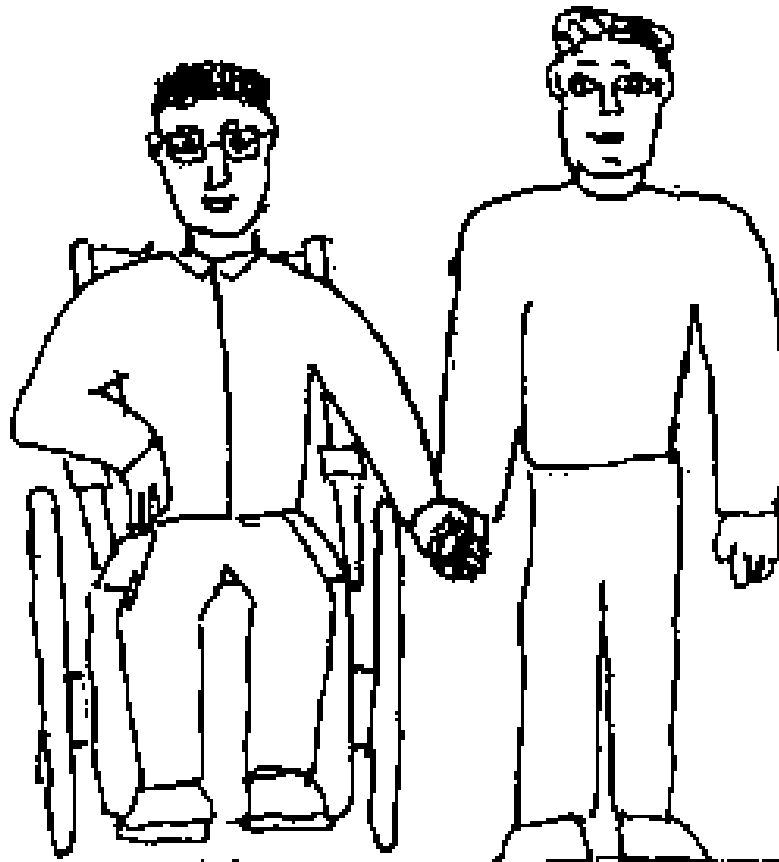


# **RSD**

## **My Dad & Me**

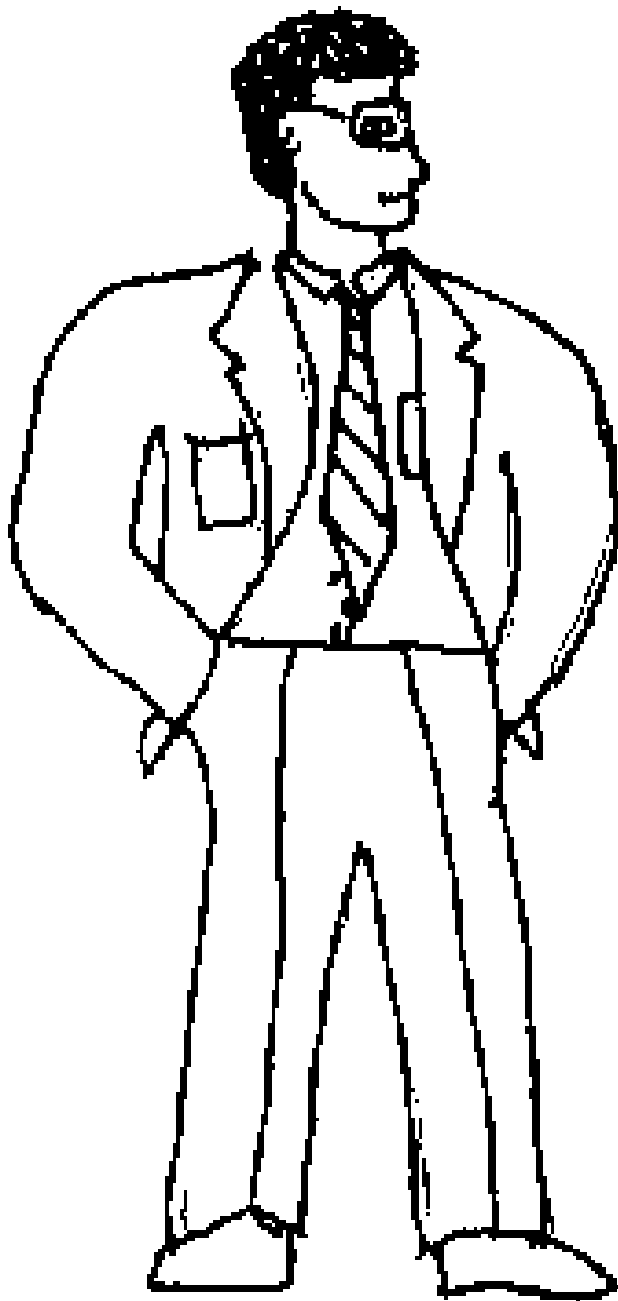


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**Written By**  
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**Josh Treiber**

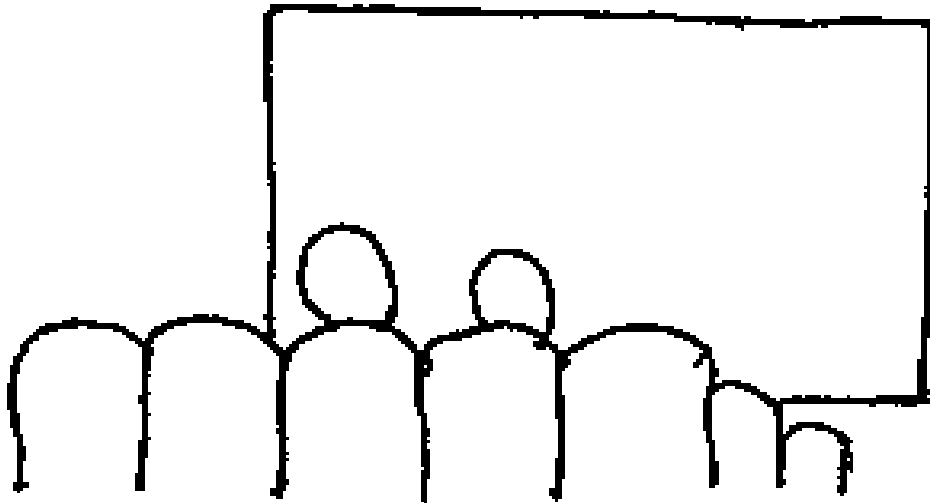
**My dad is tall & strong  
My Dad s the best Dad in the world  
At, least, he used to be.**



**One day my Dad changed.**



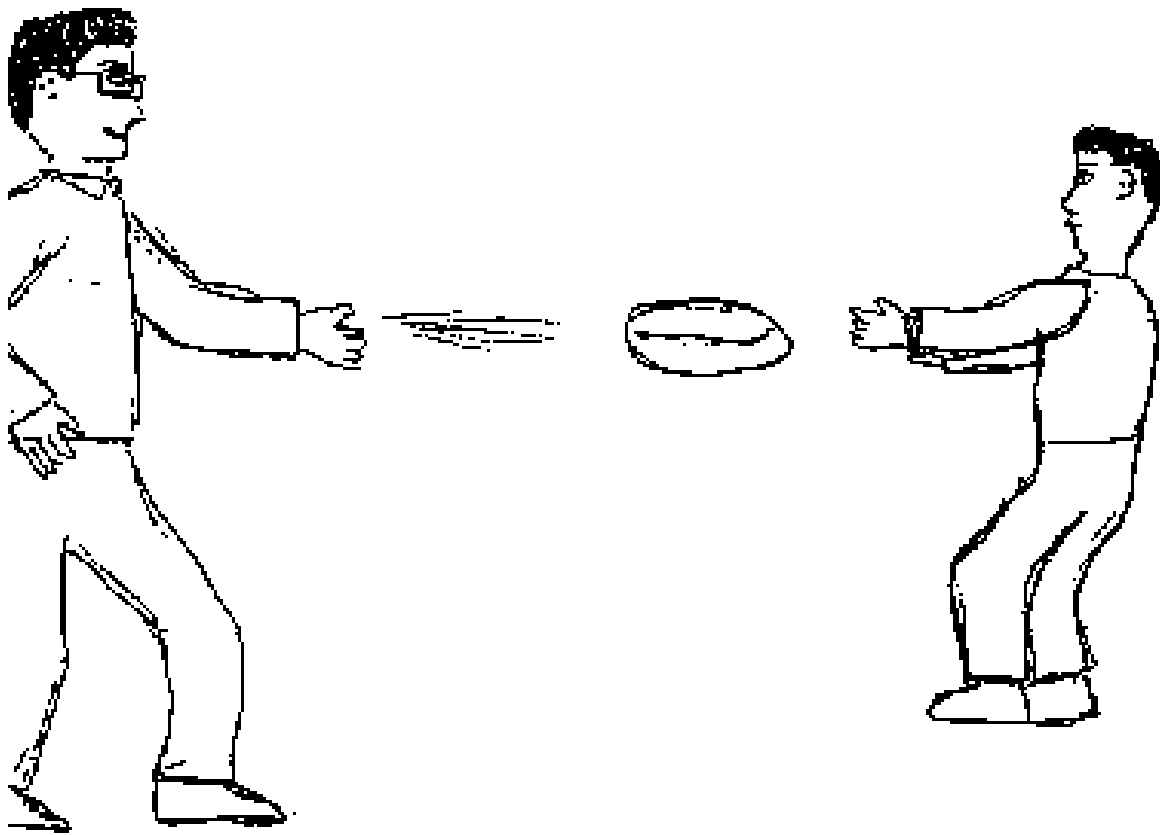
**He used to go to work every day.  
He made money to buy food and toys.**



