

We even had walkers from the UK. RSDSA was the largest team outside of the New York Road Runners to participate.

In Boston, Sue Pinkham along with Moms against Chronic Pain (MACP) raised more than \$14,000 by conducting 2 yard sales and organizing RSDSA's partnership with *Macy's Shop for a Cause*.

In New Jersey, Courtney Pett organized **Dancing for a Cure**, a fundraiser for CRPS which featured two dance studios: Avenue to Broadway and Dance for Joy both located in New Jersey which raised \$3,550.

"Conducting this fundraiser was a great way to bring awareness, educate people and gain support for CRPS."
Courtney Pett

In Plymouth Massachusetts, Sammie Barrett's second annual **Rock for RSD** Live Concert brought in \$2,500 for RSDSA

Outside Philadelphia, Sarah Whitman MD, hosted the annual fundraising bike-a-thon and continues with her highly informative and supportive *How to Cope with Pain* website and blog.



Steven Brilliant and Sharon Weiner at the Bounty of Hope fundraising dinner.

Bounty of Hope

RSDSA held its 11th Annual *Bounty of Hope* on November 3, 2010 in New York City. The Bounty of Hope honors those with CRPS in addition to fundraising and creating awareness. The RSDSA also takes this opportunity to recognize someone who has made a significant contribution to those living with complex regional pain syndrome (CRPS). The "Hero of Hope" Award was given to Sharon Weiner from Bridgewater, New Jersey. For 13 years, Sharon has been a strong and persuasive advocate for those affected by CRPS, as well as for their family, friends, caregivers, and the medical community.

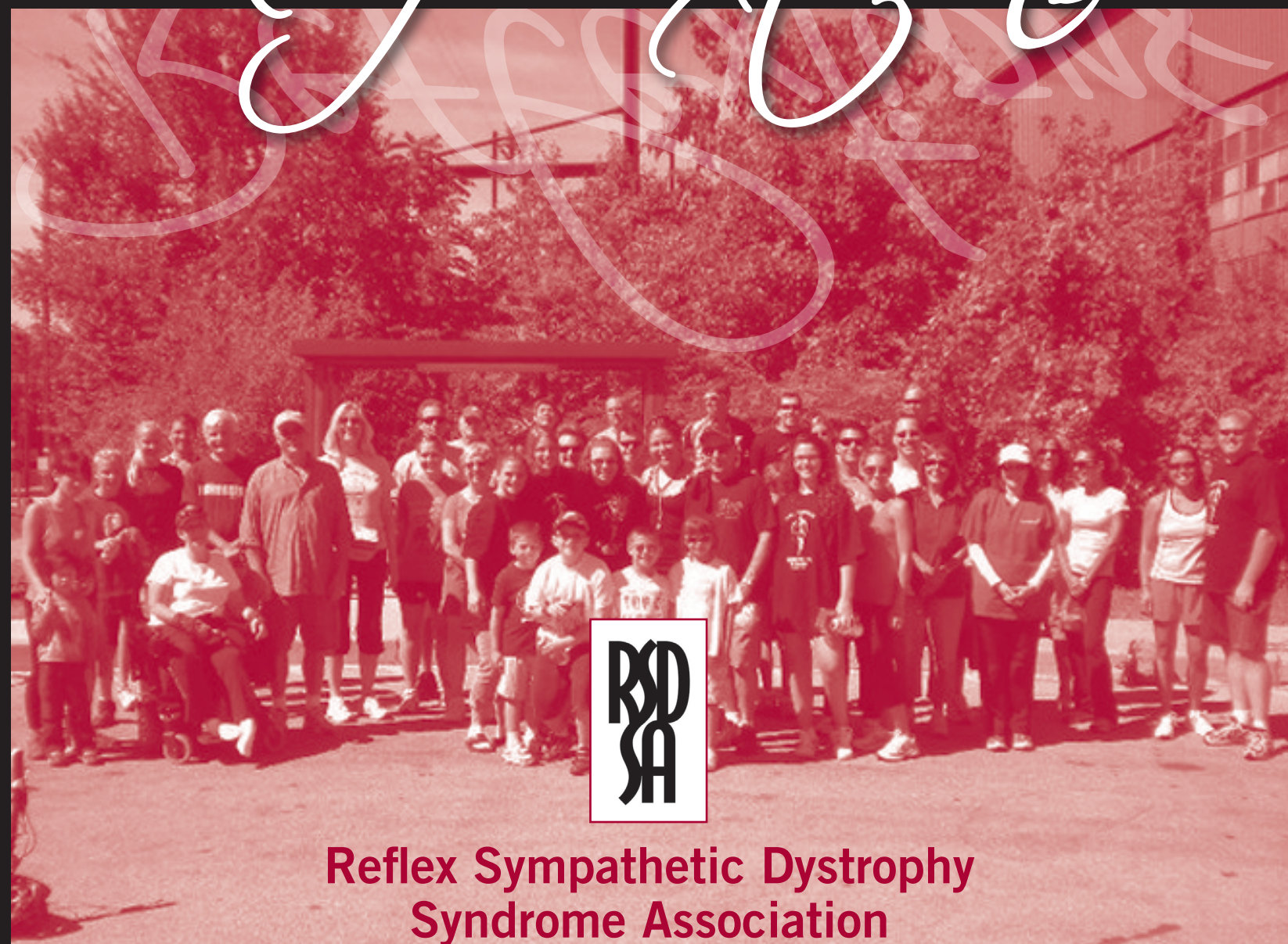
It is events like these that bring us together to honor all the extraordinary people with CRPS and remind us why we work so hard to stay the course of our mission to find a better diagnosis, treatment and someday a cure for CRPS.

