



January 2023 | Vol. 10

FIGHTING FLAMES

The Official Newsletter of Fight the Flame

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Year in Review

Our Fight the Flame CRPS Support group has been meeting for many years. Each month we discuss a different topic. This year, we were fortunate to have several guest speakers who shared an abundance of useful information. Here is a recap of our 2022 meetings with our guest speakers' information.



Did you know that we record almost every support group meeting?

The meetings are posted on a private YouTube channel.

If there is a topic you are interested in and would like to view the meeting, email Beth@FightTheFlame.org for access to that meeting.

Here is a look back at all our meeting topics and the presenters' contact information

January - *Household Management*

February - *Patient Advocacy & How to Speak with your Doctor* presented by: Lorrie Clemmons; MSN, RN, CDP, EOLD
lorrieklemons@gmail.com

March - *Therapeutic Devices* presented by
Brendon Flanigan for Hidow brendon@hidow.net
and Dr. Jeff Marksberry for Osk Pulse
jeff@oskawellness.com

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2022 Support Group Year In Review

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April - *Alternative Therapies* presented by Dr. Jordan Lukins, DC (704) 246-6111

May - *Self Care & Counseling* presented by BK Counseling Services; Shannon Berger/Caylee King <https://www.bkcounselingservices.com/>

June - *Dental Issues & CRPS* presented by Dr. Glenn Gittelsohn <https://www.drglenngittelsohn.com/>

July - *Creating a Wellness Plan* presented by Gwen Herman gwen@uspainfoundation.org

August - *Qigong & Hidden Disease Sunflower* presented by Marie Theriault, E-RYT-200 marietheriault9@gmail.com and Lynn Smith, CMO lsmith@thesourcinggroup.com

September - *CRPS & Eye Complications* presented by Dr. Kurt Heitman, MD (864)269-3333

October - *Weather & Chronic Pain*

November - *Myofascial Release* presented by David Phillips, MS Kinesiology, LMBT connect@bodyhealththerapy.com

December - *Pain-free Hobbies*

**Do you have a topic you would like to
see discussed during our monthly
support meetings?**

**Please email your suggestion to:
Beth@FightTheFlame.org**



CRPS CONFERENCE

"Learning to Thrive with CRPS"

April 22, 2023

Charlotte, NC

Cost: \$15



To register for
the conference,
scan here
or go to:



tinyurl.com/2023CRPSConference

HOTEL INFO:

Fairfield Inn & Suites
2220 W Tyvola Rd,
Charlotte, NC 28217
Special Room Rates
available.

Use code: <https://tinyurl.com/FTFReservation>



*Additional Speakers to
be announced.*

Fighter Spotlight



Hi! My name is Alan Wagner, I am 34 years old and currently reside on a quiet farm outside Wilkesboro, North Carolina. I was raised in the beautiful mountains of Boone. and lived there for most of my life with my two parents, Mike, and Brenda Wagner. From hikes to fishing with my dad, late-night drives, and amateur photography, I learned that the best things in life were made up of simplistic moments, not things.. Being raised in the church has helped set a solid foundation in my life..

Like most people, I never pictured an inevitable, life-altering situation happening to me. On 9/23/2021, I was in a car accident that completely upended my life. I sustained traumatic injuries to my right leg and foot. Recovery seemed out of reach. I was out of work, unable to drive, and affected both physically and mentally. After months of physical therapy, drug trials, injections, nerve blocks, and five doctors, my pain worsened and I was left with uncertainty and unanswered questions.. I was referred to a Charlotte specialist who diagnosed the issue; CRPS -type 2. Since the other treatments had not helped, a spinal cord stimulator was recommended.



Over the next few months between trials and PT, I was encouraged to look into a support group. After a quick google search of nearby groups, I came across Fight the Flame, so I



decided to take a chance on them and reached out. I was immediately greeted by the group's host, Beth Stillitano who invited me to join an online group session.

Since April 2022, I have attended every single meeting. Recently, I under- went surgery for a permanent spinal cord stimulator implant. I'm lucky to have the love and support of my wonderful family, friends,

,and this amazing support group. I've gained knowledge and perspective from every group member. I have learned that regardless of our situation, whether it is getting out of bed in the morning or finding a new hobby to pursue, small changes can result in significant results over time.

Nothing about CRPS is easy, but having a group of people who can relate, encourage, advise, support, and genuinely understand what you are going through makes things much more tolerable.

Coming from someone who suffers from depression, anxiety, PTSD, and now CRPS, I can honestly say that finding Beth & this amazing group of fighters was one of the biggest highlights of my year & has helped me in more ways than I can describe. I am beyond grateful for Beth & everything she does for the group, and I cannot wait to see what the days ahead will hold.



2023 Fight the Flame Calendar

January 14 - Setting Goals for the New Year

February 11 - Caregivers (caregivers invited)

March 11 - CRPS and Headaches

April *no regular meeting*

April 22 - CONFERENCE (see page 3 for more information)

May 13

June 10

July 8

August **NO MEETING**

September 9

September 24 - 10th annual Fight the Flame 5k/1k

October 14

November 11

December 9



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.

News

A new year, a new beginning.
Starting this month, we will be meeting in person!

Meetings will take place at

Earth Fare - Ballantyne

12235 N Community House Rd, Charlotte, NC

1 - 3 pm EST

A zoom option will still be available - just email Beth for the zoom link
Beth@FightTheFlame.org



Wishing you a low pain day!

CONNECT WITH US:



Fight The Flame Support



www.FightTheFlame.org



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