



WESTERN NEUROPATHY ASSOCIATION

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Issue 01  
Volume 17

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# Neuropathy Hope

*Hope through caring, support, research, education, and empowerment*  
A newsletter for members of Western Neuropathy Association (WNA)

## ■ WHAT ARE LYME DISEASE SYMPTOMS AND SIGNS?

(Editor's note: Ticks are active year-round. You can be bitten and not think it has any bearing on what is going on months later when you exhibit some symptoms. If you don't see the tick, you may not know that is what bit you as they can drop off. If any of the symptoms listed here are familiar to you, you might be wise to contact your doctor to have the latest test for Lyme disease. New and improved tests are available fairly regularly so you want the best, most current test. The earlier it is treated the more effective the treatment. If you wait too long, it can become chronic and the treatment becomes long term.)

### LDA Lyme Literacy: From the Desk of the LDA President

Lyme disease symptoms and signs can vary depending on what stage of Lyme disease the patient has. Lyme disease is an infection caused by either *Borrelia burgdorferi* or *Borrelia mayonii* 1 bacteria, the latter recently discovered in the Midwest to cause Lyme disease. Both bacteria are transmitted by the *Ixodes scapularis* tick (deer tick).

After a bite from an infected tick, acute or early Lyme disease, the infection is limited to the skin, and symptoms generally develop within a few days to a month. Early signs and symptoms may include a rash, a flu-like illness with muscle aches and pains, a fever, malaise and fatigue.

According to CDC, a rash does not occur in about 30% of cases<sup>2</sup>. But an EM (erythema migrans), an expanding rash with or without a central clearing, often develops at the bite site. Sometimes, the classic bull's eye rash-- a subset of the EM rash--



Rash with no central clearing



Bull's eye rash

occurs, but only in about 9% of cases<sup>3</sup>.

After Lyme disseminates, which can occur shortly after the bite, a patient may develop late Lyme disease, which can manifest in every system in the body. At this time, a patient may have multiple rashes, and some develop weakness of the facial muscles that looks like Bell's palsy, other peripheral neuropathies and cardiac<sup>4</sup> problems. Choice of Lyme disease treatment with antibiotics depends on length and severity of illness and potential for co-infections.

Late Lyme disease symptoms may be present when a patient is diagnosed, since the patient may have had Lyme symptoms, which were not previously recognized or were

not attributed to Lyme<sup>2</sup>. Below is a list of possible Lyme disease symptoms and signs:

**Musculoskeletal:** joint pain or swelling or stiffness, muscle pain, shin splints, neck or back stiffness, migrating muscle pain or cramps, TMJ, neck creaks and cracks, tender soles.

**Reproductive:** testicular pain/pelvic pain, menstrual irregularity, unexplained milk production (lactation), sexual dysfunction or loss of libido.

**Cardiac/Pulmonary:** chest pain or rib soreness, shortness of breath, heart palpitations, pulse skips, slow pulse, heart block, heart murmur, valve prolapse.

**Neurological:** muscle twitching, headache, tingling, numbness, burning or stabbing sensations, facial paralysis (that looks like Bell's palsy), dizziness, poor balance, increased motion sickness, light-headedness, wooziness, difficulty

# Roster of Our WNA Information and Support Groups

## 2019 WNA Board of Directors

**Bev Anderson**  
President

**Karen C. Polastri, IOM**  
Vice President

**Anne Bentz**  
Secretary

**Darrell O'Sullivan**  
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**Pam Hart**  
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## Emeritus Council

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Emeritus

**Johnathan Istilart**  
Emeritus

**Brad Livingood**  
Emeritus


**Sandra Vinson**  
Emeritus

**Dick Ward**  
Emeritus

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

**Bev Anderson**  
Editor

Newsletter Design by

 **Diane Blakley  
Designs**

## CALIFORNIA

### Auburn

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

### Castro Valley

2nd Wednesday, 1:30 PM  
First Presbyterian Church  
2490 Grove Way (next to Trader Joe)  
Joy Rotz (510) 842-8440

### Concord

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

### 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

### Folsom

3rd Wednesday, 12:30 PM  
Association Resource Center  
950 Glenn Dr., Suite 150  
Bev Anderson (877) 622-6298

