THE FLAME®

SUPPORTING RESEARCH, EDUCATION & AWARENESS OF RSD/CRPS

Upcoming 2023 FTF Support Group Meetings

Meetings are from 1-3

September 9 **Let's Connect**

Meet other Fighters - Get
Support - Ask Questions

October 14 **EFT Tapping**

Guest Speaker: Molly Purvines
Certified Wayfinder Coach EFT
Practitioner

November 11 **Everything You
Wanted to know about
Delta 8/Delta 9**

Lindsay Howard, MSP
Greenlife Remedies

***All meetings will be via
Zoom.**

If interested in attending a
meeting, please email
Beth@fighttheflame.org to
RSVP

Color the World Orange

When: Monday, November 6th

Why: To raise awareness for an illness that is still poorly misunderstood, providing support to those affected, and educating the world about its existence.

How: Celebrate this day by simply wearing orange. Take a picture and upload it, tell people why you are wearing orange, and include the official hashtags for the day to create as much engagement as possible.

For more information and how the cities around your are celebrating visit:

<https://www.colortheworldorange.com>

