



WESTERN NEUROPATHY ASSOCIATION

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# Neuropathy Hope

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

## ■ HURRAH!! PAIN MEDICATION NOW IN CLINICAL TRIALS. FIRST ONE UNDERWAY.

Pam Hart of the WNA Board of Directors who is currently living and working in Texas near Dallas drove to Austin Monday, December 9, to personally confirm that the trial was underway. She spoke with the director who reported that the first patients had been given their designated amount of the new medication. So far all seems to be going well. The first trial is with people who are healthy to see if it causes any harm. It is a group of eight people. Two receive a placebo and six receive the actual medication.



Pam Hart, from WNA Board of Directors, in front of PPD Biologics, Austin, TX, where the first clinical trial is confirmed as starting.

## ■ EICOSIS ANNOUNCES FIRST SUBJECT DOSED IN PHASE 1a CLINICAL TRIAL OF EC5026

**EC5026 is the first soluble epoxide hydrolase inhibitor developed to treat pain**

NEWS PROVIDED BY EicOsis Dec 10, 2019, 12:00 ET

DAVIS, Calif., Dec. 10, 2019 /PRNewswire/ -- EicOsis LLC, a pharmaceutical startup developing a new class of oral non-narcotic analgesics based on inhibition of the soluble Epoxide Hydrolase (sEH) enzyme, today announced initiation of dosing for the first human subject in a Phase 1 trial of EC5026, the company's lead product candidate for pain management. This Phase 1a, single ascending dose trial will evaluate the safety and tolerability of single oral doses of EC5026 in healthy volunteers.

EC5026 is a first-in-class, orally administered, potent small molecule that inhibits sEH, a key regulatory enzyme involved in the metabolism of membrane fatty acids. Inhibition of sEH treats pain by preventing the breakdown of natural analgesic and anti-inflammatory fatty acids that increase within cells to levels sufficient to treat pain. sEH inhibitors developed by EicOsis have already shown efficacy for inflammatory and neuropathic pain in rodent assays, with no apparent adverse or addictive effects, as well

as relieving natural-onset pathological pain in horses, dogs and cats.

"The initiation of this clinical trial is a significant milestone for EicOsis," says Dr. William K. Schmidt, Vice President of Clinical Development at EicOsis. "EC5026 represents a novel oral, non-opioid, pharmacological approach to treating moderate to severe pain with no evidence of addiction liability in preclinical models. We are very excited to see it advance to human clinical development."

Effective and safe options for pain management are currently insufficient and pain research is now a top priority in the United States. According to the influential Institute of Medicine's 2011 report on "Relieving Pain in America," approximately 100 million Americans suffer from chronic pain, with an associated \$560-635 billion yearly cost in direct medical expenses and lost productivity.

The discovery and development of EC5026 by EicOsis and its advancement into clinical trials

- Continued on page 7

# Roster of Our WNA Information and Support Groups

## 2020 WNA Board of Directors

**Bev Anderson**  
President

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

**Anne Bentz**  
Secretary

**Darrell O'Sullivan**  
Treasurer

**Pam Hart**  
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Director

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**Johnathan Istilart**  
Emeritus

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Emeritus

**Sandra Vinson**  
Emeritus


**Dick Ward**  
Emeritus

**Lindsay Campoy**  
WNA Administration  
(888) 556-3356  
admin@pnhelp.org

Please contact  
your group leader or  
check your group  
page on the  
WNA website –  
[www.WNAinfo.org](http://www.WNAinfo.org)  
to find out about the  
topic/speaker for the  
upcoming meeting.

**Bev Anderson**  
Editor

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 Diane Blakley  
Designs

## CALIFORNIA

### Auburn

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

### Castro Valley

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

### Concord

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

### Davis

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

### Elk Grove

No meeting until the new Center opens  
and meeting space is made available.  
TBA

Roger White (916) 686-4719

### Folsom

3<sup>rd</sup> Wednesday, 1:00 PM  
Association Resource Center  
950 Glenn Dr., Suite 150  
Bev Anderson (877) 622-6298  
(See note on page 3 for Jan., Feb. & March)

### Fresno

3<sup>rd</sup> Tuesday, 11:00 AM  
United Community Church of Christ  
5550 N. Fresno St.  
Bonnie Zimmerman (559) 313-6140

### Grass Valley

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

### Merced

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

### Modesto

3<sup>rd</sup> Monday, 10:30 AM  
Trinity United Presbyterian Church  
1600 Carver Rd., Rm. 503  
Ghag Harkaman (209) 541-5404