### Fresno

3rd Tuesday, 11:00 AM  
Denny's Restaurant  
1110 East Shaw  
Bonnie Zimmerman (559) 313-6140

### Grass Valley

2nd Monday, 1:30 PM  
GV United Methodist Church  
236 S. Church Street  
Bev Anderson 877-622-6298

### Livermore

4th Tuesday, 10 AM  
Heritage Estates  
900 E. Stanley Blvd.  
Lee Parlett (925) 292-9280

### Merced

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

## Modesto

3rd Monday, 10:30 AM  
Trinity United Presbyterian Church  
1600 Carver Rd., Rm. 503  
Ray (209) 634-4373

## Monterey

3rd Wed., 10:30 AM (odd numbered months)  
First Presbyterian Church  
501 El Dorado Street  
Dr. William Donovan (831) 625-3407

## Napa

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

## Placerville

2nd Wednesday, 1 PM  
El Dorado Senior Center  
937 Spring Street  
Bev Anderson (877) 622-6298

## Redwood City

Next meeting, January 22, 2019  
4th Tuesday, 1 PM  
Sequoia Hospital Health and Wellness Center  
749 Brewster Avenue  
Danielle LaFlash (415) 297-1815

## Roseville

2nd Wednesday, 1PM (odd numbered months)  
Sierra Point Sr. Res.  
5161 Foothills Blvd.  
Stan Pashote (916) 409-5747

## Sacramento

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

## San Francisco

2nd Monday, 11 AM - 12:30 PM  
Kaiser French Campus  
4141 Geary Blvd. between 6th & 7th Ave.  
Rm. 411A - Watch for signs.  
Merle (415) 346-9781

## San Jose

Next meeting, January 19, 2019  
3rd Saturday, 10:30 AM  
O'Conner Hospital, 2105 Forest Avenue  
SJ DePaul Conf. Rm.  
Danielle LaFlash (415) 297-1815

## Santa Barbara

4th Saturday, 10AM (Sept., Oct., Jan., March, May)  
St. Raphael Catholic Church  
5444 Hollister Ave., Conference Room  
Shirley Hopper (805) 689-5939

## Santa Cruz

3rd Wednesday, 12:30 PM (odd numbered months)  
Trinity Presbyterian Church  
420 Melrose Avenue  
Mary Ann Leer (831) 477-1239

## Santa Rosa

1st Wednesday, 10:30 AM  
Steele Lane Community Center  
415 Steele Lane  
Judy Leandro (707) 480-3740

## Thousand Oaks - Westlake Village

2nd Monday, 2:30 - 4 PM  
United Methodist Church of Westlake Village  
1049 S. Westlake Blvd.  
Angie Becerra (805) 390-2999

## Walnut Creek

4th Friday, 10 AM  
Rossmoor, Hillside Clubhouse  
Vista Room  
Karen Hewitt (925) 932-2248

## NEVADA

### Las Vegas

3rd Thursday, 1 PM  
Mountain View Presbyterian Church  
8601 Del Webb Blvd.  
Barbara Montgomery (818) 400-0296

## OREGON

### Grants Pass

3rd Wednesday 2:00 PM  
Club Northwest  
2160 N.W. Vine St.  
Carol Smith 541-955-4995  
David Tally 541-218-4418

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**TELECONFERENCE  
SUPPORT GROUPS BEGIN  
THURSDAY, JANUARY 17.  
See page 8 for more information.**

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For information on groups in the following areas or any other place you are interested in finding out about a support group, call Bev Anderson at (877) 622-6298. She is actively trying to open new groups and re-open closed groups. Check with her about a group in your area especially if you would volunteer to be the leader.

**California:** Alturas, Antioch-Brentwood, Bakersfield, Berkeley - Oakland, Carmichael, Clearlake, Costa Mesa, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Lodi, Madera, Mt. Shasta, Oxnard, Quincy, Redding, Salinas, Santa Maria, San Rafael, Sonoma, Sonora, Stockton, Susanville, Truckee, Tulare-Visalia, Turlock, West Sacramento, Weed, Ukiah, Woodland, Yreka, Yuba City-Marysville. **Nevada:** Reno-Sparks. **Oregon:** Brookings, Medford, Portland, Salem.



