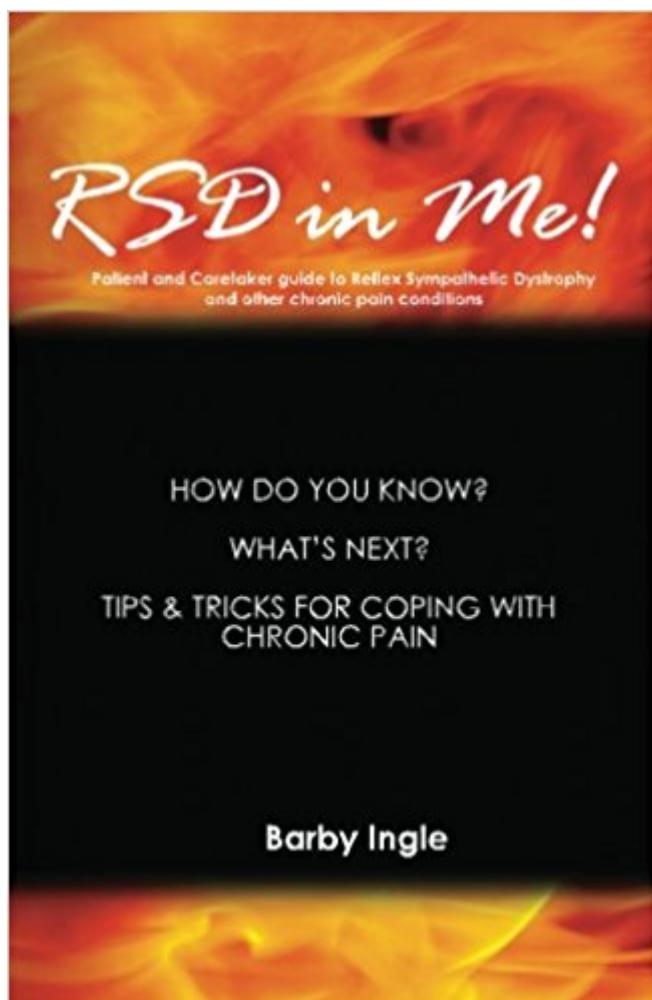


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RSD In Me!: A Patient And Caretaker Guide To Reflex Sympathetic Dystrophy And Other Chronic Pain Conditions



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.

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Customer Reviews

Author Barby Ingle, developed RSD after an auto accident in 2002. Her struggle for the proper diagnosis and treatment lead her to develop new life skills. She wrote this book so other chronic pain patients will have an easier time coping with the same challenges.

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 diagnosis—Reflex Sympathetic Dystrophy or RSD, which develops after a minor injury or trauma. In Barby'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 author'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. Barby also suggests keeping a journal, working from home as often as you can, volunteering, and even mentoring other pain sufferers to allow yourself to feel useful. The main point is that you must look out for yourself. Do what you feel that you can do on your good days and give yourself permission to do less on the days that your pain limits your activities. I personally live with chronic pain and the most valuable lesson I got from this book is that I must do what I can and not what others expect me to be able to do. The author is a great example of how pain can limit your life but it cannot stop you from living if you decide to fight for your right to enjoy the good things still within your grasp. If you suffer from chronic pain or if you know someone else who does, then please give him or her a copy of this book. I believe it will change their lives!

This condition is so horrible and I found it very difficult reading the book and thinking about living the rest of my life with this. I feel very bad for this young lady and all the struggle she has gone through. All of us with this condition are struggling daily to manage our lives and her story is very much the same as the rest of us. She is trying to help, but it just kept me thinking about being in the same boat and how horrible this is.

Very well written, easy to understand book. Lots of useful information on RSD for someone who has the disease or just for someone who wants to learn more about the disease or what it is like to live with the disease. There needs to be more books out like this for the public to become aware of this disease that very few people know about.

I was just diagnosed with RSD/CRPS & I immediately went to for books on the subject. My own physician let me down because he was ignorant on the disease. I read RSD In Me along with Living With RSD. These books provided so much information about the disease, but more importantly, little

things I could do for myself to calm the pain. Microfiber towels was mentioned to dry my hands because regular towels were like sandpaper. I loved the perspective from the patients point of view. I loved her advice about the ER & hospital stays, including IV needles. I recommended this book to a nurse at my new Pain Specialists to share with other patients. I plan to read this book again, because I am in a better position to learn more about this monster of a disease.

Great book! My father has RSD and I wanted to buy this book to understand him better. RSD in Me helped my father and I understand his condition and each other more. He has learned many new things to help cope with his condition and overall health. My father learned how to interact with doctors and increase his social life and even fight his depression by using tricks he learned from the book. I highly recommend this book to anyone who has RSD.

As a woman who lives with RSD, i found this book very informative when it came to several different situations. And coming from another RSDer it makes all the difference in the world. Thanks for a great Book!!Jan,2017It has been several years since I first picked up this book. actually I was still not that far into being diagnosed with RSD. Now pretty much being called CRPS (complex regional pain syndrome). The book and Barby had played a part, along with fellow RSDers in getting me through a time that I never thought I would. Not only did those in my life, well the ones that stuck around that is, have no idea how to cope, or even understand neither did I. Over the years some things have improved, and others have not. The most important factor I have found to surviving what is referred to as the "suicide disease". Is to find a way to educate yourself and realize if you are a suffer of RSD or any other " Invisible disease " you are NOT ALONE, reach out, we are there, we are everywhere. When it seems no one understands,Drs have driven you crazy, treatments are not helping cannot sleep, shower because even the water can be pure agony at times. Or if you are a loved one of a sufferer, you are not alone either, sometimes it maybe hard to get the questions out to your loved one. There are support groups in some areas, online, there are organization's or even reach out to other RSDers. We are always happy to help, get awareness out there. Pray for a cure, or even a treatment that will work for every sufferer. And never, never give up!

I suffer from this terrible disease and this book is chocked full of valuable information!! I was to the point that I was ready to just give up, I never knew that there was this much information out there dealing with this disease. I live in an area where it is not too well known.Hope this book is as helpful to you as it has been and continues to be, to me.

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