January 2021 | Vol. 1



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.

Inside Newsletter:

Page 2:

Caregivers Call

Page 3:

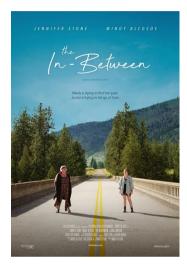
• We Asked. You Answered.

Page 4:

- Support Group
- Contact Us

"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/

January 2021 | Vol. 1 pg 2

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://zoom.us/meeting/register/tJOlc-



moqDMjGtchUBEYLUuvAetFRFfyYJI1?

fbclid=IwAR2X1NSrjUB1j1Lq510VRzVEIe28ixg5HhZ3Qhw1xk3GdHDcF7F Pbq-cYmI

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

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

January 2021 | Vol. 1 pg 3

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

January 2021 | Vol. 1 pg 4



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



@FightTheFlame

www.FightTheFlame.org



@FightTheFlame