Here we are at the beginning of a new year. No matter what happened in 2018, the joys and sorrows of the past are memories. We now have the opportunity to write something new in our own lives and in the life of the Western Neuropathy Association – the future lies before us. What does 2019 hold for WNA beyond what we have planned? For WNA, it is our 21st year let's go for as much joy, hope, and empowerment as possible in our third decade.

My first joy would be all of our current members renewing and many new members joining. We need support to ensure our ability to serve and make projections for future activities. The stronger we are in membership rolls, the greater our chances of securing grants to help our work. We have many attending support group meetings that are not members. While we wholeheartedly welcome them, their complimentary attendance doesn't pay the bills or give those looking at us through GuideStar confidence in issuing us grants or larger scale donations.

The second joy would be greater financial support so that we can well accomplish what we have planned for the start of this new decade. Please know that we are so thankful to each one who donated to WNA this year in any way and with any amount.

The third joy would be additional volunteers to work with and lead support groups. We have several groups that are on hiatus due to a lack of leadership. More volunteers would also mean adding to our Board of Directors who also contribute to the work of the organization.

And what do you plan for this year? What are you going to do to be healthier on a regular basis? What can you do to help your neuropathy if it is causing you trouble? Is there a doctor you need to see or a recommendation from your doctor or therapist that you should give a good try? Do you have joys to look forward to, goals to reach, and things to do and be hopeful for? Let's vow to embrace hopefulness for all of its power, and to empower ourselves and each other.

Looking ahead, circle Friday, May 10, 2019 as our Annual Conference. This year it will be in Modesto at Trinity United Presbyterian Church, 1600 Carver Road. This is where the Modesto Neuropathy Support Group led by Ray Nichols meets. They have a relatively new separate activity building that is rather spacious, which we hope will enable us to invite a few vendors.

The Annual Conference morning program is set. Dr. Jeffrey Ralph from U.C.- San Francisco and an associate will be with us for a full morning of the latest in neuropathy information from top neurologists. The afternoon is in development and should be ready to present in the next newsletter. Dr. Ralph will be coming from the conference of the American Academy of Neurology in Toronto, Canada, where he will be a speaker. He will have the opportunity to bring to us the very latest information – a special benefit for those who attend our conference. The Academy has 32,000 members and publishes the Brain & Life magazine. (Their offices are in Minneapolis, Minnesota.)

It has been at least a year since I've included an article on Lyme disease. Did you know that many people diagnosed with idiopathic neuropathy likely have Lyme disease? The possibility is not noticed until a person goes into chronic or late Lyme, which means a lifetime of therapy. You don't even have to go out of the house to get Lyme disease. If your dog has been out for a run, comes in, snuggles up to you, and the tick on him transfers to you -- you can be bitten.

There are two more articles from notes by Barbara Montgomery from last June's Neuropathy Action Foundation Conference. One on nutrition and the other on advice for supporting caregivers. I trust each will be helpful to some.

Happy New Year 2019,

*Bev*

**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](http://www.Medicare.gov)

...

**The Affordable Health Care Act**

For current information go to [www.HealthCare.gov](http://www.HealthCare.gov)

...

**HICAP Health Insurance Counseling**

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

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**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](http://www.hrh.org).

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**HMO Help Center**

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

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**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 WNA MEMBERS

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

### Anodyne Therapy

Infrared Light Therapy equipment - **12% off all home units.**  
Contact: 800-521-6664 or [www.anodynetherapy.com](http://www.anodynetherapy.com)

**HealthLight** Infrared Light Therapy equipment - **5% off Single Boot System and Dual boot system.**

Contact: 888-395-3040 or [www.healthlight.us](http://www.healthlight.us)

### Auburn

#### The Footpath

825 Lincoln Way  
(530) 885-2091  
[www.footpathshoes.com](http://www.footpathshoes.com)  
**WNA Discount: 10% off the regular price shoes.**

### Elk Grove

#### Shoes That Fit

8649 Elk Grove Blvd.  
(916) 686-1050  
**WNA 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  
**WNA Discount: 10% off the regular price shoes.**

### West Sacramento

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

- Continued on page 5

## FOOD AS MEDICINE

**Melina Jampolis, MD – Food as Medicine: Improve Health, Increase Vitality, and Live Longer,**  
Celebrity Internist and Board-Certified MD Nutrition Specialist: [www.drnelina.com](http://www.drnelina.com)

### Empower patients through nutrition.

What is an anti-inflammatory diet? It includes: garlic, fiber, carotenoids, Omega 3 Fatty acids, turmeric, flavonoids, tea, ginger, magnesium. You limit: Saturated Fat, Trans Fat, cholesterol, white sugar, artificial sugar, sugar laden foods, soft drinks, juices, candy, etc.