### Monterey

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

### Napa

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

### Placerville

2<sup>nd</sup> Wednesday, 1 PM  
El Dorado Senior Center  
937 Spring Street  
Bev Anderson (877) 622-6298  
(See note on page 3 for Jan., Feb. & March)

### Roseville

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

### Sacramento

3<sup>rd</sup> Tuesday, 1:30 PM  
Northminster Presby. Church  
3235 Pope Street  
Bev Anderson 877-622-6298

### San Diego

3<sup>rd</sup> Monday, 1:30 PM  
The Remington Club  
16925 Hierba Dr.  
Chhattar Kucheria (858) 774-1408

### San Francisco

2<sup>nd</sup> 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

3<sup>rd</sup> Saturday, 10:30 AM  
O'Conner Hospital, 2105 Forest Avenue  
SJ DePaul Conf. Rm.  
Kathy Romero (407) 319-2557

### Santa Barbara

4<sup>th</sup> Saturday, 10AM (Sept., Oct., Jan., March, May) St.  
Raphael Catholic Church  
5444 Hollister Ave., Conference Room  
Nancy Krieche (805) 967-8886

### Santa Cruz

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

### Santa Rosa

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

### Walnut Creek

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

### Westlake Village - Thousand Oaks

2<sup>nd</sup> Monday, 4:30-5:30 PM  
United Methodist Church  
Youth Classroom 1 (faces parking lot)  
1049 S. Westlake Blvd.  
Angie Becerra (805) 390-2999

## NEVADA

### Las Vegas

3<sup>rd</sup> Thursday, 1 PM  
Mountain View Presbyterian Church  
8601 Del Webb Blvd.  
Barbara Montgomery  
lvneuropathygroup@gmail.com

## OREGON

### Grants Pass

3<sup>rd</sup> Wed., 4:30 – 6:30 PM  
(except July, Aug., and Dec.)  
Club Northwest  
2160 NW Vine Street  
Contact: David at 541-218-4418

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.

**New Leadership needed.** No meetings for now. Contact for information: Bev Anderson 877-622-6298. **California:** Alturas, Antioch-Brentwood, Bakersfield, Berkeley – Oakland, Carmichael, Clearlake, Costa Mesa, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Livermore, Lodi, Madera, Mt. Shasta, Oxnard, Quincy, Redding, Redwood City, 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.

## President's Message By Bev Anderson



**Happy New Year! Here we are at the beginning of another decade.** It is a big year with the Summer Olympics in Japan, a major election, and many personal and family events and happenings that pale the others. There will be graduations, weddings, memorial gatherings, reunions and farewells.

**This is also a time for resolutions for many.** If we make them or not it is time to think about this year and what we want to see accomplished in personal, family, and community areas. We all need to do some future planning and as we get older, we tend to think about it more. When we wake up in the morning, we know we have a day ahead of us only guessing what it will entail. If we are working at a job, our day is pretty much planned depending on the kind of work we do. If retired, we have options but if it has been a while, we may have a pattern set. I hope the Western Neuropathy Association can be part of your planning as it is for me.

**Resolutions related to WNA could be planning to be at the meetings of a support group close to you or even helping to start one.** If there is not one you can attend, there is an announcement for a teleconference meeting open to all that could give you a start. If you attend a group in your area, you might volunteer to help with telephone reminder calls to those who don't have e-mail, be a greeter as people arrive at a meeting, ensure the attendance page is passed around so your leader can know how to contact people, see that resource material is displayed for people to pick up, and other tasks according to the group's needs.

**You might have funds that you could contribute on a monthly basis.** I've decided I'm going to be a monthly giver. It is easier to give a small amount each month than to come up with more at one time. Also, you never need to wonder when your dues are due. They are automatically paid from your giving if it is \$30 or more in 12 months. We have so many areas of financial need that I think it very worthwhile. Elsewhere in this newsletter, there is a description of a Legacy Account that might be established. You can check to see if it is something you want to do. Thanks to all of you, your friends and neighbors who contribute items to the truck from Thrifty Bargain Thrift Shops that picks up items in certain neighborhoods in the name of the Western Neuropathy Association. You get a card in the mail notifying you of pick up dates. We are delighted and pleased – know it helps a great deal. WNA receives a percentage of the amount on the items sold, much like Salvation Army.

