

For Immediate Release

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Prominent RSD Organization's Response to Paula Abdul's Diagnosis of Chronic Pain Disorder

For Grace Founder Has Lived with RSD for 23 years

LOS ANGELES (April 21, 2005)--For Grace, a national nonprofit organization dedicated to raising awareness of Reflex Sympathetic Dystrophy, was saddened to read about singer/dancer Paula Abdul's recent diagnosis of RSD.

"RSD is a devastating illness. My heart goes out to Paula Abdul and her family," said Cynthia Toussaint, founder and spokesperson of For Grace. Toussaint has been living with RSD since the age of 21 when a minor ballet injury triggered the pain syndrome.

RSD, which is estimated to affect between 1.5 to 6 million Americans is a little understood chronic neurological disorder characterized by severe, burning pain (often described as being doused with gasoline and lit on fire). Many patients suffer alone in pain because of the stigma and misunderstanding associated with the disease.

"As a fellow dancer and entertainer, I understand Paula's reluctance to come forward all too well. For 15 years, I was told my pain was not real and was "all in my head," said Toussaint. "It's hard to keep a positive when everyone around you keeps questioning your sanity."

For Grace, based in Los Angeles, is a nonprofit organization dedicated to raising awareness of this little-known pain syndrome. For Grace founder, Toussaint, recently testified before California legislators in support of a state-mandated RSD education program.

Cynthia Toussaint is available to comment on living with RSD. To arrange interviews, contact For Grace at (818) 760-7635. For more information, please visit For Grace's web site at <http://www.forgrace.org>.