



Neuropathy Hope

Hope through caring, support, research, education, and empowerment

A newsletter for members of the
Pacific Chapter of The Neuropathy Association (PCNA) / Western Neuropathy Association (WNA)

March 2015

Issue 3
Volume 13

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Medication
Breakthrough At
U.C. Davis Medical
Center

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Group Leader

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PCNA Contributors

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& Information

Pacific Chapter of The
Neuropathy Association
/ Western Neuropathy
Association
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Sacramento, CA 95827-6567
877-622-6298
888-556-3356
info@pnhelp.org
www.pnhelp.org

ANNUAL CONFERENCE, APRIL 22, 2015

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MAJOR PAIN MEDICATION BREAKTHROUGH AT U.C. DAVIS MEDICAL CENTER

UC Davis Researchers Identify New Compound That Takes Aim At Neuropathic Pain

Findings could lead to drugs that prevent debilitating chronic pain syndromes

(SACRAMENTO, Calif.) — A new compound discovered by a team of UC Davis investigators has potent actions against production of a chemical that is implicated in the development of chronic pain following a peripheral nerve injury in the spinal cord.

The compound, a molecule named 6-chloro-8-(glyciny)-amino- β -carboline, or 8-Gly carb, provides an important new avenue of research for developing drugs to prevent the severe pain that sometimes remains long after an injury or infection has healed.

The findings are published in *The Journal of Pharmacology and Experimental Therapeutics*.

"We have discovered a new compound that is 43 times more potent in inhibiting nitrous oxide production than the current reference compound known to have this action," said Fredric Gorin, professor and chair of the UC Davis Department of Neurology and co-principal investigator for the study. "That makes 8-Gly carb a potentially very fruitful focus for new drug development against neuropathic pain syndromes."

Neuropathic pain is a disorder characterized by often severe pain that sometimes develops following nerve damage resulting from conditions such as shingles, injury, amputation, autoimmune inflammation and cancer. Months or even years after the initial trauma, the area can remain extremely painful, a condition believed to result from the brain misinterpreting nerve signals from the area. The pain can be completely spontaneous or triggered by something normally as innocuous as a light touch or temperature change. Traditional pain treatment with non-steroidal anti-inflammatory drugs and even opioids such as morphine is usually ineffective.

The condition is believed to develop from immune cells called microglia, a type of macrophage that resides in the spinal cord and provides an important defense against injury and infection. Following a trauma to a peripheral nerve, microglia release a host of chemicals, among them cytokines that are

important for recovery, and nitrous oxide, which is believed to be a key factor in initiating and sustaining inflammation associated with the establishment of neuropathic pain. Inhibiting the production of nitrous oxide at the time of a nerve injury may be an important mechanism to prevent the later development of a chronic pain syndrome, Gorin said.

The class of drug to which 8-Gly carb belongs is known as β -carbolines, a large group of natural and synthetic organic compounds, some of which are known to reduce nitrous oxide production. Previously characterized β -carbolines block a precursor — tumor necrosis factor α — in the nitrous oxide production pathway, also resulting in the reduction of the expression of the cytokine interleukin -1 β ; however, experiments show that 8-Gly carb does not reduce levels of tumor necrosis factor α or the cytokine. The exact mechanism of nitrous oxide by the new compound is poorly understood and will be a focus of future research, according to Gorin.

"A compound like 8-Gly carb that selectively targets nitrous oxide production and does not block cytokine expression makes a promising candidate for drug development aimed at preventing a neuropathic pain syndrome without interfering with recovery," Gorin said. "We look forward to extending this research by developing and testing this compound and related ones in the laboratory and eventually in clinical trials."

Gorin noted that this research resulted from a fruitful collaboration between the UC Davis Schools of Medicine and Veterinary Medicine, as well as with the University of Louisville, Kentucky. Pamela Lein, professor in the Department of Molecular Biosciences of the UC Davis Veterinary School of Medicine, is co-principal investigator and another study author.

Other authors include Ana Cristina Grodzki, Nagarekha Pasupuleti of UC Davis and Bhaskar Poola and Michael Nantz of the University of Louisville, Kentucky.

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Roster of Our PCNA/WNA Information and Support Groups

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Please contact
your group leader
or check your
local paper to
find out about
the topic/speaker
for the upcoming
meeting.