### Food and Neuropathy:

**Neurogenetics:** Diet and lifestyle can turn genes on and off. Epigenetics. We have influence over what happens to us through lifestyle choices. Genetics loads the gun, lifestyle pulls the trigger.

**Inflammation:** Simmering inflammation = Skin aging, cardiovascular, Alzheimer's Disease, pulmonary disease, arthritis, autoimmune diseases, urological diseases, diabetes, cancer, obesity, IBD/IBS/UC/Crohn's disease, celiac disease, colorectal cancer, hypertension, asthma, systemic inflammation.

**Inflammation & Microbiome:** Articles: Nature Mag: Fellow Travelers; The Economist: Microbes maketh man; Scientific American; Your Inner Ecosystem and many others.

### Healing powers of spices/herbs.

**Turmeric:** India has low rate of Alzheimer's.

Variety of colors, with enough Magnesium you need less insulin.

Thyme, coriander (Germany treats IBS with coriander), turmeric, ginger, oregano (kills off bacteria in gut), diabetes, cinnamon, ginger improves body's response to insulin, cilantro.

Weight control: Cayenne pepper (suppresses appetite), cumin (everyday) decreased belly fat, green tea. Eat ginger before a meal, helps fill you up.

### Brain health.

Alzheimer's: Turmeric, thyme, saffron. High doses of saffron for depression is effective.

Your genes are not your destiny.

**Spice Filled Recipes:** Use basil plants regularly.

Different spices have different shelf life. Go by smell. If it doesn't smell like the herb, throw it out.

Fresh or dried. Either is good. Better with food because you can increase the potency and synergy.

### Inflammation and Disease.

- 85% increased risk of heart disease
- 80% increased risk of shorter telomeres (aging marker)
- 75% higher odds of getting cancer
- 67% increased risk of dying from cancer

Eat more vegetables, whole fruit, limit red and processed meat, handful of nuts a day, legumes, 5 oz. whole grains for women, 6 oz. for men, fiber, EPA and DHA 26-50 mg

Healthy Eating - Protects you this much more.

- 25% < death from any cause
- 40% < death due to heart disease
- 30% < inflammation
- 88% < risk of diabetes and reversal of metabolic syndrome
- 34% < odds of healthy aging
- 24% < risk of cognitive impairment
- Reverse association with depression
- Beneficial independent of weight status

Anti-Inflammatory Herbs and Spices.

- turmeric
- cloves
- cinnamon
- cayenne
- basil
- rosemary
- ginger

Also: oregano, curcumin, cumin seed, dried parsley, nutmeg, curry, dark chocolate

### Spices and Skin Health.

- Reactive oxygen species (ROS) Harmful compounds by UV exposure of skin
- Oxidative damage to cellular walls, lipid membranes, mitochondria and DNA
- Herbs and spices = DNA repair, inflammatory responses, hormonal regulation, differentiation, apoptosis, cell cycle, carcinogen metabolism.

### Diet and Arthritis.

- 46% inflammation main cause of disability in adults over age 55
- cruciferous vegetables
- alum family-garlic, onions, leeks
- healing spices-ginger, turmeric
- green tea-EGCG protects cartilage and collagen (3-4 cups a day)
- Omega 3s

## SHERRY SNELLING SUPPORTS CAREGIVERS

Stress is invisible: Tongue on top of mouth, shoulders held up? Yep, you have stress.

Ninety percent of doctor visits are stress-related.

Maya Angelou: "I learned a long time ago the wisest thing I can do is be on my own side, be an advocate for myself. If I do that well enough, then I can look after someone else, but I have to look at myself first. I know some people think that is being selfish. I think this is being self-full."

