STRAIGHT TALK About Everyday Maintenance for CRPS Warriors!

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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://aarwilhealth.com/2015/07/19/chronic-pain-and-sleep-disorders/

Chronic Pain 100 million
Diabetes 25.8 million
Heart Disease 16.3 million
Cancer 11.9 million

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 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.

*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 ham 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 FIGHTING DISEASE OR FEEDING IT.
EAT THIS!

- Nuts
- Avocado
- Spinach
- Tart Cherries
- Olive Oil
- Orange Vegetables & Fruits
- Pineapple
- Turmeric, Ginger, Onions and Garlic

RawForBeauty.com

NOT THAT!

- Gluten
- Casein
- Safflower, Sunflower, Soy, Corn
- Processed Meats
- Fried Food
- Meat & Dairy
- Syrup and Softdrinks
- Fast Foods
Shift Your Thinking To A New Food Pyramid!

**RAW FOOD PYRAMID**

1. **Leafy Greens**
2. **Fruits & Vegetables**
3. **Sprout & Legumes**
4. **Nuts & Seeds Flex, Hemp Seeds**
5. **Herbs, Microgreens & Wheat Grass Juice**
6. **Sea Weed Nutritional Yeasts**
7. **MEDICINAL FOODS EAT SPARINGLY**
8. **PROTEINS, AMINO ACIDS EAT MODERATELY**
9. **FOUNDATION FOODS EAT GENEROUSLY**
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 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.
STRESS AND DISEASE
- Negative emotions & health related consequences

Persistent stressors and negative emotions → Release of stress hormones → HEART DISEASE

Unhealthy behaviors (smoking, drinking, poor nutrition & sleep) → IMMUNE SUPPRESSION

(GG) www.GGPainAdvocacy.com

AUTONOMIC NERVOUS SYSTEM EFFECTS (headaches, hypertension)
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!
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
Tech nerd
Child of God
Crazy cat lady

Who am I?
NEIGHBOR
MOM
ADVOCATE
Nature lover
WOMAN
IT ALL ADDS UP!

Diet

Surroundings

Pain Tools

Doctor's Care

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