



FIGHTING FLAMES

The Official Newsletter of Fight the Flame

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Dear Friends,

September is an exciting time for Fight the Flame as we prepare for our annual 5K and 1K Family Roll & Stroll. This event is more than just a race; it is an opportunity to bring our community together, raise awareness of Complex Regional Pain Syndrome (CRPS), and remind those living with CRPS that they are not alone.

For many CRPS warriors and their families, the event offers something especially meaningful: the opportunity to be surrounded by people who understand, support, and believe them. Whether someone crosses the finish line, cheers from the sidelines, or participates from home, every person becomes part of a caring and determined community.

There are many ways to participate: register to walk, run, or roll, join virtually, volunteer your time, make a donation, cheer on participants, or invite others through our referral program.

In this edition of Fighting Flames, you will find valuable resources, including tips for preparing for a pain doctor's appointment, details on how to support Fight the Flame through Walmart Spark Good Round Up, and creative ideas for Color the World Orange. We have also included a calendar of upcoming fall events.

Thank you for helping us spread awareness, provide support, and create hope. Every action, no matter how small, helps us continue making a difference for the CRPS community.

Beth Stillitano
Executive Director
Fight the Flame



How to Prepare for Your Pain Doctor's Appointment

Living with Complex Regional Pain Syndrome can make medical appointments physically and emotionally exhausting. Pain, fatigue, stress, and difficulty concentrating can make it hard to remember everything you want to discuss. Preparing information ahead of time can help you communicate your concerns and make the most of the time you have with your doctor.

GATHER YOUR MEDICAL INFORMATION

Bring copies of any records your doctor may not already have, including:

- Diagnostic tests and results
- Procedures, surgeries, and treatments you have received
- Names and contact information for current and previous doctors
- A list of your current medications, vitamins, and supplements, including the dosage and how often you take them
- A list of medications or treatments you have tried previously, why they were stopped, and any side effects you experienced

Fight the Flame has a medical-information form that can help you organize these details. A copy is available upon request.

DESCRIBE YOUR PAIN AND OTHER SYMPTOMS

Pain can be difficult to explain, so consider keeping a brief pain diary before your appointment. You do not need to record every detail. Focus on information that may help your doctor recognize patterns, such as:

- When your pain began and how it has changed
- Where the pain is located and whether it spreads
- How the pain feels: burning, stabbing, throbbing, aching, crushing, or electrical
- What makes your symptoms better or worse
- Activities, weather changes, stress, touch, or other possible flare-up triggers
- How your symptoms affect sleep, movement, work, relationships, and daily activities

Be sure to mention symptoms beyond pain, including allodynia, swelling, changes in skin color or temperature, unusual sweating, sensitivity to touch, weakness, tremors, stiffness, or changes in hair and nail growth.

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WRITE DOWN YOUR QUESTIONS

Prepare a list of questions before the appointment and place your most important question first. In the moment, it is easy to forget something you intended to ask.

Questions might include:

- What treatment options are available?
- What are the possible benefits, risks, and side effects?
- How will we know whether the treatment is working?
- How long should I try it before evaluating the results?
- Could it interact with my current medications?
- Are there alternatives if this treatment does not help?
- What should I do if my symptoms worsen or I experience side effects?
- What are the next steps in my treatment plan?

MAKE THE APPOINTMENT EASIER ON YOURSELF

Try to arrive a little early so that traffic, parking, paperwork, or mobility needs do not create additional stress.

Bring a notepad and write down important instructions and next steps. Do not be afraid to ask your doctor to slow down, repeat something, or explain unfamiliar medical terms. Before leaving, make sure you understand what you are being asked to do.

If possible, bring a trusted friend, family member, or caregiver. It can be difficult to absorb everything while you are in pain. Another person can take notes, help you remember your questions, and review the information with you afterward.

Most importantly, be honest about what you are experiencing. Your doctor needs to understand not only the intensity of your pain, but also how CRPS affects your daily life. Preparing ahead of time can help you feel more organized, reduce some of the stress surrounding the appointment, and make it easier for you and your doctor to work together.

