

[Insert Your Name, Address, Email & Phone Number]

[Insert The Name & Address of Your MP]

[Insert Date]

Complex Regional Pain Syndrome (CRPS) Awareness

Dear *[Insert the name of your MP]*,

I live in your constituency and I support the campaign for raising awareness of Complex Regional Pain Syndrome (CRPS). On the 19th June 2018, Ruth George MP (High Peak) raised an Adjournment Debate on Complex Regional Pain Syndrome (CRPS). I am therefore writing to you ask for your support in helping to raise awareness of CRPS and to ask you to support Ruth George's campaign.

Complex Regional Pain Syndrome is a chronic neuropathic pain condition that can affect anyone at any time – both adults and children. It is usually following on from a trauma however CRPS can be caused by heart attacks, strokes, needle stick injuries, nerve damage, surgery, insect bites or for 10% of patient's there has been no known injury or illness to cause the condition.

There is a huge amount of pain involved, which is always out of proportion with the original injury or illness. It can lead to weakness of the limb, ulceration of the skin, wasting tissue and bone thinning. The pain can spread over time and may even develop in the opposite limb or in other limbs or in other areas of the body including systemic. Patients with CRPS most likely live with mental health issues due to the constant high level of pain that they are in day and night.

[Insert a short paragraph of your story - whether you are a patient or you love/care for someone with CRPS]

The Department of Health does not collect data on the number of people diagnosed with CRPS, but the most widely accepted statistics are that around 26 people per 100,000 living with CRPS, which would equate to more than 15,000 sufferers in the UK, or 1 in 3,800 patients.

Many medical professionals have not even heard of it, let alone are aware of its symptoms and signs that would lead to diagnosis. Getting an early diagnosis and starting treatment immediately is crucial for a better prognosis. However due to the fact that many medical professionals do not know the signs and symptoms of CRPS, this causes huge delays in diagnosis and treatment.

In Ruth George's Adjournment Debate speech she outlined 4 requests which I urge you to support;

- Ensuring there is a tick-box on the NHS computer system so that data can be collected for CRPS diagnoses. Without data on diagnoses, it is difficult to make a proper case for research and for the increased training and awareness of the medical profession that is needed;
- Developing and adopting a protocol for diagnosis. CRPS is common after a fracture, and at Liverpool the limb is checked after a plaster cast comes off if it looks unusual, or if unusual pain is reported. In that way, a diagnosis can be made early;
- Increasing the capacity of pain clinics. Patients have to wait an average of two years, and up to three years, to get the support that they desperately need;
- Providing mental health support for CRPS sufferers, with a 24-hour helpline—the pain is particularly excruciating at night—to help them to get through without feeling that they have to resort to amputation or even suicide.

Ruth George has since opened up an Early Day Motion (EDM) for MPs to sign and I urge you to sign this EDM if possible. The EDM is number #1883 in session 2017-2019.

I am passionate about the need to raise awareness about Complex Regional Pain Syndrome (CRPS) and I would be extremely grateful if you could also help us to raise awareness by contacting Ruth George MP to show her your support, encourage other MPs to do the same, sign the EDM #1883 and also write to the Secretary of State for Health.

Thank you for your support and I look forward to hear from you in due course.

Yours sincerely,

[Insert Your Name & Signature]