7 Ways to Wellness:

1. physical
2. environmental
3. social
4. emotional
5. financial
6. intellectual
7. spiritual

With sleep, DON'T TRY CATCHING UP! Regularly get 7-8 hours of uninterrupted sleep.

0.5 alcohol is similar to missing two hours sleep.

With less than 5.5 hours a night, you will gain 12 lbs. per year because the body is not operating as it should. Leads to cardio vascular diseases, Alzheimer's.

Circadian rhythm. No blue lights; use an orange night light.

Water: Water decreases Alzheimer's, arthritis.

Do: Drink ½ of your body weight in ounces daily.

Don't drink caffeinated sodas.

Don't overdo coffee.

About aromatherapy:

Do:

- Indulge in calming scents such as lavender; and rosemary for muscle pain. Frankincense can help with pain of multiple sclerosis.
- Unplug 20 minutes a day.
- Use the 20/20/20 rule for eye health.
- Connect in person not just through technology.
- Give eight hugs a day. Hugs release neurotoxins that help us feel better.
- Join a support group (online or in person).
- Be more successful by checking on your goals/ something you started. If you start a project/task on Monday, check back on the next Monday with yourself. This will make you 75% more successful.

Don't:

- Use certain scents before checking with a doctor or wellness expert if you have allergies. Also certain medications react to certain scents.
- Be afraid to show emotion.
- Deal with stigma or stress alone; isolation kills.

### Can Caregiving Put Your Nest Egg at Risk?

- ½ spend 10% annual income.
- 6 out of 10 stopped saving money since economic downturn.
- 4 out of 10 using retirement savings or going into more debt.
- ½ of all personal bankruptcies are medical care-related costs.
- Between \$284,000-\$324,000 in lost individual wages and benefits.

### Mind Games: Myth or Miracle

- Neuroplasticity
- Cognitive reserve
- Brain games for health
- Social gaming

Music participation: Music therapy works every part of your brain. Singing helps with brain health as well.

Learn to be present. Don't avoid playtime.

### Higher Power

Do: Plan time to nourish your soul.

Don't: Try to control everything, let go gracefully.

Do:

- Try relaxation responses
- Join a yoga or tai chi class
- Try visualization techniques

Don't:

- Keep stress bottled up inside. Release it!

### Risk Factors for Dementia

- Diabetes: 77% increase risk of dementia
- High blood pressure: 39% increase
- Pre-high blood pressure: 31%
- Smoking: Increased dementia by 41%. Researchers have found that middle-aged people who smoked or have diabetes or high blood pressure are more likely to develop dementia.

## DISCOUNTS FOR WNA MEMBERS

*Continued from page 4*

### 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 WNA 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.

### 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](mailto:info@pnhelp.org).

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

## CTS CLINICAL TRIAL ARTICLE AND BRIEF FOR RECRUITMENT v.1

Information about the Non-invasive CTS Device Clinical Trial is presented here as part of articles or blurbs that will be shared in press releases, articles, newsletters, email newsletters, news blasts, blog posts. This recruitment material will be made general enough to be used by different publishers. One targeted distribution channel is the Foundation for Peripheral Neuropathy e-Newsletter.

### "Carpal Tunnel Syndrome - What Is It? Do I Have It?"

You probably have heard of it - carpal tunnel syndrome (CTS). This was the industrial, white-collar, or occupational "epidemic" plaguing the '80s and '90s as computers became more prevalent in the workplace and at home. Nowadays, carpal tunnel syndrome (CTS) has faded from leading news headlines, but it is still affecting countless people worldwide. In the US, carpal tunnel syndrome is still quite prevalent in the population (about 3%-6% of working US adults are affected by CTS according to a 2013 study<sup>1</sup>) and it remains the most common peripheral neuropathy.