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CALIFORNIA

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For information call:
Bev Anderson (877) 622-6298

Antioch-Brentwood

3rd Wednesday, 2 PM
Antioch-Kaiser, Deer Valley
Watch for sign or check at desk.
Bev Anderson 877-622-6298

Auburn

1st Monday, 11 AM
Woodside Village MH Park
12155 Luther Road
Sharlene McCord (530) 878-8392

Bakersfield

3rd Wednesday, 1:30 PM
Stockdale Moose Lodge
905 S. Stine Rd..
David Wollard (661) 663-9406

Berkeley-Oakland

3rd Wed., 3-4 PM
North Berkeley Senior Center
1901 Hearst Ave.
Kathleen Nagel (510) 653-8625

Carmichael

2nd Tuesday, 1:30 PM
Eskaton
3939 Walnut Ave.
Karen Robison (916) 972-1632
*Call Karen before coming as it is a gated
community and sometimes the day/time
changes. She welcomes newcomers!*

Carmichael

3rd Thursday, 6 PM
Atria El Camino Gardens
2426 Garfield, Ave.
Tanysha Kaye (916) 488-5722

Castro Valley

2nd Wednesday, 1:30 PM
First Presbyterian Church
2490 Grove Way (next to Trader Joe)
Judson Leong (510) 581-6697

Clearlake

For information, call
Bev Anderson (877) 622-6298

Concord

3rd Thursday, 1:30 PM
First Christian Church
3039 Willow Pass Road
Wayne Korsinen (925)685-0953

Crescent City

For information call:
Bev Anderson (877) 622-6298

Davis

2nd Tuesday, 3:30-5:00 PM
Davis Senior Center
646 A Street
Mary Sprifke (530) 756-5102

Elk Grove

2nd Tuesday, 1 PM
Elk Grove Senior Center
8830 Sharkey Avenue
Roger White (916) 686-4719

Eureka

For information call:
Earlene (707) 496-3625

Folsom

3rd Monday, 1:00 PM- odd numbered months
Journey Church
450 Blue Ravine Rd.
Bev Anderson (877) 622-6298

Fort Bragg

For information call:
Betty Adams (707) 964-3327

Fresno

3rd Tuesday, 11:00 AM
Denny's Restaurant
1110 East Shaw
Marvin Arnold (559) 226-9466

Garberville

For information call:
Bev Anderson (877) 622-6298

Grass Valley

2nd Monday, 1:30 PM
GV United Methodist Church
236 S. Church Street
Salli Hearn (530) 268-1017

Jackson

For information, call
Bev Anderson (877) 622-6298

Lakeport

For information call
Mito Shiraki (707) 245-7605

Lincoln

Thurs., Oct. 23, 1:00 PM
Bev Anderson (877) 622-6298

Livermore

4th Tuesday, 10 AM
Heritage Estates
900 E. Stanley Blvd.
Sandra Grafrath (925) 443-6655

Madera

For information, call
Bev Anderson (877) 622-6298

Merced

2nd Thursday, 1 PM
Central Presbyterian Church
1920 Canal Street
(The Hoffmeiser Center across the
street from the church)
Larry Frice (209) 358-2045

Modesto

3rd Monday, 10:30 AM
Trinity United Presbyterian Church
1600 Carver Rd., Rm. 503
Monte Schrader (209) 531-3838

Monterey

3rd Wed., 10:30 AM-odd numbered months
First Presbyterian Church
501 El Dorado Street
Don & Ann Trout (831) 372-6959

Napa

1st Thursday, 2 PM
Napa Senior Center
1500 Jefferson Street
Ron Patrick (707) 257-2343
bonjournapa@hotmail.com

Oxnard

For information call:
Bev Anderson (877) 622-6298

Placerville

For information, call
Bev Anderson (877) 622-6298

Quincy

1st Thursday, 1 PM
Our Savior Lutheran Church
298 High St.
Stacey Harrison (530) 283-3702

Redding

For information call:
Tiger Michiels (530) 246-4933

Redwood City

4th Tuesday, 1 PM
Sequoia Hospital Health and
Wellness Center
749 Brewster Avenue
Stan Pashote (510) 490-4456

Roseville

2nd Wednesday, 1PM-odd numbered months
Sierra Point Sr. Res.
5161 Foothills Blvd.
Carol Brosk (916) 531-2752

Sacramento

3rd Tuesday, 1:30 PM
Northminster Presby. Church
3235 Pope Street
Charles Moore (916) 485-7723