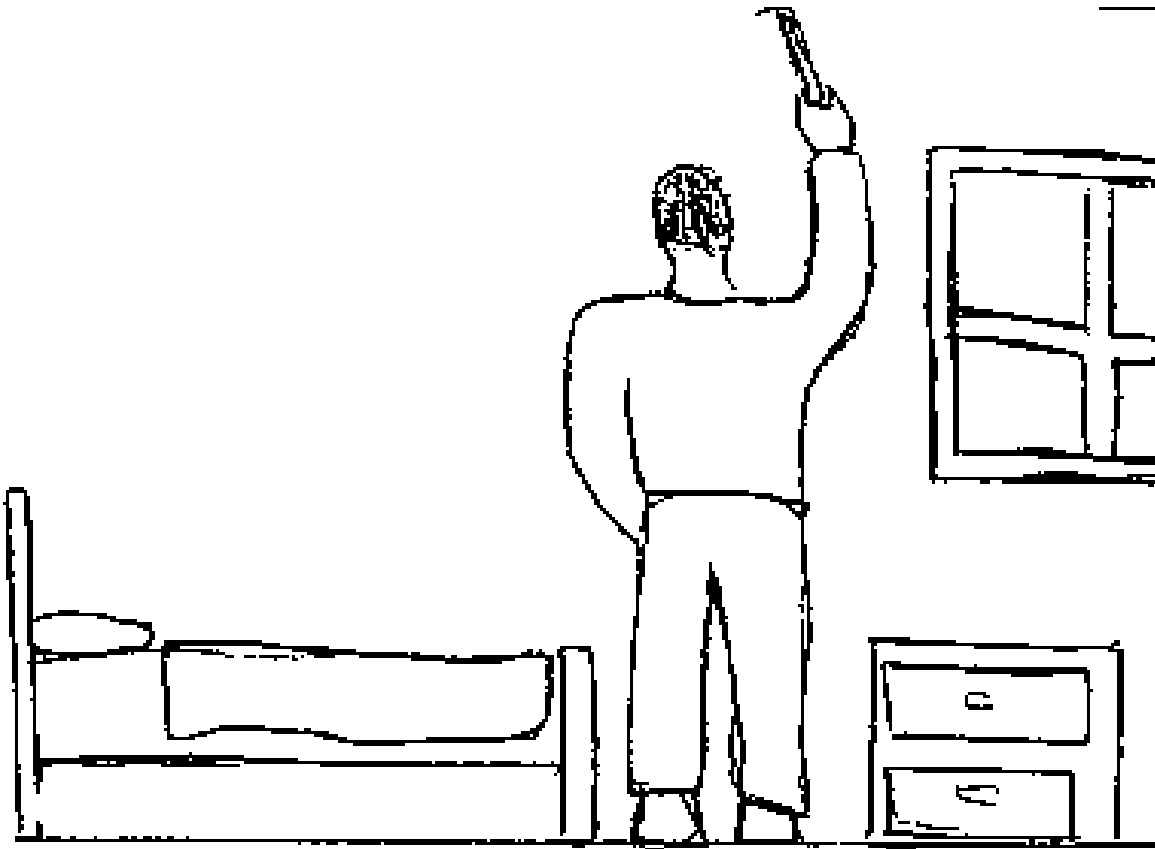
**I had an**

**allowance of \$1.00 week.**

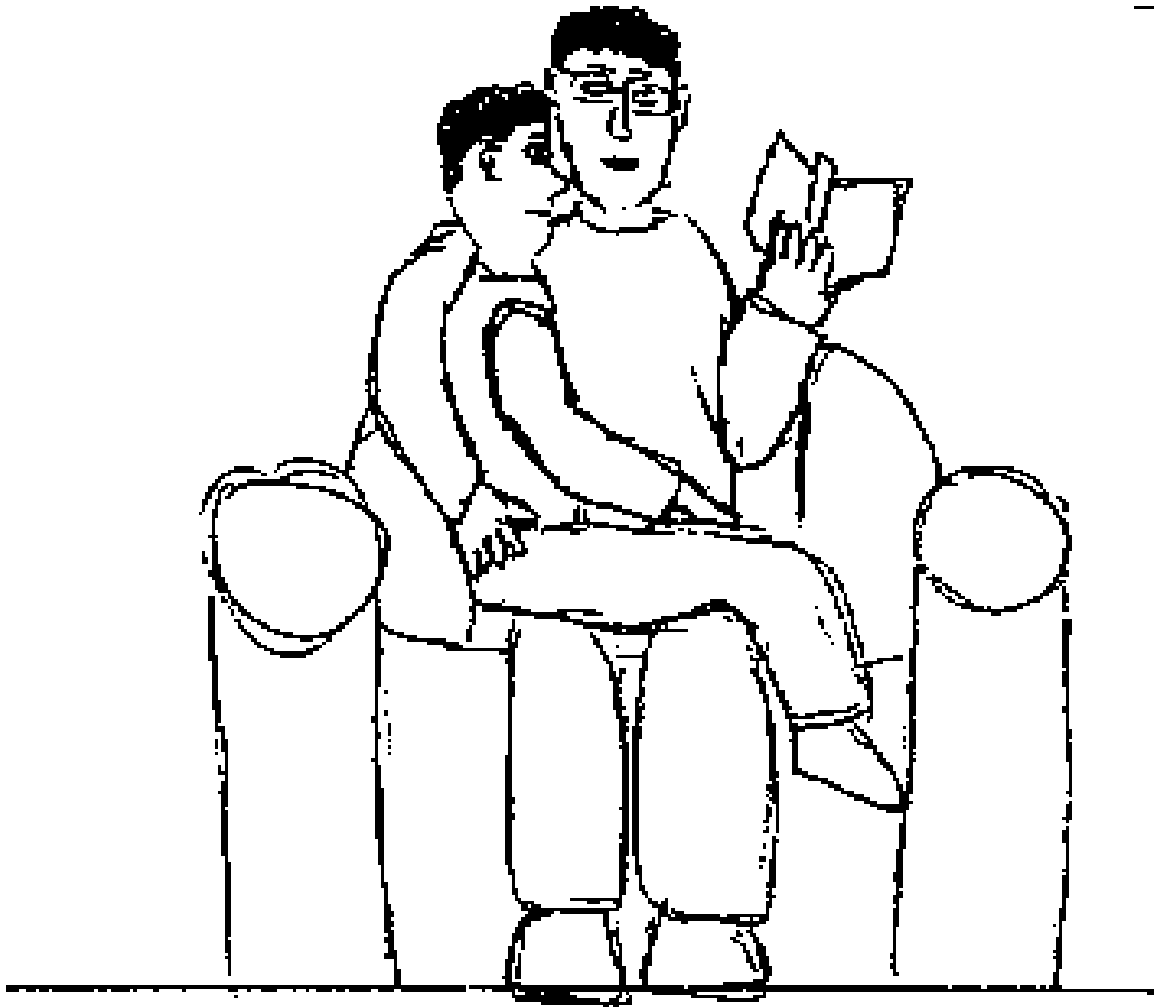
**We ate at MacDon's  
and went to the movies every Friday.**



**Dad used to play with me.  
We played ball, but I couldn't catch.  
We played Fresbee but I couldn't throw.  
It didn't matter because Dad never got mad.**



**Boy, was my Dad strong!  
He helped my Mom carry heavy  
bags of funny, he carried my Mom  
When things broke, he would fix them  
He even started to paint my room.**

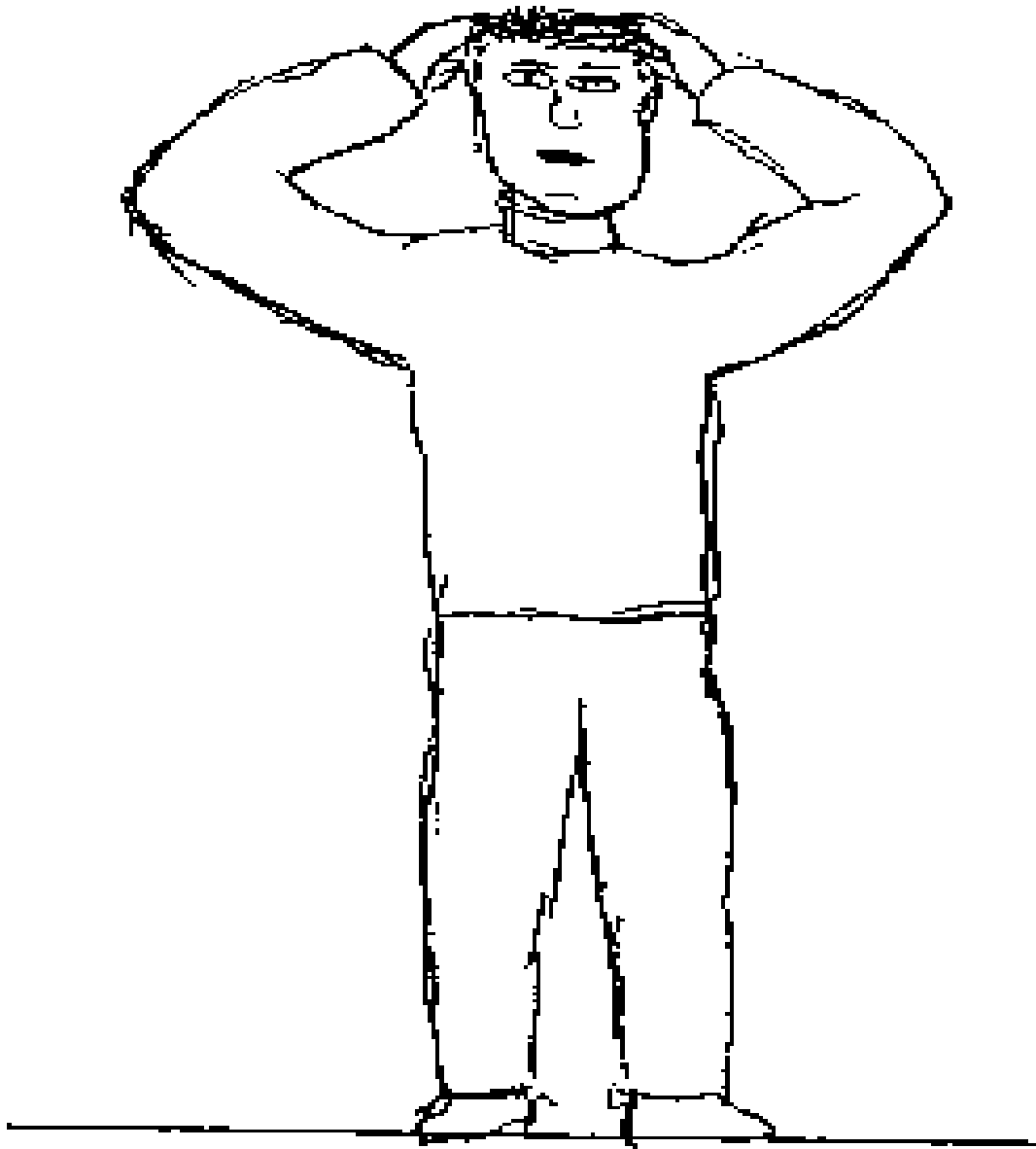


**I used to crawl up on my Dad's lap at night.  
He would read a story and carry me to bed.  
A kiss from Dad ended every day.**