The progress that we achieved in 2010 would not have been possible had it not been for the perseverance of the RSDSA Board of directors, the Scientific Advisory Committee (SAC), our donors, Corporate Sponsors, and our members. ■



Jim Broatch with Jaclyn Drake and Marsha Tyszler—co-captains of the Team RSDSA for the Achilles walk.

Reflexions



**Reflex Sympathetic Dystrophy
Syndrome Association**

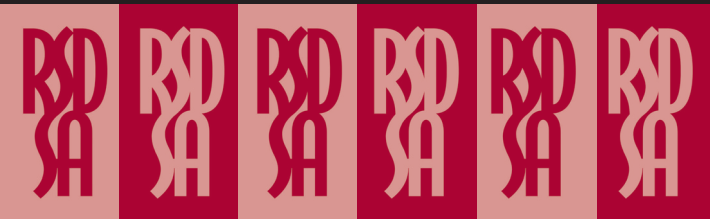
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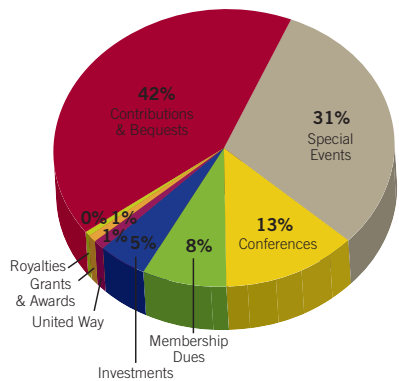
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**RSDSA 2010
Revenue & Support \$ 660,902**

Contributions & Bequests	\$ 275,543
Special Events	\$ 201,761
Conferences	\$ 88,113
Membership Dues	\$ 55,940
Investment Income	\$ 32,044
United Way	\$ 4,140
Grants & Awards	\$ 3,200
Royalties	\$ 161

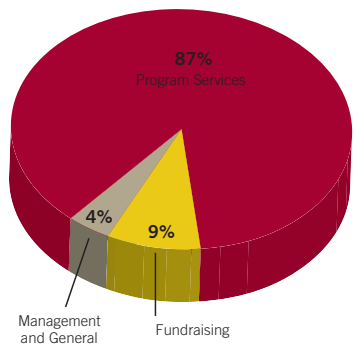
Total Revenue & Support \$ 660,902



**RSDSA 2010
Expenses \$ 598,817**

Program Services	\$ 521,319
Management & General	\$ 21,784
Fundraising	\$ 55,714

Total Expenses \$ 598,817



RSDSA is sponsored by: Cephalon, Medtronic, Purdue, Endo Pharmaceuticals, and TREND-Trauma Related Neuronal Dysfunction – VUM C

RSDSA is a 501 C (3) not-for-profit organization; it is audited by Solakian, Caiafa & Company, LLC in Branford, Connecticut.



