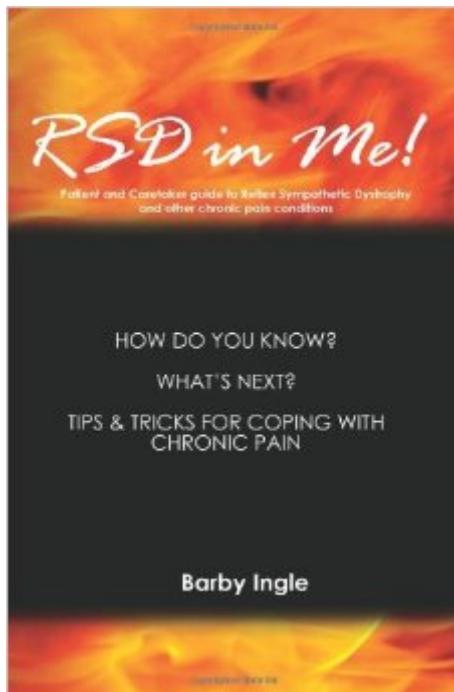


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# RSD In Me!: A Patient And Caretaker Guide To Reflex Sympathetic Dystrophy And Other Chronic Pain Conditions



## **Synopsis**

This book goes through all aspects of Reflex Sympathetic Dystrophy Syndrome (RSD/CRPS) including definition, causes, tips on dealing with healthcare professionals, caretaker information, emotional aspects of dealing with chronic pain, and tips on coping with the pain. This book is written by a pain patient based on her experiences in dealing with pain and the healthcare system.

## **Book Information**

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## **Customer Reviews**

RSD in Me! By Barby Ingle is a story about her journey through injury and pain. After an auto accident and a diagnosis of whiplash, she started to have inexplicable pain in her body. Doctors told her that she had a shoulder injury and depression. Test after test showed no physical problems and after seeing 35 doctors, Barby found a pain clinic in Arizona. The doctor there finally gave her a diagnosisâ "Reflex Sympathetic Dystrophy or RSD, which develops after a minor injury or trauma. In Barbyâ TM's case, the condition developed as a result of the whiplash. Other causes can be such things as hypodermic needles, surgical wounds, or a sprained ankle. RSD as well as other causes of chronic pain are life changers. In the authorâ TM's case she could no longer work, drive, cook, clean, or dress herself. This book educates all chronic pain sufferers on living life in spite of being in pain all the time. The first step is to keep seeing doctors until you can find one that can finally help. A treatment plan comes next. It may take time going through the process of trial and error, but even temporary pain relief is well worth the effort. All sufferers of chronic pain can find the tips and suggestions of the author invaluable, especially since she speaks from experience. Friends and family are the key to making your life easier to live. Those who do not understand your pain journey

may need to be kept at a distance, because support is so important. An understanding caregiver is essential to not only your physical health, but your mental health as well since most chronic pain sufferers experience depression. Pain is enough to bear without always trying to convince others that it really does exist. Accept help, but avoid becoming helpless as you strive to be as self-sufficient as possible.

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