**PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

**Date:** <*Insert the date*>

<*Insert the name of the landmark / Town Hall / Building*> to be lit up in orange for CRPS Awareness Month

Throughout November supporters and campaigners around the UK and worldwide unite to help raise awareness for a poorly understood and incurable condition known as Complex Regional Pain Syndrome (CRPS).

On the 1st Monday of November, to mark the start of awareness month, we hold *'Colour The World Orange Day™*' not only in the UK but also around the world. This is when we ask people to wear something orange or light up buildings and landmarks in orange to support CRPS awareness.

Complex Regional Pain Syndrome affects 1 in 3,800 people in the UK and every year 15,000 new cases are being diagnosed. Burning Nights CRPS Support is one of the CRPS charities involved in CRPS awareness month.

<*Insert your name*> organised for <*Town Hall / Business / Building / Landmark*> to light up in orange in support of <*Insert the name of the person you’d like to support* ***or*** *insert the words CRPS awareness month*>

<*Share your story here* ***or*** *the CRPS story of your friend / loved one / family member*>

<*Insert supporter’s name*>, said: “We are thrilled to be raising awareness of this life-changing condition by taking part in this year’s CRPS awareness month and the orange light up. We hope that by lighting up <*Insert the name of the Town Hall / Business / Landmark / Building*> in orange, we will help bring this poorly understood condition out from the dark and into the light, to ensure more people are aware of this condition’s existence and sufferers receive an early diagnosis which in turn will begin their treatments sooner.” (*This statement can be changed to what you’d like to say if you’d like.)*

If you would like to find out more about CRPS awareness month, please visit **Burning Nights CRPS Support www.burningnightscrps.org** or e-mail **support@burningnightscrps.org**

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**To The Editor:**

Contact Name and Details: <*Insert Your Contact Details*>

Tel: <*Insert your contact phone number in case of questions*>

**Key Facts about Complex Regional Pain Syndrome (CRPS):**

* CRPS affects 1 in 3,800 people in the UK. That’s approximately 15,000 newly diagnosed sufferers each year
* CRPS was previously known as Reflex Sympathetic Dystrophy Syndrome (RSD) and was first properly described in the American Civil War
* There is no specific treatment for CRPS and there is no cure
* CRPS is as real as cancer
* It is considered one of the most painful chronic conditions in the world, reaching 42 out of 50 on the McGill Pain Index
* CRPS often goes misdiagnosed with other conditions such as Fibromyalgia or not diagnosed at all as not every sufferer will have visible symptoms, leading to people being told they are malingerers or lazy
* Many healthcare professionals don't have knowledge or understanding of CRPS, making it difficult for sufferers to get access to treatment making it much harder to have the condition diagnosed
* Not only adults are diagnosed with CRPS but also children as young as 3 years old can be diagnosed with CRPS
* CRPS causes a variety of symptoms including severe burning or freezing pain. It causes limb temperatures to fluctuate, extreme colour changes, hair and nail changes and more
* Sufferers sometimes describe their condition as if their bodies have been set on fire
* CRPS can occur following fractures, sprains, heart attack, stroke, soft tissue injury, insect bites or sometimes after nothing at all