Salinas

Contact Bill Donovan
(831) 625-3407

San Francisco

4th Thursday, 10 AM
UC-San Francisco Med Ctr.
400 Parnassus Avenue
Amb. Care Ctr. 8th Flr., Rm A888
Y-Nhy (e nee) Duong
Nhy-y.duong@ucsf.edu

San Jose

3rd Saturday, 10:30 AM
O'Conner Hospital
2105 Forest Avenue
SJ DePaul Conf. Rm.
Stan Pashote (510) 490-4456

San Rafael

3rd Wednesday, 1 PM
Lutheran Church of the Resurrection
1100 Las Galinas Avenue
Scott Stokes (415) 246-9156

Santa Barbara

4th Saturday, 10AM-odd numbered months
The First Methodist Church
Garden & Anapamu
Shirley Hopper (805) 689-5939

Santa Cruz

3rd Wednesday, 1PM-odd numbered months
Trinity Presbyterian Church
420 Melrose Avenue
Mary Ann Leer (831) 477-1239
maleer@comcast.net

President's Message

By Bev Anderson

This issue of Neuropathy Hope could be considered historical. We start with an announcement of what may prove to be a landmark breakthrough in the treatment of chronic pain. The medications available three to five years from now may reflect the reality of this announcement.

One of the active leaders when PCNA began in 1998 as The Northern California Chapter of The Neuropathy Association, Martha Chandley, died January 24. Please see the separate article for more details.

We rejoice in the increased number of people who made contributions large and small above the payment of their dues. It not only helps your organization accomplish more, it means that you are willing to participate in getting the information about neuropathy known more widely. When I grieve over a support group that can't form or can't continue because no one has enough interest in helping people with neuropathy or even showing up at meetings to encourage the leaders that do care enough to be there, I look at this list and have hope. People find help regularly in support groups whether there is a speaker or other promotion or information. A person may not get something that changes their life at each meeting, but they may have said something that made a difference for someone else at the meeting. Giving can feel as good as or better than receiving.

For some years, Modesto leaders have talked about "The Medicine Chest" which is a listing they have developed of medications and helps that people in their group have reported on. I hope other groups will take the listing included in this issue and expand on it.



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PCNA/WNA Information and Support Groups – continued from page 2

Santa Maria

2nd Tuesday, 12:00 Noon
Elwin Mussel Senior Center
510 Park Street
Wanda (805) 938-1086
Mary (805) 344-6845

Santa Rosa

1st Thursday, 10:30 AM
Santa Rosa Senior Center
704 Bennett Valley Road
Larry Metzger (707) 541-6776

Sonoma

For information, call
Bev Anderson (877) 622-62988

Sonora

For information, call
Bev Anderson (877) 622-6298

Stockton

For information, call
Bev Anderson (877) 622-6298

Susanville

For information call:
Bev Anderson (877) 622-6298

Thousand Oaks Region

For information, call
Bev Anderson (877) 622-62988

Truckee

For information call:
Bev Anderson (877) 622-6298

Tulare-Visalia

For information call
Bev Anderson (877) 622-6298

Turlock

3rd Monday, 1 PM
Covenant Village Adm. Bldg. Classroom
2125 N. Olive St.
Joanne Waters (209) 634-0683

Ukiah

Last Tuesday, 5:30 PM
North Coast Opportunities (NCO)
413 N. State St.
Shirley Blattner (707) 621-0208
Carole Hester (707) 972-2795

Walnut Creek

4th Friday, 10 AM
Rossmoor, Hillside Clubhouse
Las Trampas Room
David Woods (925) 287-8100

West Sacramento

No meeting until new leader is found
Sandra Vinson (916) 372-6093
slvins11@gmail.com

Woodland

No meeting until new Leadership Team forms.
Elizabeth Chaudhry (530) 661-3859

Yreka

For information call
Bev Anderson (877) 622-6298

Yuba City-Marysville

2nd Tuesday, 10:30 AM
St. Andrew Presbyterian Church
1390 Franklin Rd.
(next to Winco Shopping Center)
Ken Lux (530) 673-3479

NEVADA

Reno-Sparks

For information call
Bev Anderson (877) 622-6298

OREGON

Brookings

For information, call
Robert Levine (541) 469-4075

Grant's Pass

3rd Wednesday, 10:30 AM
First Christian Church
305 SW H Street
Carol Smith (541) 955-4995

Medford

For information, call
Bev Anderson (877) 622-62988

Portland

For information call
Joe Mozena (503) 505-0692 or
Bev Anderson (877) 622-6298

Salem

3rd Monday, 6:30 PM
Community Health Education Center
Salem Hospital Campus, Bldg. D
890 Oak Street SE
Michael (503) 857-3508
newsfosalem@gmail.com

Start a support group in your
area: Contact Bev Anderson at
(877) 622-6298 or info@pnhelp.org

Help With Health Care Challenges

If the number is not in
your area, call the one
listed and ask for the
right number.