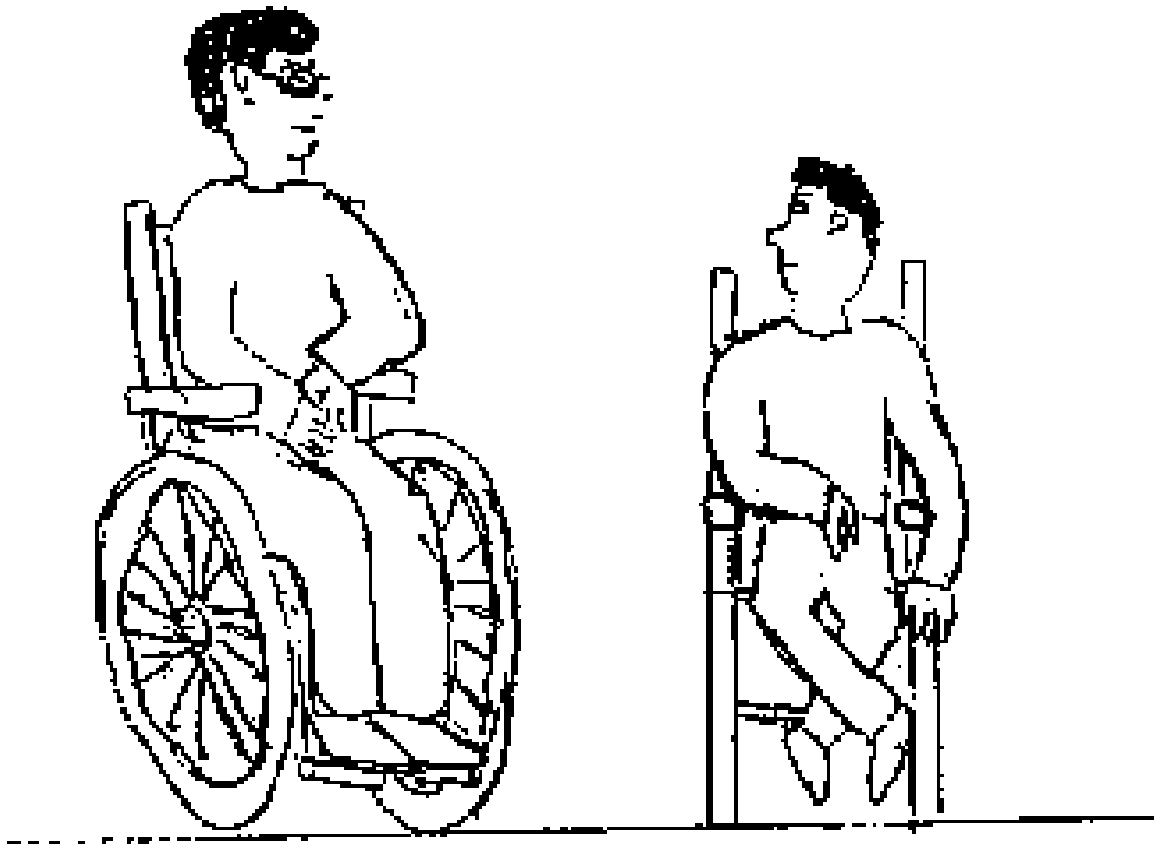


**But now Dad sits in a  
Wheelchair**

**His hands don't work well.  
He gets mad often  
He cries because he says that he hurts.  
He never plays ball or frisbee.**



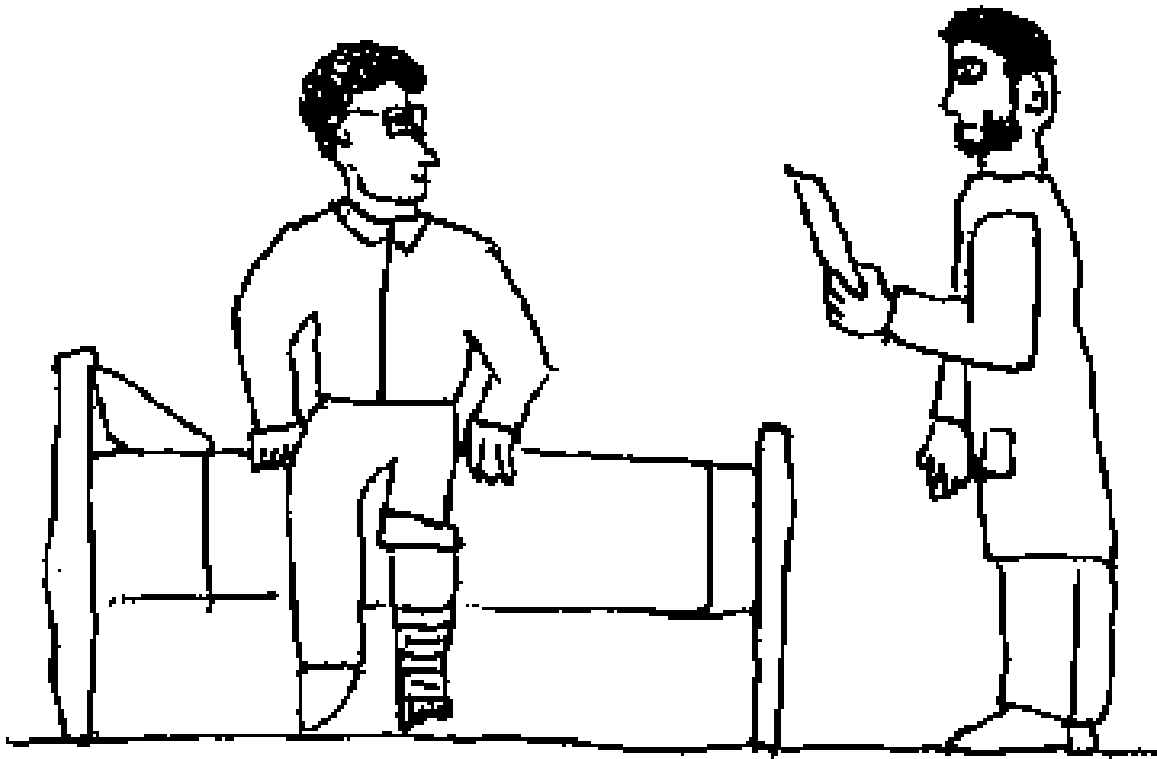
**Dad! Dad, what happened?**  
**Where is *my* Dad? What happened?**  
**Please Someone tell me-**  
***What happened to my Dad?***