**We received a great financial boost a few months ago when we received a contribution from the sale of an individual's stock.** Some types of legacy giving that could be considered (see page 7) gives you the opportunity to give to a nonprofit to help the investor's tax situation. WNA qualifies for that as we are classified as a charitable organization. Some businesses match gifts to nonprofits by employees and retirees. Applying so it comes to WNA is greatly helpful. Including WNA in your will is another way of sustaining the organization.

**From what is seen in the article about young people and diabetes** (page 6), there will definitely be neuropathy in the years ahead unless a cure for diabetes is found. The additional emphasis on alcoholic beverages we are seeing will also produce more as alcoholism is a major cause of neuropathy. It is a toxin. Some is OK but a lot is not healthy.

Whatever we decide or don't decide will impact us in 2020. I trust we all will have a happy 2020. Let's decide to be happy and do the best we can to make it happy for others.

Happy 2020!

*Bev*

**FOLSOM and PLACERVILLE SUPPORT GROUPS:** Last year, I had to cancel meetings in Jan., Feb. and Mar. at the last minute due to the weather. You may also experience weather challenges getting to meetings. This year I am trying teleconferences for three months. We will be talking to each other on the telephone. At the time of your meeting, 12:30 PM, 3rd Wednesday (Folsom); 1 PM, 2nd Wednesday (Placerville), call **1-877-366-0711**. A female voice will ask for your Participant Pass Code. So, using your telephone key pad, put in **36199447#** and the conference call room will open for you; a bell will ring indicating someone has entered. If you get on before I do, there may be music playing. It is easy even if you have never done anything like this. Be brave; follow the directions and enjoy the meeting from the comfort of home or wherever you decide to be at that time with a land line or cell phone. We may have a guest speaker some months if people participate well. – Bev Anderson

### 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](http://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](http://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 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)

### 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.**

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## WARNING FOR INFORMATION ON ACETYL-L-CARNITINE FOR PAINFUL NEUROPATHY

Many of you receive the e-News from the Foundation for Peripheral Neuropathy (FFPN) and thus you would have received this information recently. William Donovan, MD, leader of our Monterey Neuropathy Support Group and a retired pain specialist, sent a warning to be sure you talk with your doctor if you consider taking Acetyl-L-Carnitine. You can see from the material herein that one must check out information any place you find it. If you check the Read More on the material you received from FFPN, you will get a full account of the testing that their recommendation is based on. It may not be something good for many of us but for some it might. Bev Anderson, Editor

### Study on Acetyl-L-carnitine for painful neuropathy

Although more study is necessary to determine optimal dosage and duration of the effect, Acetyl-L-carnitine (ALC) seems to have a positive impact for patients with neuropathic pain.

As with any treatment, please consult with your healthcare provider before taking this supplement.

Dovepress – Journal of Pain Research

J Pain Res.<sup>1</sup> 2019; 12: 1341–1351. Published online 2019 Apr 26.

doi: 10.2147/JPR.S190231 CID: PMC6498091 PMID: 31118753

Acetyl-L-carnitine in painful peripheral neuropathy: a systematic review

Giulia Di Stefano, Andrea Di Lionardo, Eleonora Galosi, Andrea Truini, and Giorgio Cruccu

Author information<sup>1</sup> Article notes<sup>1</sup> Copyright and License information<sup>1</sup> Disclaimer<sup>1</sup>

### Abstract

Acetyl-L-carnitine (ALC) has shown a neuroprotective effect in patients with peripheral neuropathies of different etiologies. Preclinical studies demonstrated a central anti-nociceptive action, both in neuropathic and nociceptive pain models. The present review aims to provide the knowledge on the efficacy of ALC in patients with painful peripheral neuropathy, based on the evidence. Consistent with the PRISMA statement, authors searched PubMed, Embase and the Cochrane Database of Systematic Reviews for relevant papers, including those issued before April 2018. Two authors independently selected studies

for inclusion and data extraction: only trials including patients with a diagnosis of peripheral neuropathy and involving at least 10 patients were considered for the purposes of this review. Fourteen clinical trials were revised, to provide the level of evidence for neuropathy. To assess the global efficacy of ALC in painful peripheral neuropathy, a meta-analysis of four randomized controlled trials was performed. Mean difference in pain reduction as measured on a 10-cm VAS, and 95% CIs were used for pooling continuous data from each trial. Four randomized controlled trials tested ALC in patients with neuropathy secondary to diabetes and to antiretroviral therapy for HIV. Compared to placebo, ALC produced a significant pain reduction equal to 20.2% (95% CI: 8.3%-32.1%, P<0.0001) with respect to baseline. Clinical trials also showed beneficial effects on nerve conduction parameters and nerve fiber regeneration, with a good safety profile. These data indicate that ALC provides an effective and safe treatment in patients with painful peripheral neuropathy. We recommend further studies to assess the optimal dose and duration of the therapeutic effect (also after treatment withdrawal).