Medicare

www.Medicare.gov

•••

The Affordable Health Care Act

For current
information go to
www.HealthCare.gov

•••

HICAP

Health Insurance Counseling

for seniors and people
with disabilities.
www.cahealthadvocates.org
/HICAP/
Call (800) 434-0222 to
ask a question or to
make an appointment.

•••

Health Rights Hotline

Serving Placer, El
Dorado, Yolo, &
Sacramento Counties,
regardless where you
receive your health
coverage.
Tollfree (888) 354-4474
or TDD (916) 551-2180.
In Sacramento,
(916) 551-2100.
www.hrh.org.

•••

HMO Help Center

Assistance
24 hours a day, seven
days a week.
(888) HMO-2219
or (877) 688-9891 TDD

•••

DRA's Health

Access Project Free
publications about the
health care, insurance
rights and concerns of
people with disabilities
and serious health
conditions. For more
information, go to
http://dralegal.org/ and
click on "Projects".

DISCOUNTS FOR PCNA MEMBERS

The following companies or individuals have agreed to give PCNA a discount to PCNA members. Give them a call or visit. If you choose to purchase the service or wares of any on this list, pull out your PCNA Membership Card and claim the discount.

Anodyne Therapy

Infrared Light Therapy equipment - **\$50 off Model Freedom 300 (single leg at a time) and \$50 discount on Model 120 that does both legs at the same time.** Contact: 800-521-6664 or www.anodynetherapy.com

HealthLight Infrared Light Therapy equipment - 10% off Single Boot System and Dual boot system.

Contact: 888-395-3040 or www.healthlight.us

Auburn

The Footpath

825 Lincoln Way
(530) 885-2091
www.footpathshoes.com
PCNA Discount: 10% off the regular price shoes.

Elk Grove

Shoes That Fit

8649 Elk Grove Blvd.
(916) 686-1050
PCNA Discount: 20% off the regular price shoes.

Fortuna

Strehl's Family Shoes & Repair

Corner of 12th & Main
1155 Main Street
(707) 725-2610
Marilyn Strehl, C.PED
is a Certified Pedorthic
PCNA Discount: 10% off the regular price shoes.

Sacramento

Midtown Comfort

Shoes

3400 Folsom Blvd.
(916) 731-4400
PCNA discount: 15% on the regular price.

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PERIPHERAL NEUROPATHY LITERATURE REVIEW By William B. Donovan, M.D.

We can access the National Library of Medicine (NLM) to obtain information on peripheral neuropathy (PN). There are over 100 medical articles a month written on PN.

I review these references and select articles that would appear to be most interesting to us neuropathy sufferers. This is the link to **PubMed** that will take us to the **NLM: www.ncbi.nlm.nih.gov/sites/entrez**

If you are reading this article on the computer, just click on the above link to go there. If you are reading the print edition of the newsletter, type this link into the address bar of the browser on a computer. If you don't know how, get a librarian or friend to help you.

After you get to **PubMed**, you will see a line that says "**Search PubMed**" followed by "**for**" and a space. Every article in the **NLM** is given a **PMID**, an eight digit identification number. I will give you **PMID** numbers of the selected articles. Type the **PMID** into the space after the "**for**" and click on "**Go**" at the end of the space, or press the ENTER key on your keyboard. You will then see a one paragraph abstract of the article appear, as well as links to related articles.

This month's PMIDs:

- 22717465 Pre- and post-testing of patients with diabetic peripheral neuropathy subjected to a 10-week aerobic and strengthening exercise program

revealed significant reduction of pain; increased intraepidermal nerve fiber branching (on skin biopsy); and decreased neuropathic symptoms.