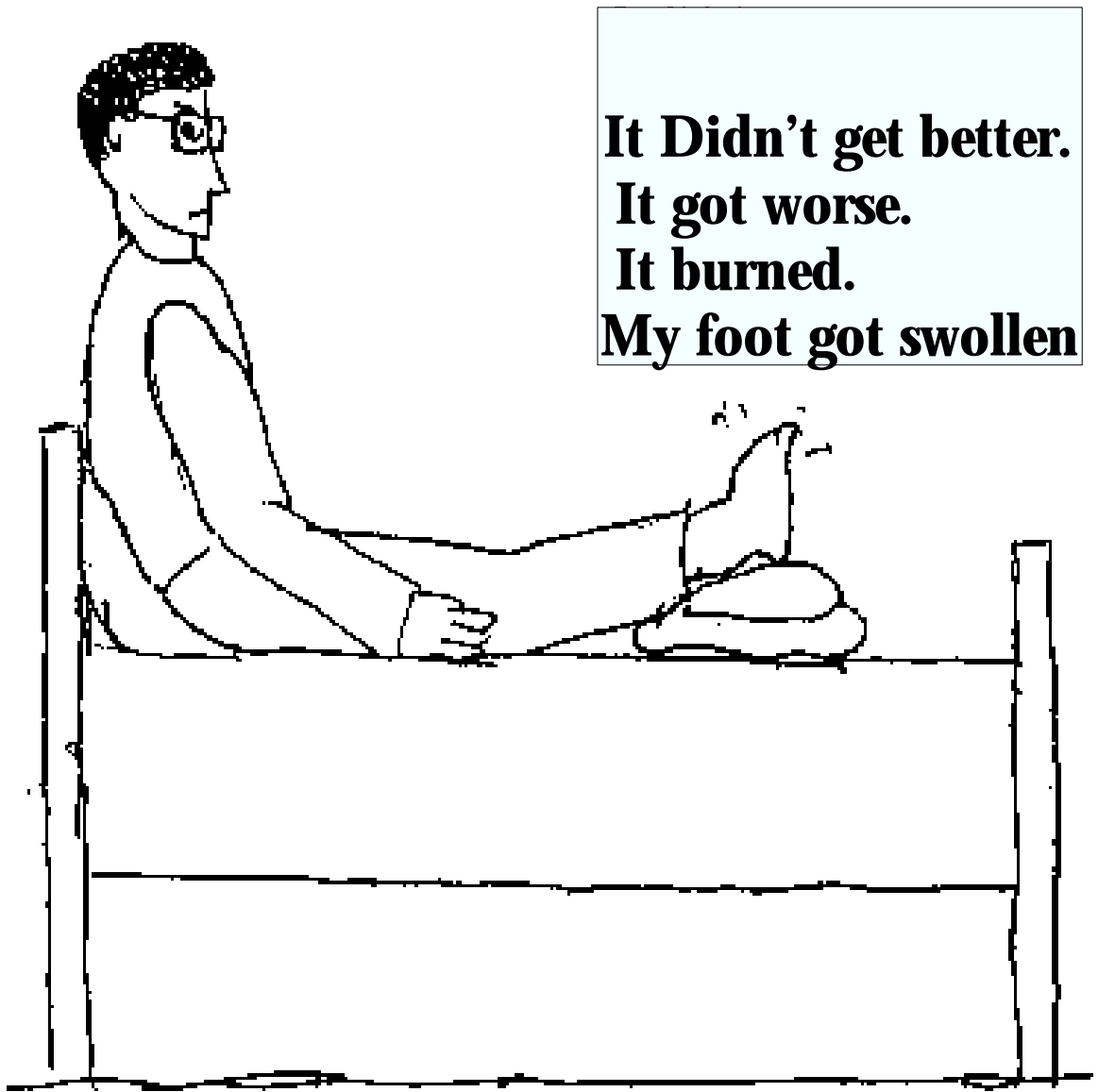
**So my Dad said:**

**“Sit by me, here next to me.**

**Let me explain what has happened to my  
body.**

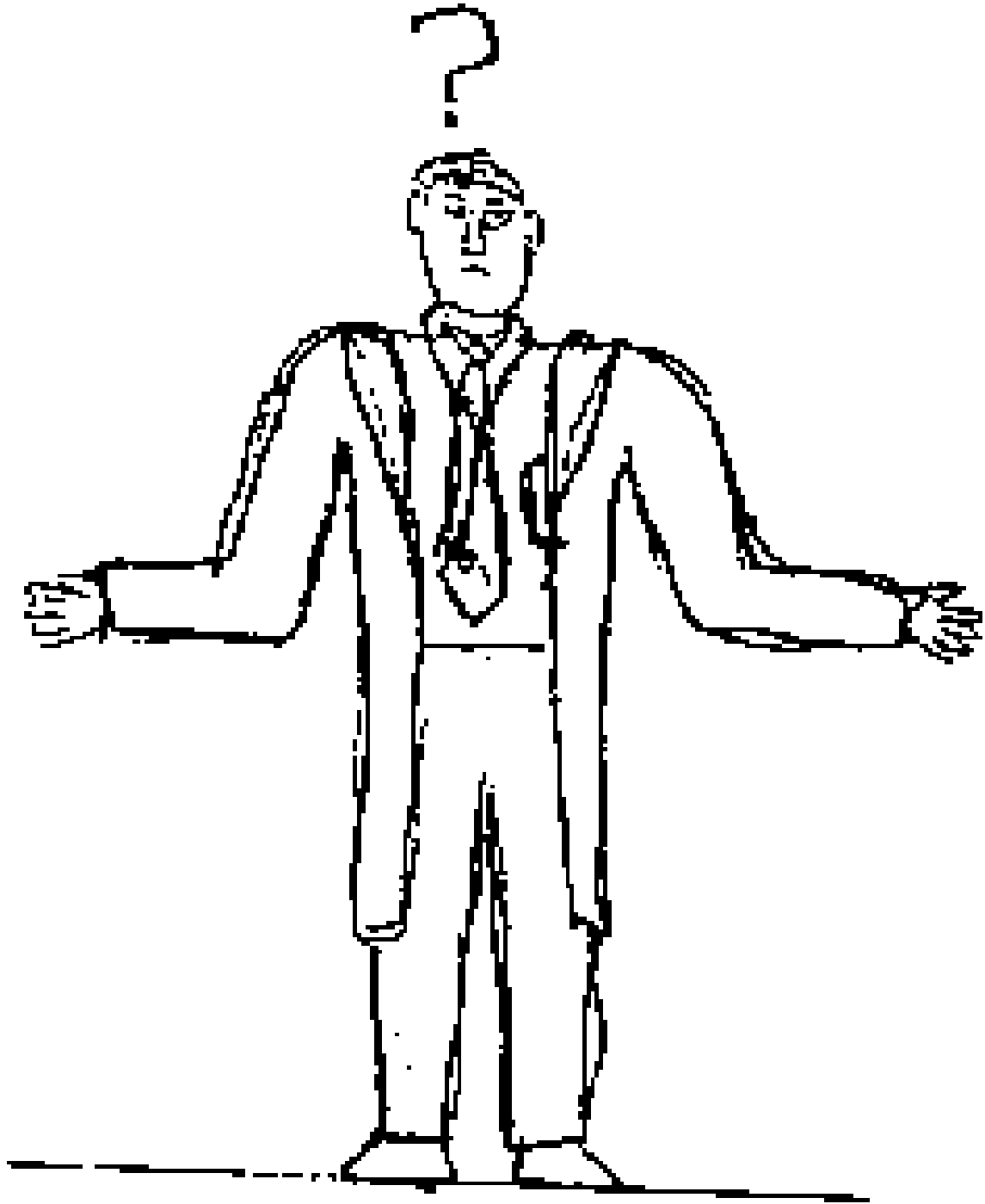


**One day last year,  
I fell at work and sprained my ankle.  
The doctor said I was lucky  
because I hadn't broken any bones.  
He wrapped up my foot  
And told me to rest it for a week.**

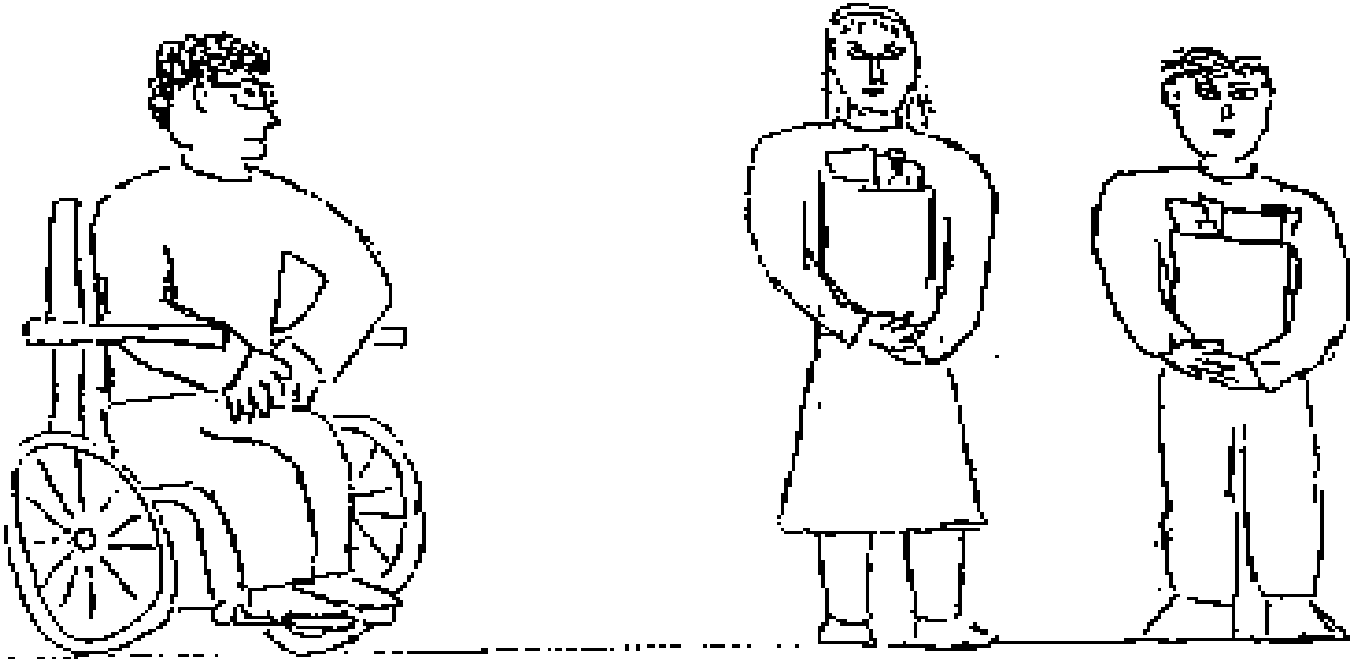


**It Didn't get better.  
It got worse.  
It burned.  
My foot got swollen**

**Sometimes it looked red, sometimes blue.  
The pain went up to my knee.  
Later the pain went up to my hip.  
Then the other leg began to hurt.**



**I went to many doctors  
who all shook their heads and said,  
“I cant explain what is wrong.  
No, it’s not a sprain  
but I don’t know what it is.”**

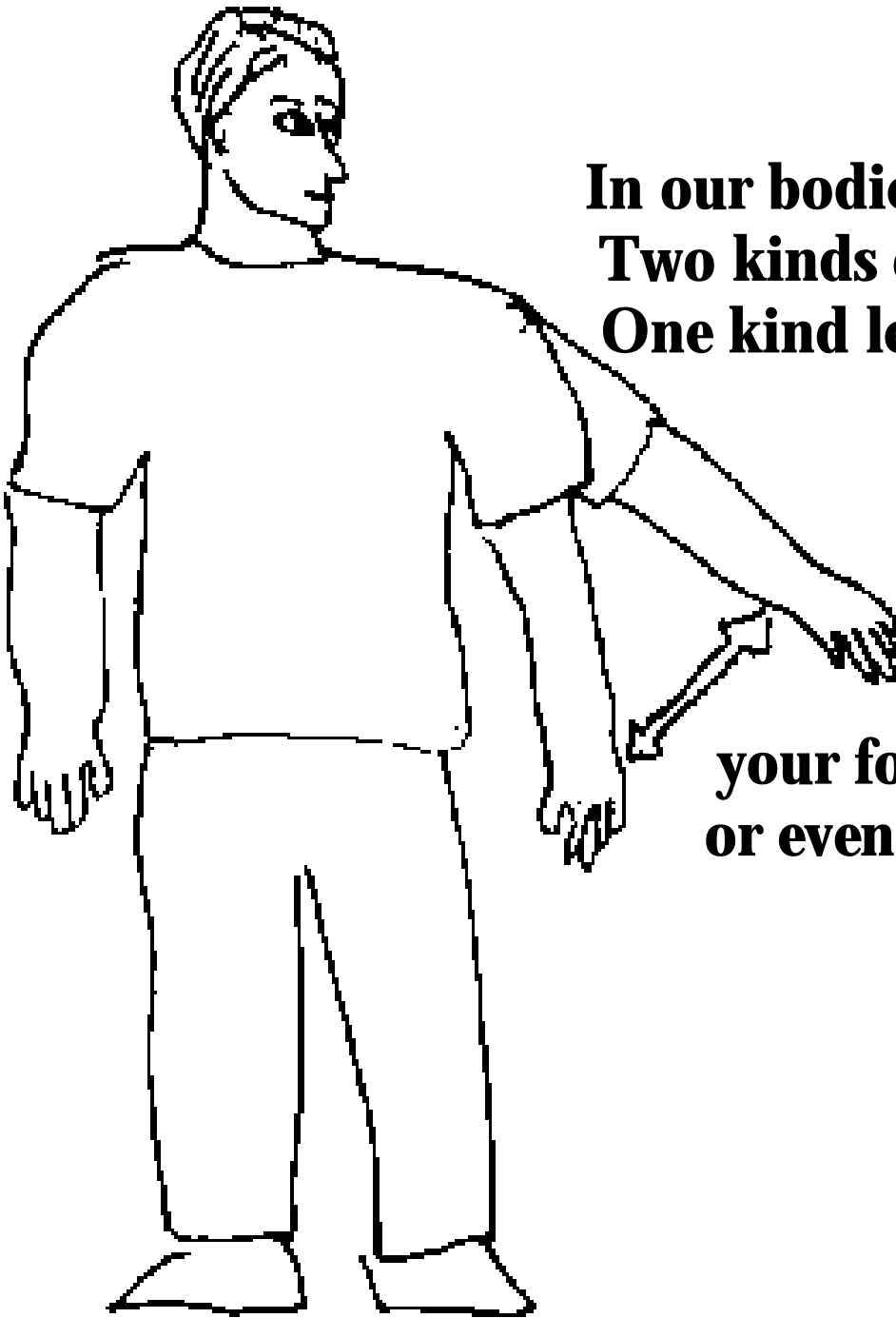


**It hurt more and more.  
I couldn't walk.  
I got mad easily because I hurt.  
I couldn't play or work or help Mom.  
Then one doctor said, " You have  
Reflex Sympathetic Dystrophy.**

