

Living with RSDS

Your Guide to Coping with Reflex Sympathy Dystrophy Syndrome

Linda Lang and Peter Moskowitz, MD

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
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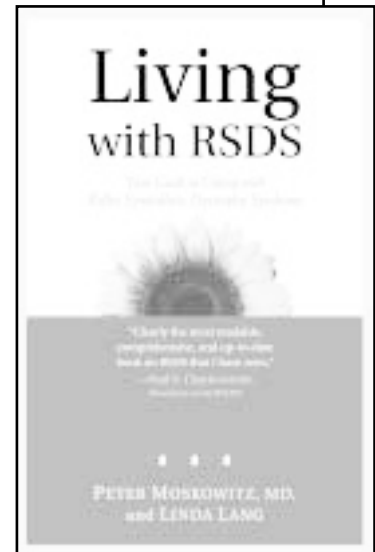
FOR IMMEDIATE RELEASE

"I started feeling pain, excruciating pain, and the orthopedist couldn't find a reason for it. I felt like I was going out of my mind. Nothing I did relieved it. I kept crying and often screamed into my pillow so that my husband wouldn't hear me. My whole life was reduced to one thing-overwhelming pain without end."

This is how Jean, a sufferer of reflex sympathetic dystrophy syndrome (RSDS), describes her early experience with this illness. Pain is the hallmark symptom of RSDS, which often arises after a relatively minor injury or surgery. For Jean it began after she broke her wrist in a skiing accident.

RSDS is a neurological condition that can also cause swelling, skin discoloration, and stiffness. It is frequently misdiagnosed and undertreated. Women in their thirties or forties are the most vulnerable to it and its source is a mystery. Until now there has been a dearth of resources for sufferers.

In *Living with RSDS*, Linda Lang and Peter Moskowitz, MD, offer a primer on RSDS and provide cutting-edge self-help techniques for managing symptoms, getting support, finding the best medical care, living in the "well world," and more. Lang, a sufferer of RSDS who sits on the Board of Directors for the RSDS Association of America, draws from her own experience and her years of advocacy to make this book not only a practical resource but a compassion companion for anyone struggling with this condition. *Living with RSDS* gives people like Jean the tools they need to reclaim their lives from pain.



THE FACTS

- *Living with RSDS* is the first self-help book for sufferers of Reflex Sympathy Dystrophy Syndrome.
- RSDS is an underdiagnosed, undertreated neurological condition that is primarily characterized by chronic pain and affects at least 3,000,000 Americans.
- In most cases, onset occurs after an injury or surgery.
- Seventy-five percent of all sufferers are women, 65 percent are in their thirties or forties, and 40 percent see ten or more doctors before receiving a diagnosis of RSDS.

LIVING WITH RSDS, 1-57224-355-4, (paper), \$16.95, 238 pages
New Harbinger Publications, 5674 Shattuck Ave., Oakland, CA 94609
www.newharbinger.com, 800-748-6273

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SUGGESTED INTERVIEW QUESTIONS

1. You begin *Living with RSDS* by telling the story of the onset and progression of your RSDS. Can you tell us about your experience and what it says about how this condition impacts the lives of people who suffer from it?
2. What are the three stages of RSDS?
3. Pain is hallmark symptom of RSDS and you have a chapter called “When Pain Does Not End” in your book. What physiological processes occur with pain and what are a few things sufferers of RSDS need to know about pain?
4. How is RSDS diagnosed?
5. What are some of the theories about the causes of RSDS?
6. How can patients with RSDS develop a strong and productive relationship with their doctors?
7. What are some treatments for pain that are available to RSDS sufferers?
8. What are some non-medicinal treatments for controlling symptoms?
9. You talk about the need to have a home that is free of anything that you might slip on or fall over. What are a few tips for making your home safe and comfortable?
10. In a chapter called “RSDS and Changing Family Dynamics” you tell RSDS sufferers to make a list of how their partners lives have changed since the onset of the illness. Why?

“Every RSDS patient and their family must read *Living with RSDS*. It is a complete medical guide written in easy-to-understand language. It will tell you what the uninformed and many informed medical practitioners will not tell you. I only wish that it had been written when I acquired RSDS nearly twelve years ago.”

-Wilson H. Hulley, Retired; Special Assistant, President's
Committee on the Employment of People with Disabilities

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A B O U T T H E A U T H O R S



Linda Lang is on the Board of Directors for the RSDSA, the leading national patient advocacy and research foundation in the United States for RSD/CRPS patients, and suffers from RSDS herself. She has helped innumerable RSDS sufferers based on communicating her personal history with this disorder through RSDSA.

Peter Moskovitz, MD, is an orthopedic surgeon at George Washington University and specializes in treating people who suffer from reflex sympathetic dystrophy. He is also a member of the Board of Directors of the RSDSA. He has published several articles on the subject in professional journals.

R A V E S

“Reflex sympathetic dystrophy (RSD), a potentially disabling neuropathic pain disorder, has been something of a ‘mystery’ disease. It is often underdiagnosed and inadequately treated. **This lucidly written book provides accurate and balanced information**, and should be read by patients with RSD and their families. **It provides essential information, and puts a human face on a disorder that is often ignored.**”

– **Dr. Russell Portenoy**, chairman, department of Pain Medicine and Palliative Care
at Beth Israel Medical Center, New York

“Clearly **the most readable, comprehensive, and up-to-date book on RSDS** that I have seen.”

– **Paul R. Charlesworth**, President of the RSDSA

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