

# November is

# CRPS AWARENESS MONTH



Do you have pain that is more intense than it should be or that is lasting longer than you expected it to?

## Complex Regional Pain Syndrome

is an uncommon pain condition that usually affects an arm or a leg, but can occur anywhere in the body. It typically occurs after a trauma, such as an accident, a fracture or a surgery, or following a medical emergency such as a heart attack or a stroke, but CRPS can also occur after a very trivial incident or immobilisation and, on occasion, can develop spontaneously. CRPS can affect anyone regardless of race, age or gender. It is 3 – 4 times more common in females than males and it peaks at 37 – 50 years of age in adults and at 12.5 years of age in children.

## Know the Symptoms

- C Changes** Changes in skin colour, changes to hair or nail growth, temperature differences, excess swelling and sweating, muscle weakness, changes in range of motion
- R Regional** Regional, usually beginning in one area where an injury, trauma or surgery occurred
- P Pain** Pain that is more intense or out of proportion to the original injury
- S Sensitivity** Sensitivity, hypersensitivity to touch, clothing, bedsheets, vibrations, temperature, wind and sound

## Seek Immediate Help

CRPS is a life altering condition if it is not detected and treated early. Many are unable to work, wear clothing on the affected area or walk without mobility aids. If you are experiencing a high level of unexpected pain and any of the other symptoms apply to you, please seek help immediately.