**I Know that you can't say that  
Let's just call it.**

**ASD**

**Now, I'll try to explain it to you.**

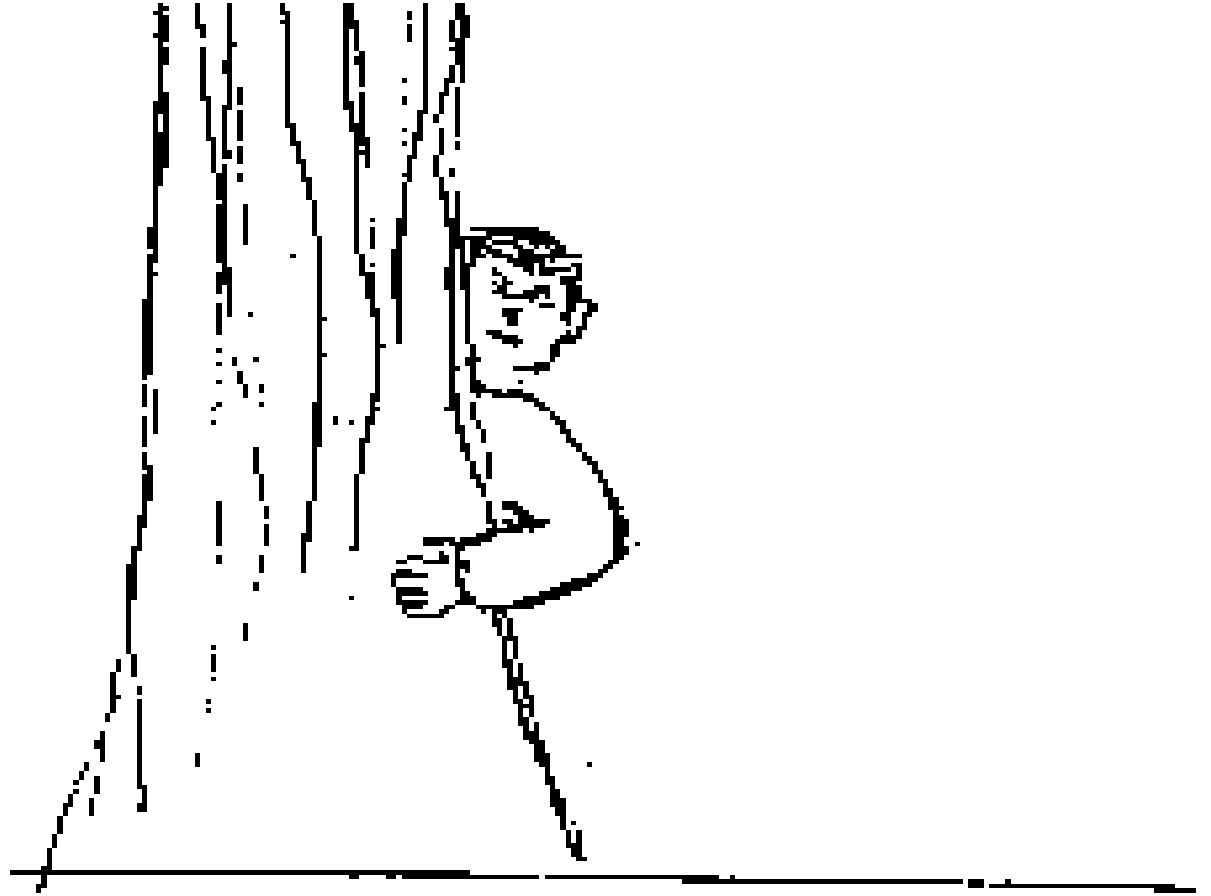


**In our bodies we have  
Two kinds of nerves.  
One kind lets you move**

**your hand,**

**your foot,  
or even your mouth**

**you decide to move and  
tell your nerve to make it happen.**

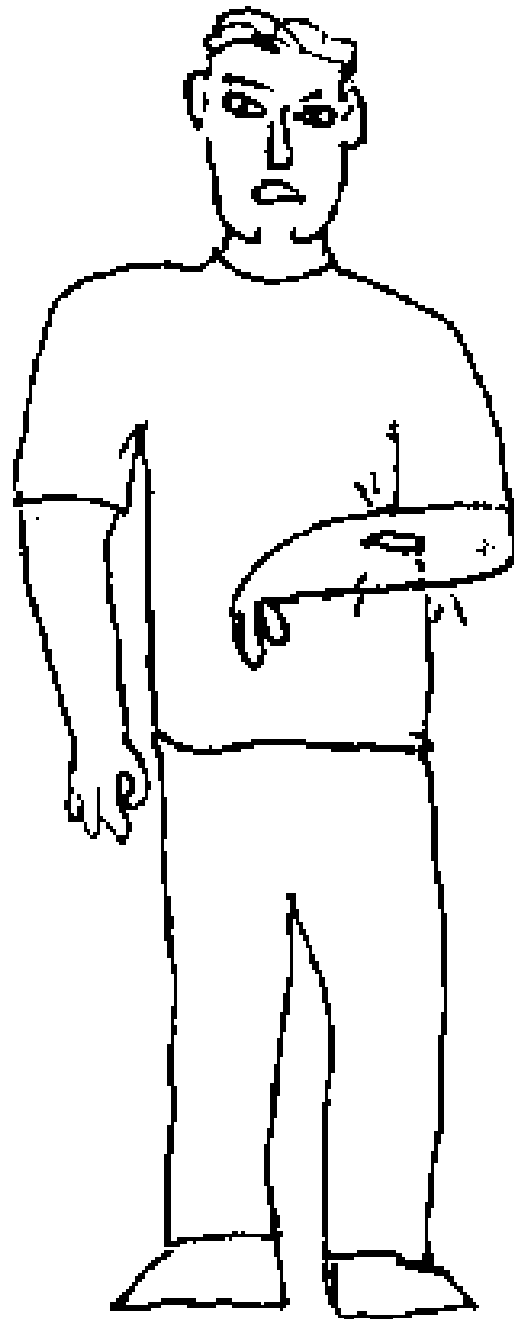


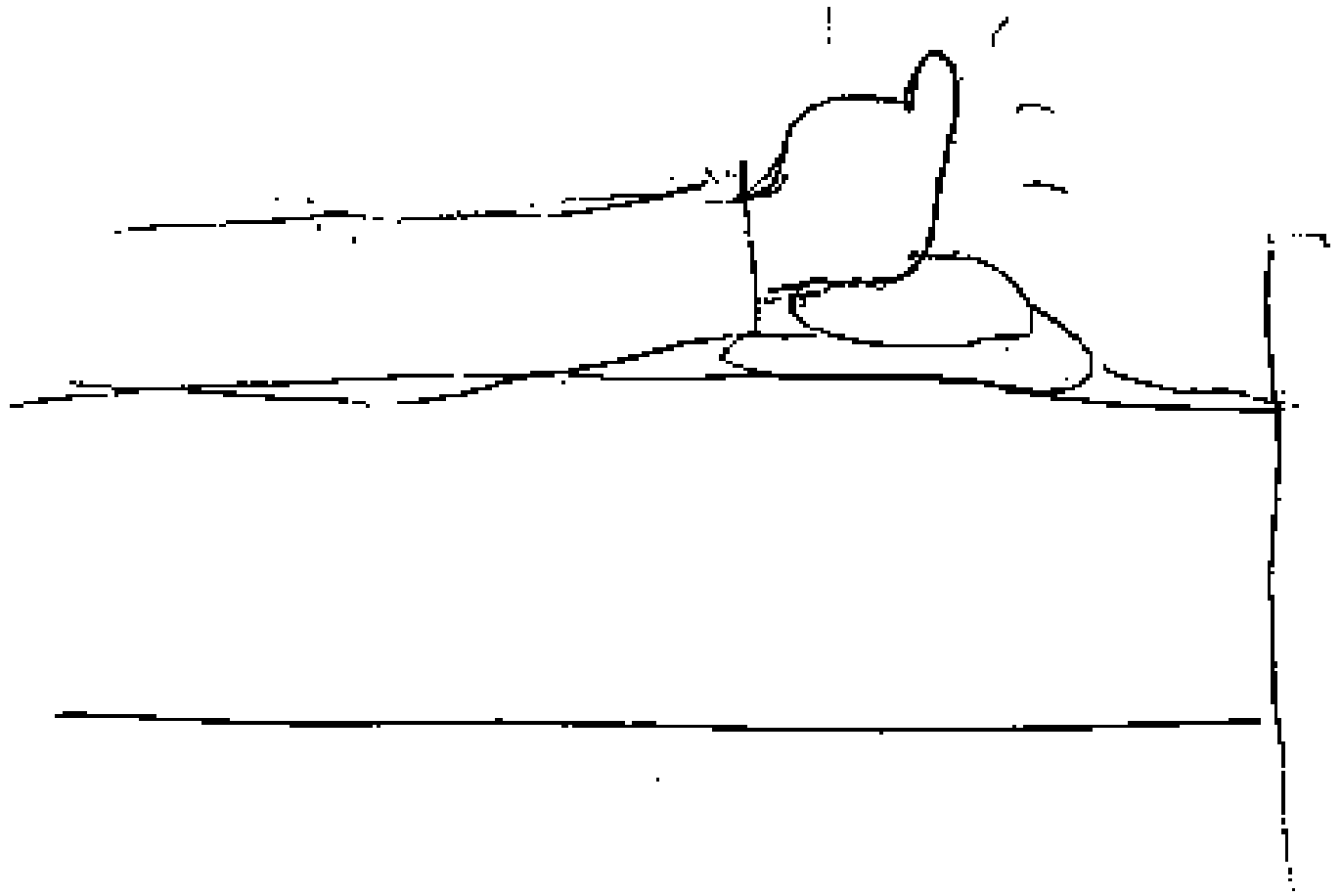
**If you're hiding, you can  
tell your nerves to stay still  
and no one will find you.  
You tell these nerves what to do  
and they listen.**



