

STRAIGHT TALK About Everyday Maintenance for CRPS Warriors!

GRACIE BAGOSY-YOUNG



Disclosures:

Nothing to disclose.

Trading in
pink
gloves for
orange...



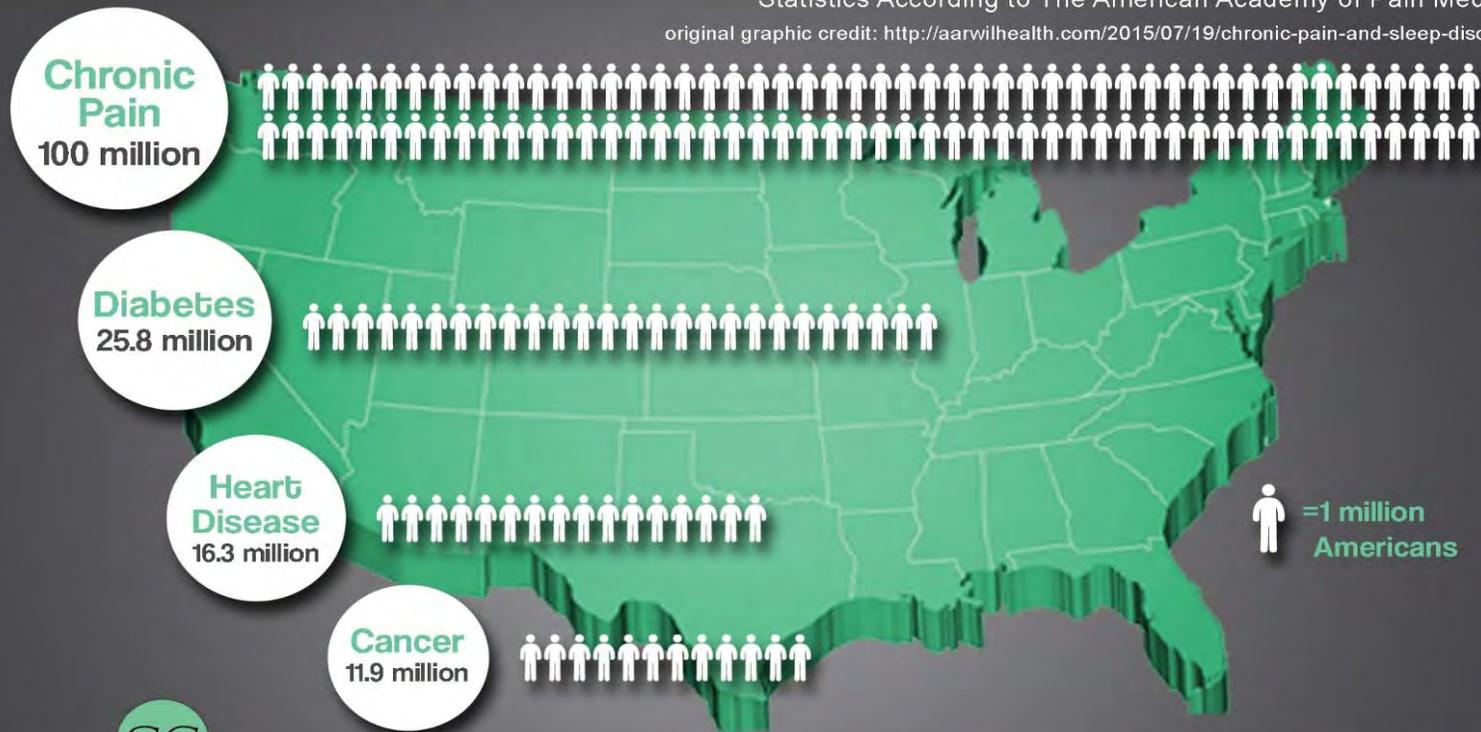


What does an
advocate do?



In the United States, chronic pain affects more people than diabetes, heart disease and cancer combined.

Statistics According to The American Academy of Pain Medicine
original graphic credit: <http://aarvilhealth.com/2015/07/19/chronic-pain-and-sleep-disorders/>



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We all matter, Fight for a cure!



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Chronic Pain

is the most common and most unknown medical condition in America.

It affects an estimated 116 million Americans.

That figure does not include children, individuals in nursing homes or chronic care facilities, prisons, or the military, which makes the impact even more significant. This is higher than the total number of patients with of cancer, cardiovascular diseases and diabetes combined.