Keywords: neuropathic pain, treatment, neuroprotective function, epigenetic mechanism

### Acetyl-L-carnitine (Warning)

Before taking this medicine

To make sure L-Carnitine is safe for you, tell your doctor if you have:

- kidney disease (or if you are on dialysis);
- a history of seizures; or
- if you use a blood thinner (warfarin,

- Continued on page 5

## Warning For Information On Acetyl-L-Carnitine For Painful Neuropathy – Continued from page 4

Coumadin, Jantoven) and you have routine “INR” or prothrombin time tests.

L-Carnitine is not expected to harm an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant.

It is not known whether levocarnitine passes into breast milk or if it could harm a nursing baby. You should not breast-feed while using L-Carnitine.

### Side Effects & Safety

Acetyl-L-carnitine is **LIKELY SAFE** for most adults and **POSSIBLY SAFE** for most children when taken by mouth. It can cause some side effects including stomach upset, nausea, vomiting, dry mouth, headache, and restlessness. It can also cause a “fishy” odor of the urine, breath, and sweat.

Acetyl-L-carnitine is **POSSIBLY SAFE** for most adults when given intravenously (by IV). Use only under medical supervision.

### Special Precautions & Warnings

**Pregnancy and breast-feeding:** Not enough is known about the use of acetyl-L-carnitine during pregnancy and breast-feeding. Stay on the safe side and avoid use.

**Bipolar disorder:** Acetyl-L-carnitine might worsen symptoms in people with bipolar disorder who are currently in remission.

**Nerve pain (neuropathy) caused by chemotherapy:** Acetyl-L-carnitine might worsen symptoms in some people with nerve pain caused by a class of chemotherapy drugs known as taxanes.

**Under-active thyroid (hypothyroidism):** There is some concern that acetyl-L-carnitine might interfere with thyroid hormone. Don't use acetyl-L-carnitine if you have an under-active thyroid.

**Seizures:** An increase in the number or seriousness of seizures has been reported in people with a history of seizures who have used L-carnitine by mouth or by IV (intravenously). Since L-carnitine is related to acetyl-L-carnitine, there is a concern that this might also occur with acetyl-L-carnitine. If you have ever had a seizure, don't take acetyl-L-carnitine.

### Interactions?

**Major Interaction** – Do not take this combination!

- Acenocoumarol (Sintrom) interacts with ACETYL-L-CARNITINE

Acenocoumarol (Sintrom) is used to slow blood clotting. Acetyl-L-carnitine might increase the effectiveness of acenocoumarol (Sintrom). Increasing the effectiveness of acenocoumarol (Sintrom) might slow blood clotting too much. The dose of your acenocoumarol (Sintrom) might need to be changed.

**Moderate Interaction** – Be cautious with this combination!

- Warfarin (Coumadin) interacts with ACETYL-L-CARNITINE

Warfarin (Coumadin) is used to slow blood clotting. Acetyl-L-carnitine might increase the effects of warfarin (Coumadin) and increase the chances of bruising and bleeding. Be sure to have your blood checked regularly. The dose of your warfarin (Coumadin) might need to be changed.

Reference

<sup>1</sup> [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6498091/?blm\\_aid=18438](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6498091/?blm_aid=18438)

## DISCOUNTS FOR WNA MEMBERS

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### Neuropathy Support Formula/Nerve Renew

(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.

### Building Better Balance DVD, Developing Spine Health

– The DVDs are \$30 each. The price of a full set (4 DVDs) is \$100 (that's a 20% discount). You can order the DVDs by going to the website [www.building-better-balance.com](http://www.building-better-balance.com). Shipping is free. You can also order the DVDs over the phone using a credit card. Call (707) 318-4476 and leave a message “Vanessa Kettler, Balance and Fall Prevention [www.building-better-balance.com](http://www.building-better-balance.com) (707) 318-4476

### 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.

**Mark Your Calendar Now!**  
**2020 ANNUAL WESTERN NEUROPATHY CONFERENCE**  
**SET FOR THURSDAY, MAY 7, 2020**

See page 8 for more information

# PREDIABETES AFFLICTING ONE-FOURTH OF YOUNG ADULTS

“A tremendously worrisome threat to the future of our nation’s health,” says CDC official

By Kristen Monaco, Staff Writer, MedPage Today December 02, 2019

About a quarter of young adults in the U.S. met the criteria for prediabetes in recent years, according to new CDC data.