2010 was a most important year for the Reflex Sympathetic Dystrophy Syndrome Association (RSDSA). After 26 years of staying the course of our mission to create awareness of complex regional pain syndrome (CRPS), formerly known as reflex sympathetic dystrophy syndrome (RSD), offer support to patients, and raise funds for research, the RSDSA has far exceeded that mission by including support not only to patients, but their families, friends, insurance, and health care providers.

Research

RSDSA remains committed to encouraging research into the cause and cure of CRPS.

Since 1992, RSDSA has funded \$1,423,354 in 23 fellowships and grants which have moved our community forward in understanding the pathophysiology and potential treatment options for people with CRPS.

We are in the second year of a 20-year study called *Long-term Health Effects of CRPS* which established a CRPS patient registry that will examine how CRPS affects individuals' health over the next two decades. This study will be used by clinicians and researchers to increase our understanding of how CRPS impacts overall health and its underlying disease mechanisms.

One of the most critical research advancements for CRPS in 2010, was the RSDSA's sponsorship of a series of international translational research workshops.

The first one, called *Activated Glia: Targets for the Treatment of Neuropathic Pain*, brought together key researchers, clinicians, scientists, and patient advocacy groups to discuss the role of activated glia in the neuronal mechanisms of chronic pain.

The outcome from this workshop fostered an International Neuroinflammation Knowledge Consortium of experts

from all over the world who will converge in October 2011 to discuss *Imaging Neuroinflammation and Neuropathic Pain*. The outcomes from both workshops have the potential to change the way that clinicians and researchers think about CRPS and could move us forward to finding better treatments, better insurance coverage, and ultimately a cure.

Carolyn Clemmons, the coordinator of the South Central Kentucky RSD Support Group which raised more than \$7,000 to support the workshop stated, "I appreciated the invitation to attend the *Glia Cell Conference in Chicago*. It gives me hope for myself and the many others who suffer from CRPS who wonders if there will ever be a cure. Sometimes RSDers think there is not much scientific interest in the disorder; but it is because of the lack of awareness of the work that is being done at conferences just like these and other researchers around the world."

The Rachel Tobias Pain Research Young Investigator Award is granted annually to a postdoctoral fellow or resident with an interest in CRPS research. In 2010, it was awarded to Marie-Christine Ross-Huot, MD. Dr. Ross-Huot will investigate and assess vascular function in patients with CRPS and determine the oxygenation of the muscle tissue both before and after exercise, showing that oxidative stress depends on reduced muscle oxygenation and will increase the diagnostic value of each measure, as well as providing new clues about the cause of CRPS-I. This measure of muscle oxygenation will be a powerful new tool for the diagnosis of CRPS-I.

Education

With research comes education, another very important arm in RSDSA's mission. Over a quarter of the century, the RSDSA has compiled an abundance of educational resources.

We have conducted five national conferences for health care practitioners and patients. We have produced DVDs to help educate physical and occupational therapists, and provided publications and collateral material for them to share with their patients.

The RSDSA website houses a wealth of materials and information including archived research, publications, newsletters, a PowerPoint® presentation for health care

professionals as well as a public service announcement. With over 27,000 visitors every month, The RSDSA website continues to be a major resource of information for everyone around the world. We have added several instructional videos to the site and to our YouTube library as well.

Over the recent years, we have extended our education programs to reach insurance providers, our congressmen and women, as well as our military veterans.

In October 2010, Col. Doug Strand went to Washington D.C. as part of his fight to get Rating Criteria for CRPS in the Veterans Affairs Schedule for Rating Disabilities. Accompanied by Peter Moskovitz, MD, an orthopedic surgeon and RSDSA board member, along with Barby Ingle, executive director of the nonprofit organization the Power of Pain Foundation. Col. Strand spoke to a congressional committee about the current inappropriate rating system for veterans with CRPS.

Advocacy & Support

From walking and biking to dancing and rocking—even to shopping, 2010 was a year filled with dozens of RSDSA volunteer initiated events throughout the country. Events like these, held by groups and individuals alike, support funding for RSDSA research and awareness. Here are a few Special Event highlights from 2010:



The Achilles Walk brings families out to raise funds for RSDSA.

In New York, RSDSA participated once again in the Achilles Walk for Hope and Possibility. In 2010, with the help of walk co-chairs Marsha Tyszler and Jaclyn Drake, our numbers skyrocketed to almost 500 strong, with a third of them participating "virtually" for the first time.