



FIGHTING FLAMES

The Official Newsletter of Fight the Flame®

NEWSLETTER HIGHLIGHTS

CONFERENCE REVIEW

pg.1

CONFERENCE SURVEY & RECORDINGS

pg.2

THANK YOU

pg.3

SAVE THE DATES

pg.4

FTF CRPS SCHOLARSHIP

pg.5

ROSS' CORNER

pg.6

CONFERENCE SUCCESS

Dear Fight the Flame Family,

My heart is so full after this past weekend. Our 2026 Fight the Flame CRPS Conference was truly an incredible day of learning, connection, and hope.

The speakers were outstanding, the topics were meaningful and informative. Most importantly, the room was filled with people who truly understand CRPS and its challenges.

I have heard from many attendees already, and the feedback has been overwhelmingly positive. It means so much to me that people left feeling heard, supported, and empowered. That has always been the goal of Fight the Flame, being sure no one feels alone on this journey.

- Beth Stillitano



You are not alone!

Conference Information

Conference Survey

If you attended the conference and have not yet completed the survey, we would greatly appreciate your feedback.

Your input helps us improve future conferences and support programs.

<https://forms.gle/ezD1dfTRCKEwYXPb8>



Conference Recording

If you ordered a copy of the conference recordings, they will be mailed out as soon as we receive the final edited videos. Thank you for your patience, it will be well worth the wait!

If you would like to order a copy of the video, there is still time. Go to: <https://runsignup.com/TicketEvent/FighttheFlameConference/Register> to order your copy.

All attendants of the physical conference, will also receive the video.



WE WOULD LIKE TO EXTEND SPECIAL THANKS TO:

Mark Donaldson and everyone at HEARD for doing a phenomenal job with the audio and visual production.



Christine Champion and the Courtyard Charlotte Waverly Team for their incredible help and support leading up to and throughout the conference.

Our sponsors, including Ayers, Whitlow & Dressler, and Abbott for helping make this event possible.



Christian Ayers • Dr. Pradeep Chopra • Caryn Fidalgo • Dr. Jay Kumar • Duff Lambros • Dr. Jonathan Leake • Chase Teagarden • Amber Tolbert

And of course, our amazing speakers who shared their time, knowledge, and hearts with our community.

We are so grateful for all of you.

UPCOMING SUPPORT GROUP MEETINGS

Our Fight the Flame Support Group meets online every second Saturday of the month from 1:00–3:00 PM (ET).

April 11

May 9

No meeting in June

August 8

If there is a topic you would like us to discuss, or if you know someone who would make a dynamic speaker for our group, please let us know.

Mark your calendars!



FIGHT *the* **FLAME**

SAVE THE DATE



Fight the Flame 5K
& 1K Family Roll & Stroll

SEPTEMBER 27, 2026

Raising awareness. Building
community. Inspiring hope.



www.FighttheFlame5k.org

The Fight the Flame 5K is truly a community event, and it takes many helping hands to make it possible. If you would like to help with planning, volunteer, or if you know of a business that might be interested in becoming a sponsor, please let us know. We would love to have you involved.

FIGHT THE FLAME COLLEGE SCHOLARSHIP

SPREAD THE WORD

Did you know that Fight the Flame offers a college scholarship each year?

The Fight the Flame CRPS Awareness Scholarship is awarded to a graduating high school senior who helps raise awareness and understanding of Complex Regional Pain Syndrome through an essay submission.

If you know a high school senior who might be interested in applying, please pass this information along to them. Help us spread CRPS awareness to the next generation.



Empowering students through our CRPS Awareness Scholarships

Join us in supporting the next generation of advocates who will raise awareness about Complex Regional Pain Syndrome and its impact on lives.

Date due: April 10, 2026



www.FighttheFlame.org

HELP US

We are also looking for a few volunteers to help read and score scholarship essays. This does not take a lot of time, but it makes a big difference and helps us select a meaningful winner.

If you are interested in serving as a scholarship reader/judge, please email us. We would be so grateful for your help.

TO LEARN MORE OR APPLY, VISIT:
WWW.FIGHTTHEFLAME.ORG/SCHOLARSHIP



Choosing the Right Mouse for Your Computer

ROSS FELDMAN
CHIEF TECHNOLOGY OFFICER
BETTER CALL I.T.
TRAINING • SUPPORT • CONSULTING

One of the most overlooked tools in your workspace is something you probably use all day long: *your computer mouse*.

Many people simply use the mouse that came with their computer, but choosing the right one can improve comfort, productivity, and even help prevent wrist strain if you spend long hours at your desk.

Ross' Tip:

If you're experiencing wrist fatigue or discomfort after a long day on the computer, upgrading your mouse might be one of the simplest improvements you can make to your workspace. Sometimes a small change can make a big difference in your daily workflow.

Here are a few things to consider when selecting a mouse:

Size & Fit: Your mouse should feel natural in your hand. If it's too small or too large, it can cause unnecessary tension in your wrist and fingers.

Ergonomic Design: Ergonomic or vertical mice are designed to keep your wrist in a more natural position. These can be especially helpful for people who work on the computer for extended periods.

Wired vs. Wireless: Wireless mice reduce cable clutter and allow more flexibility on your desk, while wired mice can offer consistent performance without worrying about batteries.

Sensitivity(DPI): Higher sensitivity means your cursor moves farther with less movement of your hand. This can be useful for design work or large monitors.

Extra Buttons: Some mice include additional buttons that can be programmed for shortcuts, which can save time if you perform repetitive tasks.

Mission Statement

Fight the Flame® is dedicated to raising awareness, supporting research, and providing resources for individuals affected by CRPS.

Wishing you a low pain day