Over 1/3 of the American population has Chronic Pain.

Untreated, under treated, or inappropriately treated pain can compromise every aspect of life, including a person's physical and mental health, social and intimate relations, ability to sleep and perform everyday tasks, work productivity, and financial well-being.



National Pain Centers

www.nationalpain.com

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Where is the chart for **CRPS**?

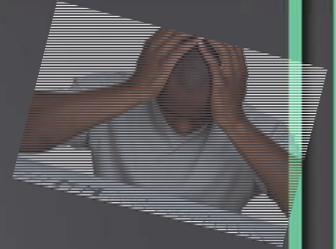
That is a great question! We need

More studies
More research

Gatherings such as this shine a bright light on **RSD/CRPS!**

What CAN You Control?

- Control your diet
- Control your surroundings
- Utilize pain management tools



Control What You Eat

- Your food can **help** you or **harm** you!
- Pain is **inflammatory**-why eat food that adds to the inflammation?
- “Bolster the host” - strengthen your immune system by feeding your body nutrients

You are what you eat...
Don't be cheap, easy or fake!

EVERY BITE YOU TAKE
IS EITHER



OR



**FIGHTING
DISEASE**

**FEEDING
IT.**



EAT THIS!



NOT THAT!



Shift Your Thinking To A New Food Pyramid!

RAW FOOD PYRAMID



Follow One Simple Rule...



If it came from a plant, EAT IT!



If it was made in a plant, DON'T!

Control Your Surroundings

- **Dress appropriately-** soft clothes, cut out tags, bring extra layers, carry mittens/gloves, pack compression wear
- **Weather-** No, you can't control Mother Nature, but you CAN control whether or not you wander out into the nasty weather! Plan your schedule around extreme weather (high humidity, storms, frigid cold) as much as possible. Adjust your schedule as necessary.
- **Choose your company wisely-** You get to choose! The people around you will either lift you up or tear you down. Negativity wears on your immune system. You are under no obligation to keep toxic people in your life-even if they are family! If you do not feel safe in your home, contact an advocate!

Flower Garden Philosophy



Flower Garden Philosophy basic Principles:

- I am no longer able to maintain a gigantic garden
- I no longer have an infinite amount of energy
- I love the flowers!
- Weeds drown out the beautiful flowers

The same basic principles apply in life!

*Tend to what you love

*Do what you can handle

*Make room for the beauty

*Leave no room for the negativity!

~If people CAN walk away, let them~

Allow the garden to weed itself



**NO ONE KNOWS YOUR SITUATION BETTER THAN YOU.
DO WHAT IS BEST FOR YOU, & EXPLAIN IT TO THEM LATER.**

**IF THEY CAN'T LOVE YOU THROUGH IT,
THEY WEREN'T MEANT TO BE IN YOUR LIFE.**



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STRESS AND DISEASE

- Negative emotions & health related consequences



Pain Management Tools (that don't require a prescription!)

- Epsom salt baths
- Vitamins & minerals
- Essential oils
- Music
- Art therapy
- Compression wear/assistive devices
- Support groups-not spaces to commiserate!
- Heating pad, Fuzzy socks, soft blankets, heated mittens
- Paraffin tank

Whatever makes YOU physically comfortable - it's a shift in mindset!

Let's Talk About That Shift In Mindset!

Pain is inevitable.

Suffering is optional.

Haruki Murakami

Do you want to live in the front row or the third?

I choose to take advantage of the good days while I can.

Rest for a few days ahead of time. Plan to rest afterwards.

Don't let the fear of a flare keep you from living!

RSD DOES NOT OWN ME!



Casualty Invalid Dead

FATALITY Loss INJURED

prey VICTIM sucker

SUFFERER

MISSING invalid death toll

KILLED PAWN SHUT-IN

subject CONVALESCENT

VICTOR outlast

Endure PERSEVERE

Live RECOVER Weather

PERSIST Warrior Revive

PREVAIL PULL THROUGH

Continue Carry on PROMOTE

I AM A SURVIVOR!

**I AM
NOT MY
PAIN!**

SISTER *Wife* DAUGHTER

health freak

PACKER  FAN

coffee  snob

Friend

Who am I?

NEIGHBOR

MOM

TECH NERD

ADVOCATE

Child of God

Nature  ver

CRAZY  Cat lady

WOMAN



IT ALL ADDS UP!



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