- 22809652 A Cleveland Clinic review of the opioid buprenorphine (Subutex®) supports its use as a "first line analgesic" for the treatment of cancer and neuropathic pain. Its advantages include: less tolerance and constipation, less respiratory depression and cognitive impairment, fewer side effects, and greater safety and effectiveness with the elderly.
- 22810071 A detailed review of the differential diagnosis and treatment of immune-mediated neuropathies, both involving the myelin sheath and neural vasculature. The article compares the findings in Guillain-Barre, the various demyelinating neuropathies, myasthenia gravis, botulism poliomyelitis, tick paralysis, toxic states and carcinomatosis, as well as hematologic conditions that can underlie these neuropathies.
- 22893563 Diabetic peripheral neuropathic pain which is responsive to duloxetine (Cymbalta®) showed a drop in pain score in proportion to the level of baseline score.
- 22909343 A Turkish study of dialysis patients with neuropathic pain and pruritis (itching), both of which responded to both gabapentin (Neurontin®) and pregabalin (Lyrica®).

OBITUARY: MARTHA CHANDLEY, EARLY NEUROPATHY GROUP LEADER

We have received word that Martha Chandley died in a Sacramento hospital on January 24, 2015, near where she had been living. No service is planned. Her father, for whom she served as caregiver for some years, is living near her sister in New Mexico. There are no other family members in this area.

Martha was active in the Sacramento Neuropathy Support Group that started the month after the first of the (NCCNA, PCNA, and soon WNA) neuropathy support groups started in Auburn. She started the Woodland, Davis, and West Sacramento Neuropathy Support Groups and was a driving force in all things neuropathy in the greater Sacramento area.

Martha was an innovator. She decided to put posters in the Sacramento buses, contacted a design and printing company in West Sacramento, found the funding, and saw it through until the posters were in the buses and she was getting calls from people who saw them. Some groups have one of these to use as a sign for their meetings. In this design process our current logo was created.

Our Board of Directors agreed that a memorial for Martha to give all of us closure was quite appropriate. Mary Sprifke was consulted to help remember Martha's chief interests. Martha's heart was with the Yolo groups she had started but especially with the Yolo PN Newsletter that she launched and wrote for some years. She valued research into causes and treatments for neuropathy. She very much wanted to see the regional leadership develop and extend as far as possible so that more and more people learn about neuropathy.

We are establishing a Memorial Fund for Martha that those that knew and valued her could remember her and advance her heart's causes and others might like to join with us in honoring her. The final amount in this fund will be disbursed 1/3 to support Yolo's PN News, 1/3 to research and 1/3 to WNA to help with the transition expenses like brochures, business cards, banners, and other printed material that is out of date. Send any contributions to PCNA, P.O. Box 276567, Sacramento, CA 95827-6567. If it goes through this account it is tax deductible.

MEDICINE CHEST SURVEY

This survey is an ongoing project of the Modesto Neuropathy Support Group.

NAME OF MED	COMPLAINTS	RESULTS	NOTES
Absorbine Jr.	Pain		Rub on balls of feet a bedtime
Acupuncture	Numbness, pain	Relief of pain	20 minutes treatment
Acupressure	Pain, inflammation	Relief of pain	Uses hand pressure
Advil	Pain	It reduces the inflammation which in turn reduces the cramping & swelling	
Adderall			
Aleve	Pain		
Air Salopas	Pain	Pain spray	
Alpha Lipoic Acid	Symptoms	Anti-oxidant	Protects liver, improves energy, induces nerve "sprouting," alleviates capillary bruising (Walgreens)
Aloe Vera & Menthol ((blue cream)		Soothes feet	
Amitriptyline/Elavil	pain, mod depression	Helps to sleep better; relieves anxiety & tension	
Anodyne Therapy		Increases circulation, reduces pain, stiffness and muscle spasm, healing wounds	infrared light therapy
Aspirin	Pain, inflammation, fever	Reduces pain, inflammation, fever	
B-12 & B complex	Nerves	For healthy nervous system	
Benzapril	High blood pressure		May interfere with diabetes meds
Bio freeze	Hot Feet	Cooling	Found in drug stores
Capsaicin	Pain	Produces heat that provides pain relief	Chili pepper oil in roll-on or cream
Carbatrol	Restless leg syndrome		
Carbamazepine	Seizures		
Carnitine	Pain	Antioxidant	Slow results
Castor Oil/Castiva	Joint pain		Warming & Cooling Cream
Chamomile tea	Sleep problems	Helps to sleep better	
Clorazepam (.5mg)	Leg cramps, anxiety	Many find it helps	Sometimes causes double vision, high blood pressure & nausea
Cymbalta/Duloxetine	Major depression, mood swings, numbness, anxiety, nerve pain		
Darvocet (propoxyphen)	Numbness, cramping	Anti-depressant	A narcotic
Diazepam/Valium	Muscle spasms, pain		Habit forming prescription

DISCOUNTS FOR PCNA MEMBERS

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West Sacramento Beverly's Never Just Haircuts and Lilly' Nails
2007 W. Capitol Ave, West Hair-(916) 372-5606
Nails-(916) 346-8342
PCNA discount: 10% off the regular price.