(Interesting fact: Dr. George S Phalen worked at Cleveland Clinic when he raised public awareness about carpal tunnel syndrome around the 1960s.<sup>2</sup>)

#### Symptoms of CTS

If you have had hand or wrist pain, you have surely wondered if you have CTS. Below are the iconic symptoms characterizing CTS:

1. Tingling sensations, numbness, and/or pain in the hand and wrist
2. Tingling and pain radiating up into the forearm or even into the upper arm
3. Burning sensation in the hand and wrist
4. Weakened grip strength connected to the median nerve
5. Waking at night due to pain or numbness in the hand
6. History of shaking or flicking the hand or wrist to alleviate the sensations noted above

These symptoms are the result of chronic compression of the median nerve as it passes through the carpal tunnel in the wrist area. Over time, constant compression and trauma can lead to irreversible nerve damage.

Symptoms of carpal tunnel syndrome are often confused with those of tendonitis, tennis elbow, or other peripheral neuropathies. Compression of the median nerve may also be secondary to other diseases or injuries such as arthritis, thyroid disease, or fractures in the wrist. It is important to see your doctor to find out if your symptoms are caused by carpal tunnel syndrome or if there is an underlying condition.

#### Diagnosing CTS

A doctor diagnoses the condition by reviewing your medical history, evaluating your symptoms, performing various provocative tests (Tinel's sign and Phalen's maneuver), and may have you undergo a nerve conduction study.

The gold standard of diagnosis for carpal tunnel syndrome is the nerve conduction study (NCS).



In this test, electric pulses sent into your arm and measured downstream at electrodes placed on your hand and wrist. Reductions in amplitude and speed of the resulting wave past a certain threshold indicate a positive diagnosis of CTS, and also indicate the severity (subclinical, mild, moderate, severe).

#### New CTS Research

If you have been diagnosed with carpal tunnel syndrome and have the diagnosis confirmed via a nerve conduction study, then you may be eligible to join a clinical trial on a non-invasive device designed to alleviate symptoms of carpal tunnel syndrome.

This non-invasive CTS device clinical trial is being supported through an NIH grant and is being conducted in collaboration with Cleveland Clinic. The overall purpose of this study is to investigate how this new wearable device impacts CTS symptoms.

If you are interested in learning more about this clinical trial, please visit the study website at [www.carpaltunneltrial.com](http://www.carpaltunneltrial.com) or at the study's ClinicalTrials.gov page.

### New Clinical Trial On A Novel Treatment For Carpal Tunnel Syndrome

A non-invasive device has been developed to alleviate symptoms of carpal tunnel syndrome and is being investigated in an NIH-funded clinical trial. If you have been diagnosed with carpal tunnel syndrome and have the diagnosis confirmed via a nerve conduction study, then you may be eligible to join this study.

Enrollment is nationwide and the study is conducted remotely, which means you can participate from the comfort of your home in the U.S. The primary eligibility requirement is that you have been diagnosed with carpal tunnel syndrome in the past 12 months.

The trial involves simply wearing the study device on the wrist daily for 2 months, followed by 3 months of online follow-up. During the study, you would need to fill out a daily usage log and periodic online surveys to evaluate changes in your CTS symptoms.

As this is a research study so you may or may not receive any direct health benefits as a result of your participation, and you will be compensated \$300 upon completion of the study. The trial is limited to 100 participants so we encourage you to visit the study website at [www.carpaltunneltrial.com](http://www.carpaltunneltrial.com) and sign up before the spaces are filled.

*"Research reported in this publication was supported by the National Institute Of Biomedical Imaging And Bioengineering of the National Institutes of Health under Award Number R44EB024713. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health."*

## NEUROPATHY MEDICAL 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 connect to the **NLM**:

[www.ncbi.nlm.nih.gov/sites/entrez](http://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.

The reader can also go to the WNA website [www.pnhelp.org](http://www.pnhelp.org), click on the RESOURCES tab and select MEDICAL LITERATURE REVIEW from the menu to review the archive of summaries that have appeared in this column over recent years.

This month's PMIDs:

- 28515269 This study of type 2 diabetes patients with sensorimotor polyneuropathy demonstrated that after 12 months treatment with omega-3 polyunsaturated fat, corneal nerve fiber length increased 29% (CNFL regeneration).