**The other kind of nerve does things  
that you can't Stop.  
You hold your breathe, but not for long.  
Put your hand on your chest  
Feel your heat beat,  
You can't stop your heart.  
Go ahead, try. You can't  
You have to breathe, swallow and blink your eyes.**

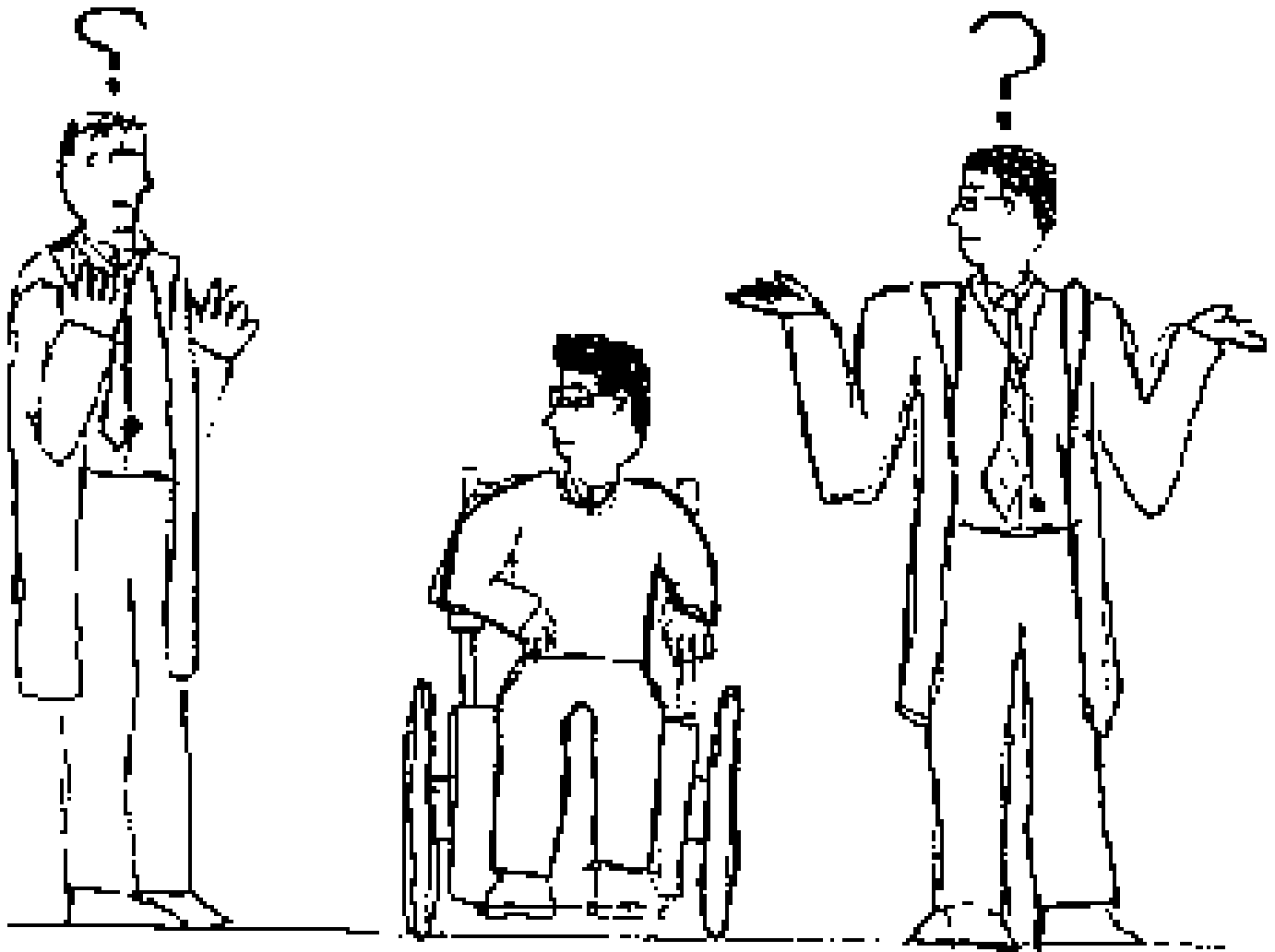
**When you get hurt,  
the nerves that you can't stop  
go to work to make you feel better.  
When you are cut,  
these nerves stop the bleeding.**



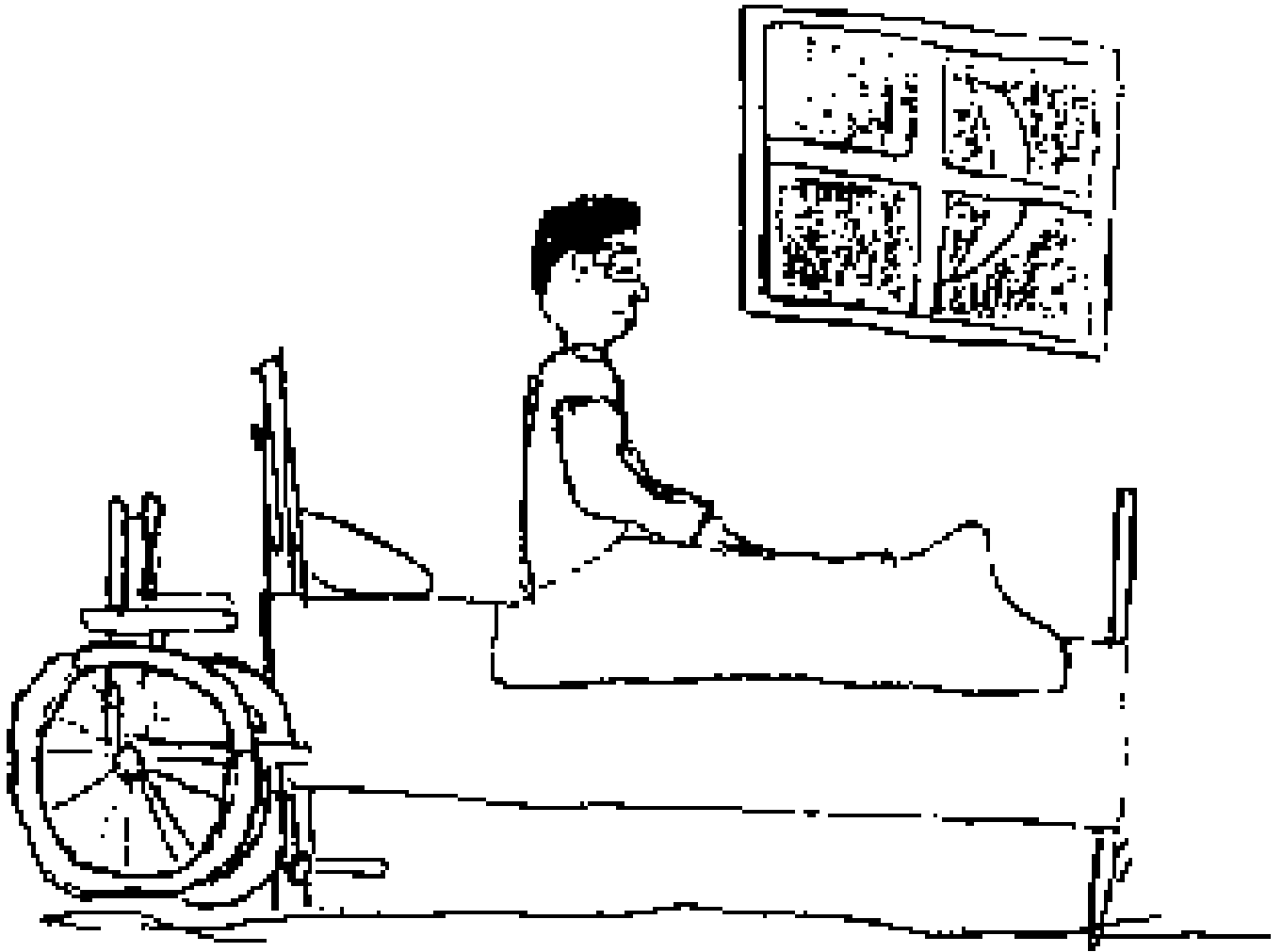


**When you sprain an ankle,  
these nerves make your foot swell & hurt.  
It does this to make you stop  
walking so that you don't hurt it more.  
When it gets better,  
the swelling goes away.**

**When a person gets RSD,  
the swelling doesn't go away.  
The nerves made your body do  
all kinds of things that it shouldn't  
It makes your feet get hot or cold,  
it causes too much pain,  
it doesn't let your body get better.  
It makes the pain spread.**



**On me, it has spread to  
both my legs and both of my arms.  
I can't stop it like  
I can't stop my heart from beating.  
The doctors are trying to make it stop,  
but they don't know how RSD works.**



