

****CRPS/RSD****

NOVEMBER IS AWARENESS MONTH

This means you'll see whole lot of the colour orange and information about CRPS/RDS.

So.... What is CRPS/RSD???

Complex Regional Pain Syndrome (CRPS) or Reflex Sympathetic Dystrophy (RSD) is a progressive neurological disease.

The pain is typically accompanied by swelling, skin changes and extreme sensitivity.

Usually it begins In one of the four limbs but can occur in any part of the body and in over 70% of victims it will spread to additional areas, affecting internal organs and often becoming 'full-bodied'.

What is Neurological? Neurological disorders are diseases of the central and peripheral nervous system. In other words, the Brain, Spinal Cord, Cranial Nerve, Peripheral Nerve, Nerve Roots, Autonomic Nervous System, Neuromuscular and Muscles.

SOME of the side effects, signs and symptoms of CRPS/RSD

***Pain**—According to the McGill Pain Index. CRPS/RSD is described as one of, if not the most painful form of chronic pain that exist.

***Skin**—Changes in skin colour & temperature. Sweating & Swelling. Skin may appear red, dusky, covered with red dots, cyanotic (blue), blotchy or pale. With extreme sensitivity to touch.

***Hypersensitivity**—Touch, sound, vibration, wind, noise, temperature, barometric pressure changes, water pressure and temperature etc... can cause pain to increases to extreme.

***Tremors/Spasms**—involuntary shaking, jerking and twitching.

***Nails**—Become brittle, thick, ridged &/or grooved.

***Hair**—Increase/Decrease in hair growth.

***Memory Loss**—due to changes in the Limbic System.

***Muscle & Bone Wastage/Loss.**

Please Wear Orange for the Month of November to show Your Support & Raise Awareness of CRPS/RSD.

For more information please visit:

www.tpbf.org.au or Facebook www.facebook.com/purplebucket

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