- 26599185 This is a review of distal symmetric polyneuropathy, the most common form of neuropathy, affecting 2%-7% of the population. If the cause is not known, the diagnostic evaluation should include the following: complete blood count, comprehensive metabolic panel, B 12 level, serum protein electrophoresis with immunofixation, and glucose tolerance test. If onset is acute or subacute; or, if motor, asymmetric, non-length-dependent, or autonomic, a neurologic consultation should be sought.
- 28676364 This article calls attention to the fact that severe pain associated with bladder, bowel and sexual pelvic pain can be due to neuropathy.
- 28819738 This study of 18 patients with oxyplatin (cancer chemotherapy drug) induced painful neuropathy were given a single application of an 8% capsaicin patch. At 12 weeks post-treatment, pain level had decreased from 7.45 to 0.20.
- 28837075 This Korean database review of journal articles from 1988 to 2017 found that botulinum toxin (BoNT) injections provided significant relief of most types of neuropathic pain. It is thought that BoNT inhibits the relief of inflammatory mediators and neurotransmitters from sensory nerves.
- 29024661 The cancer chemotherapy agent paclitaxel and other agents cause peripheral neuropathy. They act to reduce Bclw, which prevents nerve regeneration. It is suggested that Bclw mimetics might provide effective prevention of cancer induced peripheral neuropathy.

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### What are Lyme Disease Symptoms and Signs? – *Continued from page 1*

walking, tremor, confusion, difficulty thinking/concentrating/reading, forgetfulness, poor short term memory, disorientation (getting lost, going to wrong place), difficulty with speech, double or blurry vision, eye pain, blindness, increased floaters, increased sensitivity to light or sound or smell, buzzing or ringing in ears, ear pain, decreased hearing or deafness, difficulty swallowing, seizure activity, white matter lesions, low blood pressure.

**Neuropsychiatric:** mood swings, irritability, depression, disturbed sleep (too much, too little, early awakening), personality changes, obsessive - compulsive disorder (OCD), violent outbursts, paranoia, panic/anxiety attacks, hallucinations.

**Gastrointestinal:** nausea or vomiting, loss of appetite, GERD, change in bowel function (constipation, diarrhea), gastritis, abdominal cramping, cystitis, irritable bladder or bladder dysfunction, newly diagnosed irritable bowel syndrome (IBS).

**Other:** fever, sweats, or chills, weight change (loss or gain), fatigue, tiredness, hair loss, swollen glands, sore throat, difficulty swallowing, swelling around the eyes, and swelling in feet.

References:

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- 2 Bacon RM, Kugeler K, Mead PS. MMWR 2008 57(SS10); 1-9
- 3 Stonehouse A1, Studdiford JS, Henry CA. An update on the diagnosis and treatment of early Lyme disease: „focusing on the bull’s eye, you may miss the mark”. J Emerg Med. 2010 Nov;39(5):e147-51. Epub 2007 Oct 18.
- 4 Maloney E. What every primary care clinician should know about the diagnosis of Lyme disease. 2017. <https://www.lymediseaseassociation.org/about-lyme/medical-lyme/treatment-guidelines>
- 5 LymeR Primer. [https://www.lymediseaseassociation.org/images/NewDirectory/Resources/LDA\\_Brochures/LymeRPrimer-2013.pdf](https://www.lymediseaseassociation.org/images/NewDirectory/Resources/LDA_Brochures/LymeRPrimer-2013.pdf) Used with permission of the Lyme Disease Association



# WESTERN NEUROPATHY ASSOCIATION

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## TELECONFERENCE SUPPORT GROUPS BEGIN THURSDAY, JANUARY 17, 2019

10:30 AM – Oregon except for Grants Pass

1:00 PM – Redlands to Indio area  
including San Bernardino, Palm Springs, and Palm Desert

3:30 PM – Reno-Sparks area

**A minute or two before the conference is to begin, call 877-366-0711 toll free. A voice will welcome you and ask for the pass code. Using the keypad of your telephone put in 36199447#.** It will ask you to use the pound symbol or hash tag at the end which is included here. Bev Anderson will greet you as you enter the conference. If you are a few minutes after the time, you will still be welcomed. In the conference call, each person will share briefly about their neuropathy, questions will be asked and answered as needed, and Bev will provide a brief presentation about neuropathy to help all understand it better. Questions will be welcomed and answered as is possible. You are welcome to email her after the call about any unanswered questions, [info@wnainfo.org](mailto:info@wnainfo.org)



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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.

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