**RSD makes me hurt all of the time.**

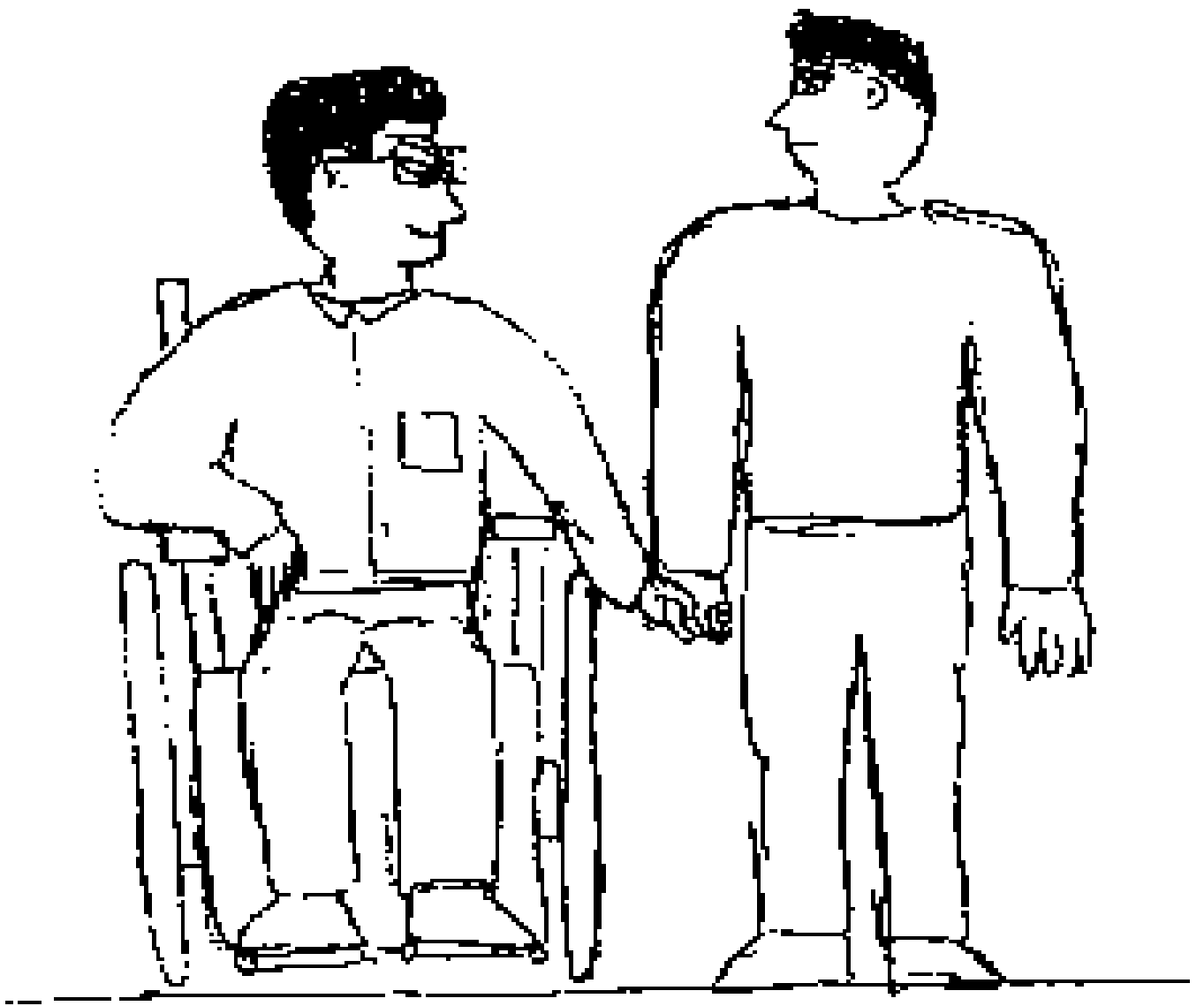
**I can't walk. I can't carry things.**

**I cant sleep at night.**

**I can't go to work every day.**

**I can't do these things like**

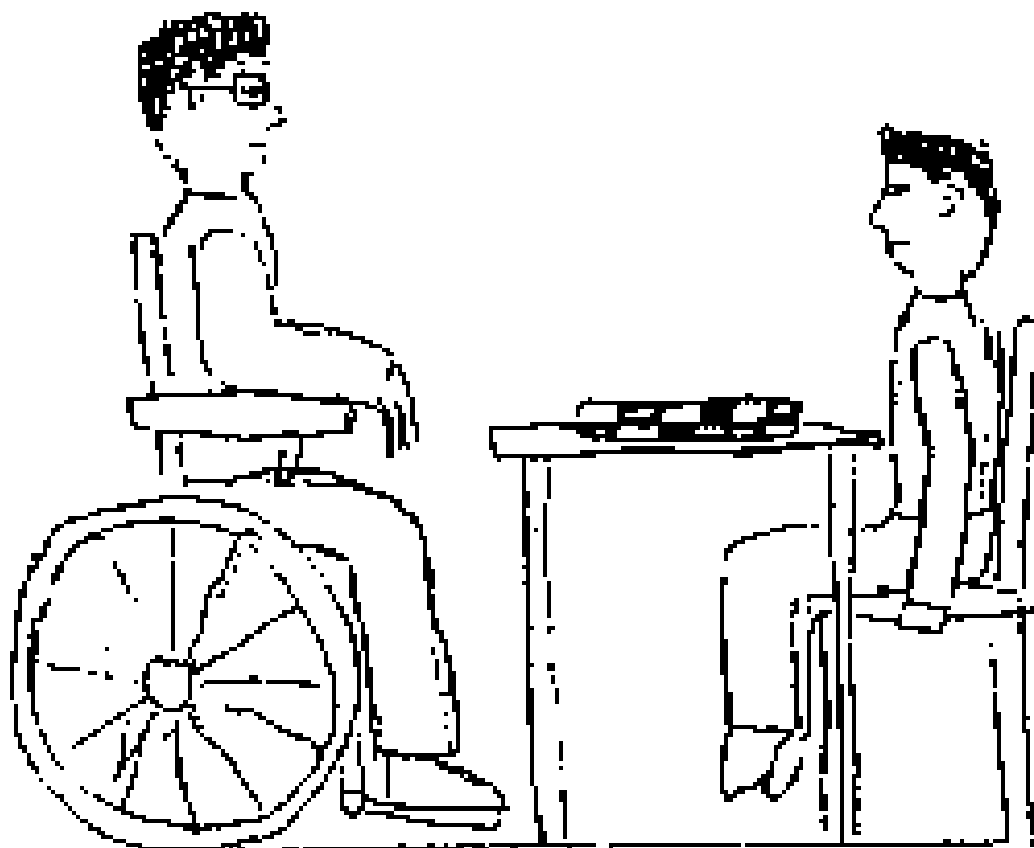
**I can't stop breathing for a long time**



**RSD makes lots of bad things happen  
that I can't stop.**

**But there are some things that I can do  
if you will help me.**

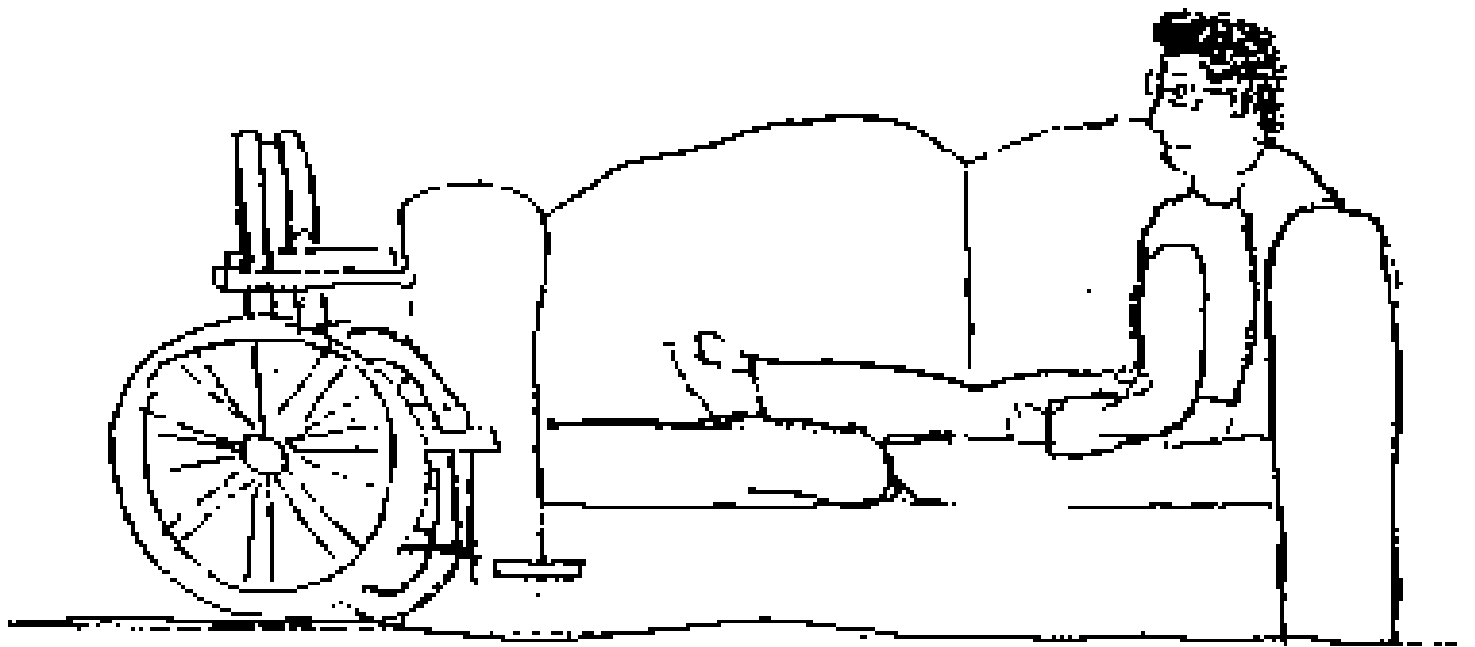
**If we try new games,  
I can play with you.  
I can color and play board games.  
I can read a story, sing a song,  
and we can have fun together**



