



THE TRUTH ABOUT CRPS

By Laeticia Mbangué

Ever heard of Complex Regional Pain Syndrome (CRPS)? This disease is not often talked about, yet there are so many suffering at the hands of it. It is a debilitating and often misunderstood condition that can be as frustrating as it is complex.

What is Complex Regional Pain Syndrome?

Complex Regional Pain Syndrome, or CRPS, is a chronic pain condition that usually develops following an injury or trauma. It can affect any part of the body but it typically affects the extremities, like the hands or feet. The pain is usually severe and lasts longer than the normal pain from injury. People with CRPS often describe the pain as feeling like burning, sharp stabbing, or intense throbbing.

The Cause?

The exact cause of CRPS remains a mystery, which is quite frustrating for patients and doctors alike. It's thought that CRPS might be caused by problems or damage in the body's nerve system, both in the nerves that are spread throughout the body and in the spinal cord and brain. Also, the way the body reacts to injury with inflammation might play a role in the cause.

Managing Pain in CRPS

Effective pain management in CRPS is incredibly important as chronic pain can lead to a host of physical, emotional, and social issues. Lifestyle adjustments, like stress management and gentle exercises can help in areas like mobility and prevent muscle atrophy. Medications, such as analgesics and anti-inflammatory drugs, are often prescribed to alleviate pain. Our organization, the CRPS Warriors Foundation, provides support groups and other resources to help with managing the psychological impact of chronic pain. This can be found on the *Resources* section of our website.

CRPS requires patience, perseverance, as it is a poorly understood condition that affects people across the globe. While it can be incredibly draining, early diagnosis and a multidisciplinary treatment approach can help in managing it and offer some sort of hope to those suffering from CRPS.