Neuropathy Support Formula

(1-888-840-7142) is a supplement that a sizable number of people are taking and reporting it has helped them. The company gives members of PCNA a discount and free shipping. The 30-day supply is \$40 (normally \$49.97). It can be auto-shipped monthly for the same. A 3-month supply via auto-ship is \$95.00. They also have a Nerve Repair Optimizer that is available for \$20 with free shipping. Marsha, the manager, said that if anyone wants more information about the product, they can call and ask for her. If she is not readily available, leave your number and she will call you back.

Free DVD on "Coping with Chronic Neuropathy", introduced by Dominick Spatafora of the NAF and endorsed by major university neurologists, is available by contacting the Neuropathy Support Network at www.neuropathysupportnetwork.org/order-neuropathy-dvd.html

Additional Discounts

Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call (877) 622-6298 or e-mail info@pnhelp.org.

We'll mail an agreement form to the business, and once we have it, we'll add them to this list.

Major Pain Medication Breakthrough At U.C. Davis Medical Center – Continued from page 1

The study was funded by the UC Davis MIND Institute and the National Institute of Environmental Health Sciences (R01-ES017592) and UC Davis Research Investments in the Sciences and Engineering (RISE) Program (R01-NS060880).

The UC Davis School of Medicine is among the nation's leading medical schools, recognized for its research and primary-care programs. The school offers fully accredited master's degree programs in public health

and in informatics, and its combined M.D.-Ph.D. program is training the next generation of physician-scientists to conduct high-impact research and translate discoveries into better clinical care. Along with being a recognized leader in medical research, the school is committed to serving underserved communities and advancing rural health. For more information, visit UC Davis School of Medicine at <http://medschool.ucdavis.edu>.

THESE PEOPLE MADE A CONTRIBUTION ABOVE THE AMOUNT OF THEIR DUES OR JUST MADE A CONTRIBUTION OF SOME AMOUNT DURING 2014. WE GIVE MANY THANKS FOR THEIR CARING AND THEIR GENEROSITY – WNA BOARD OF DIRECTORS

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Joe Castagna	Patrick Haggarty	Kenneth Lux	Rick Rivera	Mary Lou Ward
Ernest Chann	James Hall	Mary Mack	Carol Robertson	Virginia Wells
Elizabeth Chaudhry	Yolanda Hamlow	Nellie Mantonya	Wilma Rodricks	Donald Wilkinson
Carolyn Clarke	Claire Hampton	Lee Mathewson	Bill Rogers	Darlene Willoughby
Louise Colonnese	Catherine Hanoum	Beverley Matteoli	Nils Roos	Charles Wilson
Eric Cone	Ernest Harpe	Irene Mayo	Carl Roos	Adriana Wilson
Fran Copp	Dolores Harrison	Cynthia McAlexander	Marcia Russell	Merida Wilson
Bart Costerus	Pam Hart	Craig McClure	Janice Saame	John Wise
Janice Covell	Phil Hawthorne	Jim McCoy	Lynne Sadlowski	LD Wright
Carol Cromer	William Heisinger	Brian McDowell	Dorothy Sainsbury	Dorothy Yann
Chuck Currey	Wayne Hewlett	Claudia McHenry	Donna Samelson	Margaret Young
Steven Del Real	Fred Heyer	Tom McNett	Casimir Sammanasu	
Evelyn DeRusha	David Hibbard	Dorothy Mehrten	Stanley Sandahl	
John Dick	Pat Hill	Smith Meryllene	Haruko Sasaki	
DiPinksti Team	Marjorie Holcombe	Charles Metro	Monte Schrader	