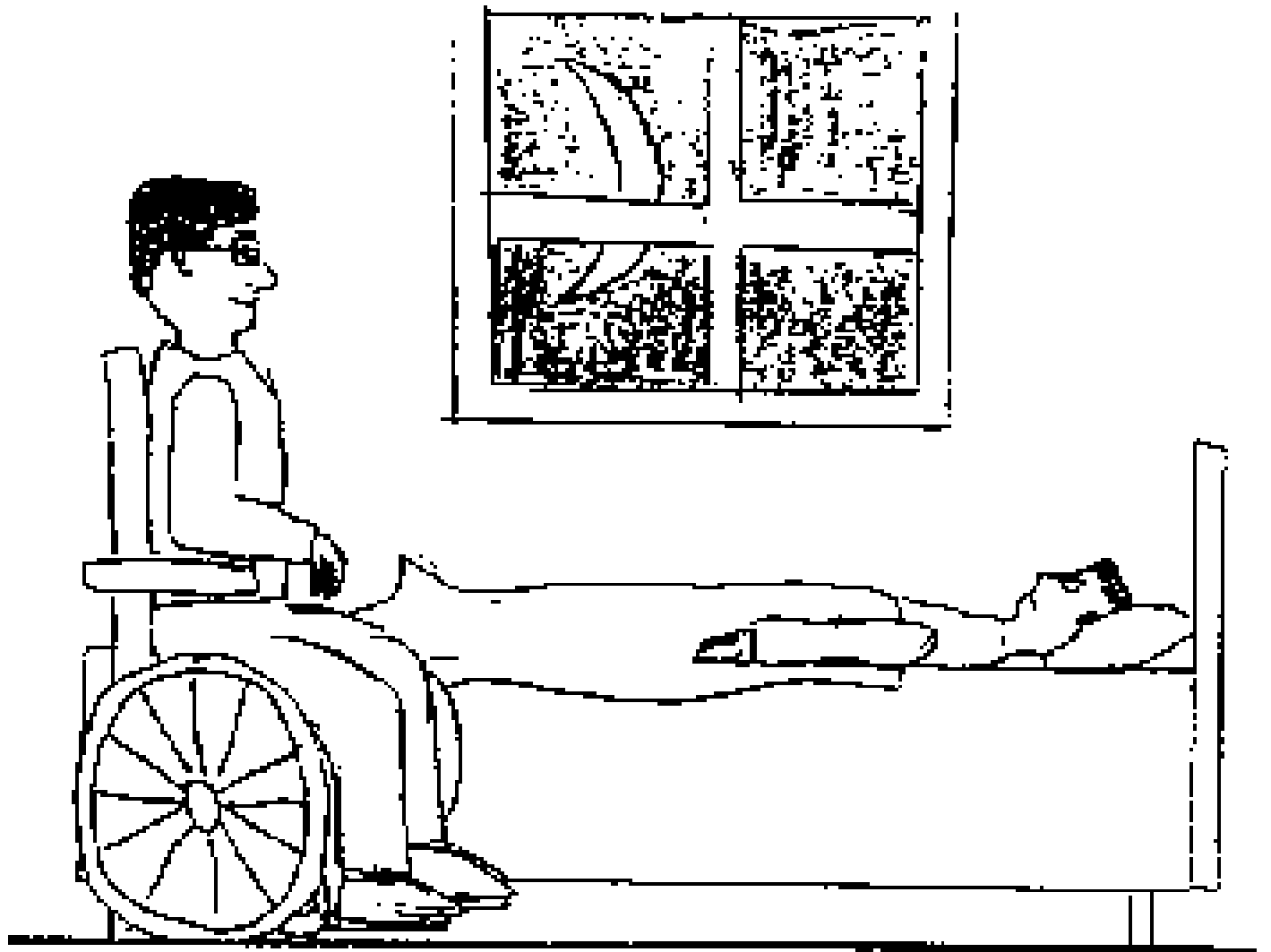
**If you come to me slowly,  
I can hug and kiss you.**

**When I try real hard,  
I can stop getting mad so often**

**You have to help me  
by reminding me to try.**

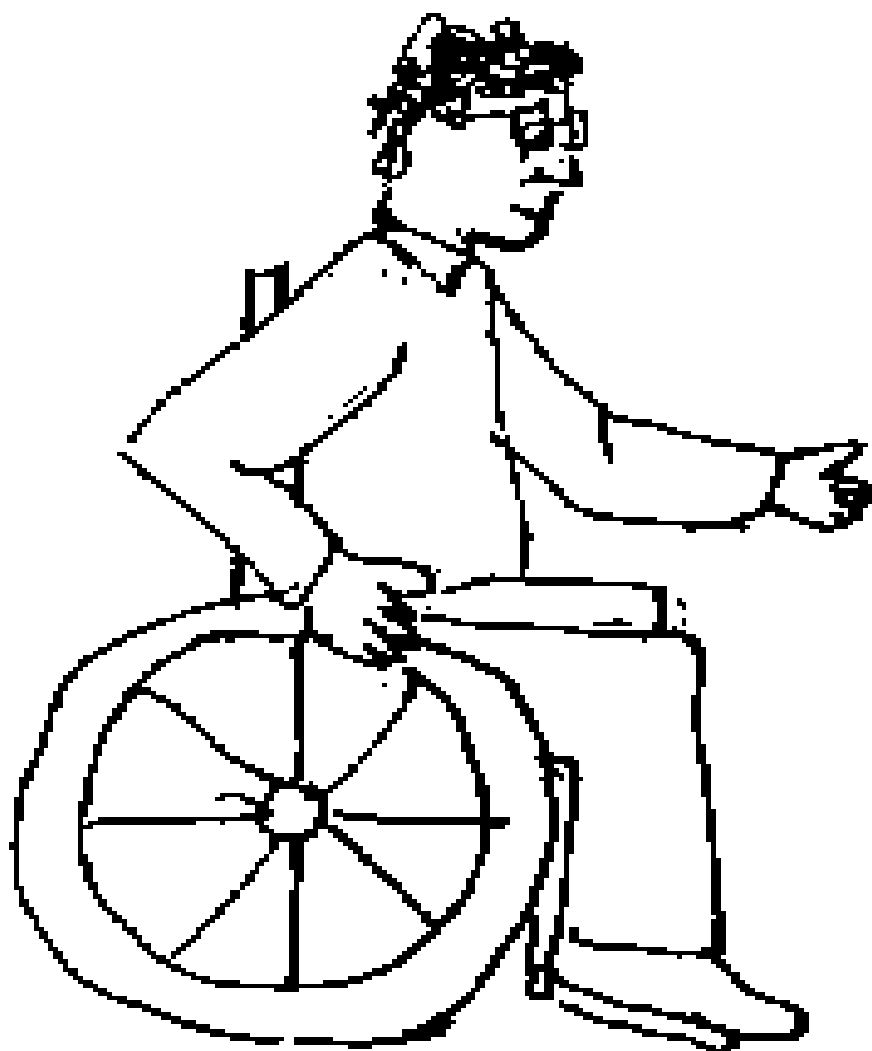


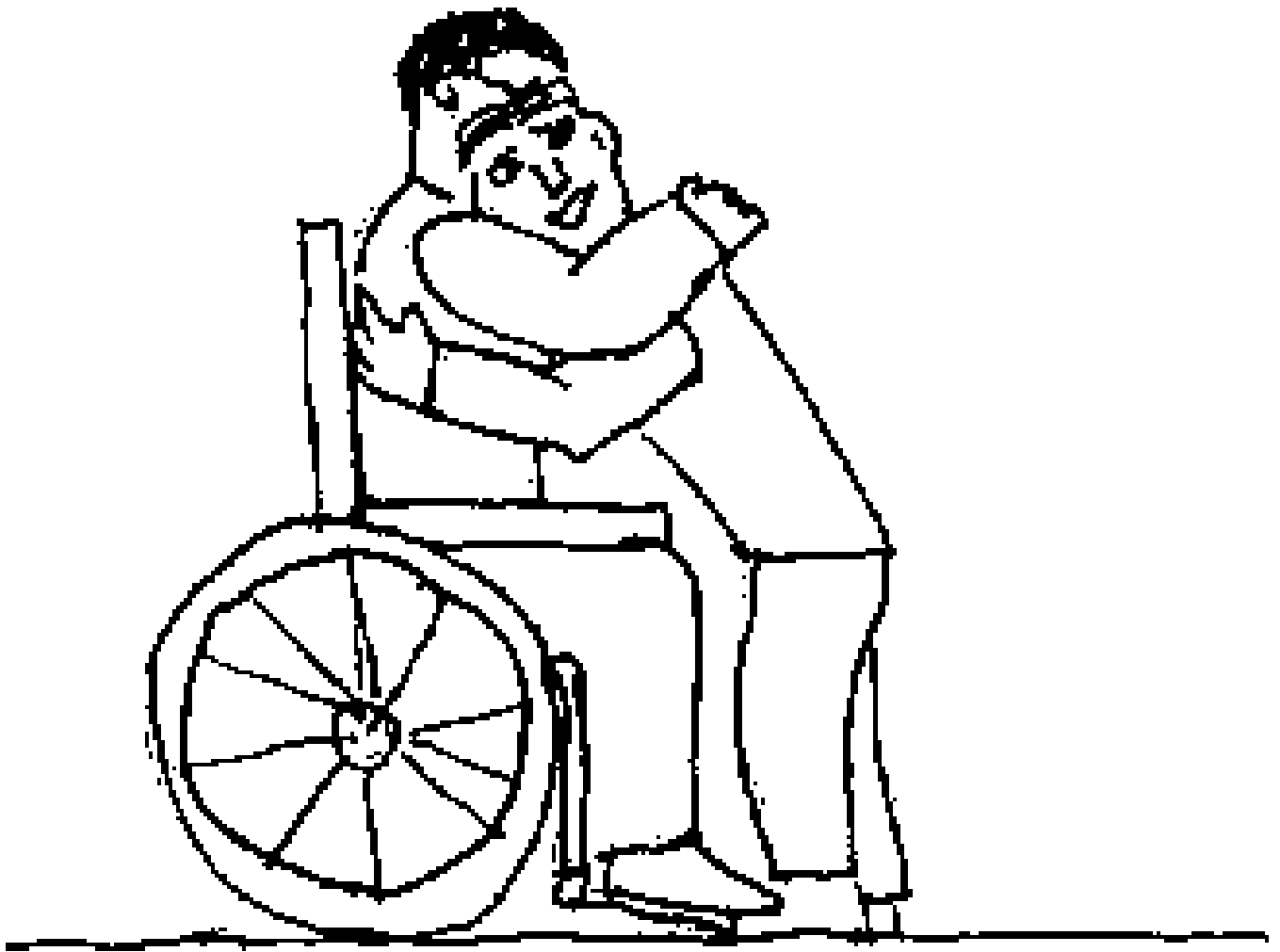
**Sometimes you have to let me rest.**



**I can come to your room  
and kiss you goodnight.**

**Let me tell you about my Dad  
He sits in a wheelchair.  
He hurts a lot.  
He has a disease called RSD  
which he can't stop.  
It makes him sick.**





**My Dad is the best Dad  
in the world  
because *he loves me!***