In a cross-sectional analysis of the 2005-2016 National Health and Nutrition Examination Survey, 24% of individuals ages 19 to 34 were considered to have prediabetes (95% CI 22.0%-26.1%), reported Linda Andes, PhD, of the CDC in Atlanta, and colleagues.

This issue also afflicted younger Americans, as about 18% of adolescents from ages 12 to 18 met the criteria for prediabetes (95% CI 16.0%-20.1%), the group wrote in JAMA Pediatrics.

“The prevalence of prediabetes in adolescents and young adults reinforces the critical need for effective public health strategies that promote healthy eating habits, physical activity, and stress management,” explained CDC director Robert Redfield, MD, in a statement. “These lifestyle behaviors can begin early in a child’s life and should continue through adolescence and adulthood to reduce onset of type 2 diabetes.”

The researchers utilized three different criteria for defining prediabetes:

- Impaired fasting plasma glucose of 100 to 126 mg/dL
- Impaired glucose tolerance with a 2-hour plasma glucose of 140 to 200 mg/dL
- Elevated HbA1c level of 5.7% to 6.4%

Most of the individuals identified as having prediabetes in the analysis met the criteria for impaired fasting glucose -- 11.1% (95% CI 9.5%-13.0%) of adolescents and 15.8% (95% CI 14.0%-17.9%) of young adults.

In a predictive model, male adolescents had nearly double the prevalence of prediabetes compared with females -- 22.5% (95% CI 19.5%-25.4%) versus 13.4% (95% CI 10.8%-16.5%). A similar trend was seen among young adults, with men (29.1%, 95% CI 26.4%-32.1%) having a significantly higher prevalence of prediabetes compared with women (18.8%, 95% CI 16.5%-21.3%). These predictive models were also adjusted for age, sex, race, and body mass index (BMI).

The researchers said that unsurprisingly, a higher prediabetes prevalence was seen among individuals with obesity versus those of normal weight. Specifically, 36.9% (95% CI 32.9%-41.1%) of young adults with obesity had prediabetes compared with only 16.6%

(95% CI 14.2%-19.4%) of normal-weight adults. In a similar trend, 25.7% (95% CI 20.0%-32.4%) of adolescents with obesity met the criteria for prediabetes versus only 16.4% (95% CI 20.0%-32.4%) of normal-weight adolescents.

Another non-surprise was that young people who had prediabetes tended to have several increased metabolic risk factors, as well, the investigators added. For adolescents, those with prediabetes had significantly higher systolic blood pressure (SBP), non-high density lipoprotein cholesterol, waist-to-height ratio, BMI, and fasting insulin, and lower insulin sensitivity:

- SBP: 112.6 vs 108.5 mm Hg
- Cholesterol: 109.3 vs 101.6 mg/dL
- Waist-to-height ratio: 0.51 vs 0.49
- BMI: 25.1 vs 23.5
- Fasting insulin: 5.0 vs 4.4  $\mu$ U/mL
- Insulin sensitivity: 7.9 vs 8.6 single point insulin sensitivity estimator

The same trends were reported among young adults, with those with prediabetes having a significantly worse cardiometabolic profile, as follows:

- SBP: 117 vs 113.4 mm Hg
- Cholesterol: 132.8 vs 101.6 mg/dL
- Waist-to-height ratio: 0.59 vs 0.53
- BMI: 30.8 vs 26.7
- Fasting insulin: 5.1 vs 4.0  $\mu$ U/mL
- Insulin sensitivity: 5.6 vs 6.9 single point insulin sensitivity estimator

Study limitations, Andes and co-authors said, included that since the defining clinical criteria for prediabetes -- fasting plasma glucose, 2-hour plasma glucose, and HbA1c levels -- were measured only at one point in time, some individuals may have been misclassified. Still, the team said, despite this limitation, the findings underscore a need for greater diabetes prevention efforts, particularly aimed at younger people.