Prepare • Ask • Understand

Small steps can help you make the most of your appointment.

DOCTOR'S APPOINTMENT

Checklist



Medical Records



Medication List



Symptoms Timeline



Written Questions



Notebook & Support Person

These suggestions are intended to help patients prepare for medical appointments and are not a substitute for individualized medical advice.



RACE CENTRAL

There Is a Way for Everyone to Participate

The Fight the Flame 5K and 1K Family Roll & Stroll brings our community together to raise awareness of Complex Regional Pain Syndrome and remind those living with CRPS that they are not alone. Whether you join us at McAlpine Creek Park or support us from home, your participation makes a difference.

REGISTER:

Walk, run, roll, or stroll! Choose the 5K or our accessible 1K Family Roll & Stroll. Take part at your own pace and in the way that works best for you.

PARTICIPATE VIRTUALLY:

Can't attend in person? Register as a virtual participant and complete your distance wherever and whenever it is most comfortable for you.

VOLUNTEER:

Help with registration, water stations, the race village, course support, setup, cleanup, or other race-day activities. Every volunteer plays an important role.

DONATE:

You do not have to participate in the race to make an impact. Your donation helps Fight the Flame provide CRPS education, support, awareness, scholarships, and research funding.

CHEER WITH US:

Join us along the course and at the finish line to encourage our runners, walkers, rollers, and CRPS warriors. A friendly face and an encouraging voice can mean more than you know.

SHARE AND EARN A REFUND:

After registering, invite your friends and family to participate using your personal referral link or code. When five people register through your referral, your registration fee will be refunded.



However you choose to participate, you are helping us fight CRPS with education, support, and hope.

www.FightTheFlame5k.org



IMPORTANT NOTICES

EXCITING NEWS!

Round Up for Fight the Flame®

Support the CRPS community when you shop online with Walmart Spark Good.

CHOOSE FIGHT THE FLAME IN FOUR EASY STEPS

- 1 Sign in
- 2 Account
- 3 Giving & Impact
- 4 Select Fight the Flame

Then choose to round up your purchase at checkout. A few cents at a time can make a meaningful difference.



FIGHT THE FLAME®

Education. Support. Hope.

FIGHT THE FLAME®

SUPPORTING RESEARCH, EDUCATION & AWARENESS OF CRPS



HELP US EXTINGUISH THE PAIN

CRPS is ranked as the highest level of chronic pain that exists today.



AND 1K FAMILY ROLL & STROLL

SUNDAY • 9/27/2026 • 9 AM

McAlpine Creek Park, Charlotte, NC

Register & Donate:

www.FightTheFlame5k.org

UPCOMING EVENTS

FALL 2026

AUGUST 23 MYRTLE BEACH PELICANS VS. FAYETTEVILLE WOODPECKERS GAME FUNDRAISER
Pelicans Ballpark; Myrtle Beach, SC

SEPTEMBER 12 NO FIGHT THE FLAME SUPPORT GROUP MEETING

SEPTEMBER 27 FIGHT THE FLAME 5K AND 1K FAMILY ROLL & STROLL & STROLL
McAlpine Creek Park; Charlotte, NC

OCTOBER 10 FIGHT THE FLAME SUPPORT GROUP MEETING
Virtual

NOVEMBER 02 COLOR THE WORLD ORANGE DAY
Virtual

Get Ready to

COLOR THE WORLD ORANGE DAY



Color the World Orange™ Day is Monday, November 2, 2026, a day when the CRPS community comes together to raise awareness around the world.

You can participate by wearing orange, decorating your home or workplace, sharing CRPS facts on social media, asking a local business or landmark to light up orange, or simply starting a conversation about CRPS.

Begin making your plans now, and remember to send your photos to Fight the Flame so we can share how our community colored the world orange.

for more info:

<https://www.colortheworldorange.com/>

Wishing you a low pain day

