



Share Your RSD Story

National Awareness Campaign

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Traci Maccoux **Brooklyn Park, Minnesota**

Hello, my name is Traci and I am a 14 years old. I was diagnosed with RSD about three years ago. Being a competitive swimmer, I train six days a week, two to four hours a day. About the time RSD struck, I was considered one of the top swimmers in the state of Minnesota. Swimming was where it all started.

At the state swim meet three years ago, our relay took first place. I was very excited, as you could imagine, and was kind of dancing—and with my amazing dancing skills, I broke my toe! I am extremely lucky that my doctor ordered a bone scan, and we immediately were given the diagnoses of RSD. That's when the roller coaster began.

Once the shock of the diagnoses set in, we started researching the different options. Fortunately, I was blessed with two wonderful anesthesiologists (who happened to be married.) They are always there for me, except when they are on vacation, and have learned to listen to me. I spent most of the first year in the hospital, experimenting with many types of blocks, medications and Ketamine. Several things worked, but many did quite the opposite. For some unknown reason, every once and awhile, we take two steps backwards (well, maybe ten) instead of forwards. The pain becomes unbearable to a point where they have to shut air vents and monitor people walking around in my room. Even the air circulation caused extreme pain.

After that first rough year, I went into remission for about 18 months. I got back into shape for swimming, and did better than ever. I got to swim Varsity for Wayzata High School, and even made it to state when I was still in middle school. Then a series of relapses kept me in and out of the hospital for the next seven months. We dealt with it by doing blocks, medications, and a Ketamine drip. As things sit right now, I have been pain free for about six weeks. I am back to full time training, and my first year at the high school.

I am trying to bring awareness of RSD out to the public. Please visit my website, which I keep up to date when I'm in the hospital. Make



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sure to read past journal entries, and please sign my guestbook!

www.caringbridge.org/mn/tracimaccoux

Thanks!