“These new findings are evidence of a growing epidemic and a tremendously worrisome threat to the future of our nation’s health,” noted Ann Albright, PhD, director of CDC’s Division of Diabetes Translation, in a statement. “Additional research is needed to support the development of interventions for youth and increasing access to programs that we know work for young adults, like the CDC-led National Diabetes Prevention Program.”  
Used by permission of MedPage Today

## OPPORTUNITY FOR LEGACY GIVING IRA TAX ROLLOVER NOW PERMANENT

A recent change to the U.S. tax code provides a means to make charitable rollovers from individual retirement accounts. The rollover option permits individuals 70 ½ or older to roll over from an IRA directly to a qualifying charity or nonprofit. The IRA charitable rollovers are tax-free and not included in adjusted gross income. The rollover also counts toward the required minimum distributions that IRA account owners must take at age 70 ½.

By designating funds to go directly to charity, individuals can limit their taxable income and avoid consequences

for Social Security and Medicare benefits based on income. The new law does not apply to Roth IRAs, to the rollover of charitable gifts annuities or charitable trusts or to donor-advised funds.

The IRA charitable rollover was first enacted into law as part of the Pension Protection Act of 2006, but Congress has allowed it to lapse several times and delayed annual renewal late in the year. However, the passage and signing of the Protecting Americans from Tax Hikes Act of 2015 now makes this provision permanent. Contributed by Darrel O'Sullivan, WNA Treasurer

## TWO WARNINGS

### **Again, I want to remind you to ignore the big ads in the newspaper saying they can cure neuropathy.**

None have done so yet that we know of and I think that if a procedure started turning out cured people, we'd likely hear about it. Most of them use infrared light treatments which can help people feel better but the result does not last. The person needs to get a home unit and start by taking the treatment daily and then taper back but continuing on a regular basis. It doesn't help everyone but those it does help, it makes a difference. These people have a bag of tricks. None of them have shown help and the effect leaves soon after the treatments cease. At that point, people find themselves in the situation as before or worse.

**Beware of any new supplements coming on the market.** Drugs made in other countries are often presented to the FDA as prescription medications. If

they don't prove to be what the makers say they are for or other reasons for rejecting them. These international companies can present them as supplements and no one can do anything about their selling them in the United States. Our Congress, some years ago, listened to the pleas of the supplement marketers not to regulate them or make them show a shred of evidence as to what their product could do. It is buyer beware on all of them. MedPage Today reports that a FDA-rejected supplement can deliver doses high about the European Union-approved range. They are specifically targeting a so called "Brain-Boosting" Drug that is being pushed as a supplement in the U.S.. It is chiefly obtained on line. Please beware of this kind of product.

– Bev Anderson, Editor

## EicOsis Announces First Subject Dosed In Phase 1a Clinical Trial Of Ec5026 – *Continued from page 1*

has been supported by funding from the National Institutes of Health (NIH) through the Blueprint Neurotherapeutics Network (BPN) of the NIH Blueprint for Neuroscience Research and the NIH's Helping to End Addiction Long-term (HEAL) Initiative.

About EicOsis, LLC EicOsis, LLC is a privately held drug development company focused on delivering a first -in class, once daily, oral treatment for inflammatory and neuropathic pain in humans and companion animals. The technology

for the lead compounds was developed at the University of California, Davis by EicOsis CEO and UC Professor of the Department of Entomology and Nematology Dr. Bruce Hammock, and licensed exclusively to EicOsis from the University of California, Davis. Please visit [www.eicosis.com](http://www.eicosis.com).

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tax exempt corporation

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## 2020 ANNUAL WESTERN NEUROPATHY CONFERENCE SET FOR THURSDAY, MAY 7, 2020 IN SACRAMENTO AT KVIE CONFERENCE CENTER NEAR I-5 AND I-80

Now that you have your 2020 calendar out, be sure to enter the Conference date, May 7, and plan to be there. We already know either Dr. Bruce Hammock or someone on his staff will come to make a report on the progress of the pain medication we are following now in clinical trials, EC5026.

## SUPPORT GROUP FOR THOSE THAT DON'T HAVE ONE

Starting in January and monthly except July and August, those that don't have a support group nearby are encouraged to call into our Teleconference Support Group. Although you can call in from anywhere at no cost to you, if we get enough from one city calling in, we can set a schedule for that particular regional group and possibly even find a leader to have an in-person support group. On the first Friday of the month at 11:00 AM, call 1-877-366-0711. When the voice asks for your Participant Code, using the telephone key pad, put in 36199447#. We will talk together and from time to time have a guest speaker.



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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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