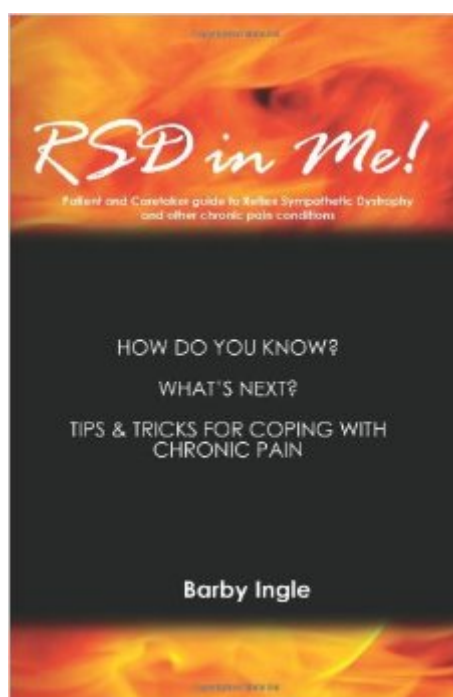


The book was found

# 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

Paperback: 312 pages

Publisher: CreateSpace Independent Publishing Platform; 1st edition (March 3, 2009)

Language: English

ISBN-10: 1441428631

ISBN-13: 978-1441428639

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #1,009,405 in Books (See Top 100 in Books) #137 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #753 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#)

## 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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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.

[Download to continue reading...](#)

RSD In Me!: A Patient And Caretaker Guide To Reflex Sympathetic Dystrophy And Other Chronic Pain Conditions  
Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness  
Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions  
Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammolgy)  
The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain [THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback  
MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain)  
Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
Reflex Zone Therapy of the Feet: A Comprehensive Guide for Health Professionals  
Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)  
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)  
Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue)  
A Simple Guide To Budd-Chiari Syndrome, (Hepatic Vein Obstruction) Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions)  
Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions  
Pain-Wise: A Patient's Guide to Pain Management  
The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain  
The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping

with and Overcoming Pain (New Harbinger Workbooks) Woven Hearts: Ribbon of Gold/Run of the Mill/The Caretaker/A Second Glance (Inspirational Romance Collection) The Caretaker Caregiver/Caretaker: A Book About Exploitation of the Elderly

[Dmca](#)