

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



November is

Alzheimer Awareness Month

Lung Cancer Awareness Month

Pancreatic Cancer Month

November Awareness Spotlight: CRPS

WHAT IS CRPS?

Hello again to all the KeepItPushing.Org supporters! It's November, and that means it's time for this month's newsletter. This month, we are highlighting CRPS, otherwise known as Chronic Regional Pain Syndrome.

What is CRPS? CRPS is characterized by pain that is greater than would be expected from the injury or medical malady that causes it. The cause is typically related to injury, surgery, stroke, or heart attack.

Symptoms to be aware of:

- Pain in the nerves of the arm, leg, back, foot, or hand
- Uncomfortable tingling or burning
- Rhythmic muscle contractions
- Loss of muscle or muscle spasms
- Whole body nervous system dysfunction

Treatment possibilities:

- Medication
- Hot or cold therapy
- Physical therapy
- Biofeedback

There are several treatment options, one I

Organizations for the Betterment of Mental Health

found was in Los Angeles.

California Pain Medicine Center
310-264-7246

www.californiapainmedicinecenter.com

Patient procedure:

1. Call to make an appointment.
2. Allow the doctor to assess the patient's symptoms and the severity of the condition.
3. Start with a mild treatment approach and make adjustments as needed.

The center has been operating for decades, with experienced specialists ready to help. It is crucial for patients to recognize the symptoms of CRPS as early as possible so that treatment can begin to manage symptoms. While there is no cure for CRPS, it can be managed to be tolerable. The earlier the diagnosis, the less invasive the symptoms can be. Ensure that wherever you seek treatment is reputable, and do your due diligence on all treatment possibilities. Well, that concludes this month's newsletter for KeepItPushing.Org. I'm Gilbert J. Until next month!