**The Pacific Chapter of
The Neuropathy Association**

Hope through caring, support, research, education, and empowerment

EXHIBITS!
Optional TOUR of the
JELLY BELLY FACTORY

Date: Wednesday, April 22, 2015

Time: 9:30AM to 3:00PM

Pre-register By: Tuesday, April 14, 2015

Registration Fee: \$20.00

Location: Jelly Belly Factory
1 Jelly Belly Lane
Fairfield, CA 94534

Questions?
Toll-free: 888-556-3356
E-mail: donnad@pnhelp.org

Sponsor



**2015
PCNAWNA ANNUAL
CONFERENCE**

**A Treasure Chest of Neuropathy
Information and Help**

- 9:30am Registration and Morning Snacks
- 10:00 Announcements and Introductions
- 10:10 **Keynote - Dr. Kevin Sawchuk, Neurologist**
Kaiser Permanente, Walnut Creek
“Neuropathy: Anatomy, Clinical Features and Taking Control”
- 11:10 Break
- 11:20 Interactive Activity
- Noon LUNCH
- 12:50PM Presentation by **Blood Source**
- 1:30 **Dr. Jeffrey Ralph, Neurologist**
UC-San Francisco
“Traumatic Neuropathies and Nerve Repair”
- 2:30 Door Prizes; Closing Announcements
- 3:00 Adjournment
Optional Tour of the Jelly Belly Factory

Name _____

Address _____

City / State / Zip _____

E-mail _____

Support Group _____ At Large Memt

If you need a special diet, please indicate: Vegetarian Gluten Free Other

- I am enclosing my check for the \$20 registration fee/lunch.
- I am interested in taking a tour of the Jelly Belly Factory after the Conference.



**Mail registration fee and
form to:**

**PCNA
PO Box 276567
Sacramento, CA 95827**



The Pacific Chapter of The Neuropathy Association

A California public benefit, nonprofit,
tax exempt corporation

P.O. Box 276567, Sacramento, CA 95827-6567

Call PCNA/WNA using our toll free phone numbers:

(877) 622-6298 • Email: info@pnhelp.org

• PN Information/Advice • Support Group Inquiries

(888) 556-3356 • Email: donnad@pnhelp.org

• Membership Information/Inquiries • Sponsorships

• General Organizational Inquiries • www.pnhelp.org

~ SIGN UP NOW! Registration Form on Page 7 ~

Annual Conference April 22, 2015

Jelly Belly Factory, Fairfield, CA

Send your check for \$20 per person
to PCNA, P.O. Box 276567, Sacramento, CA 95827-6567 or
go on line to www.pnhelp.org and pay by credit card.

President's Message – Continued from page 3

Some have asked for an update on my hand control driving. It is finally becoming second nature and I enjoy being able to see what I'm doing rather than depending on feet I can't see or be sure of their accuracy. I can even park with some ease. It also may help in losing some additional pounds as my hands are busy and I can't grab munchies as easily -- a quick drink of water as the opportunity arises has to suffice.

I look forward to seeing many of you at the 2015 Annual Conference – A Treasure Chest of Neuropathy Information and Help. Page 7 of this newsletter is devoted to the program with a section to fill out and send in with your \$20 Registration Fee to help cover the costs of the conference. Please make copies of this page for people who may want to attend -- even attend with you.

Bev

P.S. Please know that if your dues were due in January or February and they are not paid, this is the last newsletter you will receive until payment is received. The total is \$30. Mail to PCNA, P.O. Box 276567, Sacramento, CA 95827-6567. The P.S. at the bottom of the letter you received in December announced this and you have received a reminder recently.



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A California public benefit, nonprofit,
tax-exempt corporation.

Bev Anderson, Editor

P.O. Box 276567

Sacramento, CA 95827-6567

(877) 622-6298 • (888) 556-3356

info@pnhelp.org • www.pnhelp.org

PCNA Headquarters: donnad@pnhelp.org

Our mission is to provide support, information and referral to people with neuropathy and to those who care about them, to inform and connect with the health care community, and to support research.

Dues - \$30 a year

All contributions and dues are tax-deductible.

We are supported by dues-paying members, contributions by members and friends, and occasionally, small grants and fundraisers.

This newsletter is designed for educational and informational purposes only. The information contained herein is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. The Pacific Chapter of the Neuropathy Association (PCNA) does not endorse any treatments, medications, articles, abstracts or products discussed herein. You are strongly encouraged to consult a neurologist with any questions or comments you may have regarding your condition. The best care can only be given by a qualified provider who knows you personally.