



WESTERN NEUROPATHY ASSOCIATION

March 2021
Issue 03
Volume 19

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**WESTERN
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Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

WEBINAR FEATURING PAIN SPECIALIST

MONDAY, MARCH 8, 2021 – 12 NOON PST/2 PM CST

Dr. David Copenhaver is a board-certified anesthesiologist and pain medicine specialist and faculty in the Anesthesiology and Pain Medicine Department, UC Davis Health Center. He specializes in Cancer Pain Management and Supportive Care - using all means necessary to reduce pain, improve function, and the quality of patients' lives. He has an interest in Pain Medicine Education and Telementoring – improving pain care across the state of California and beyond through the use of technology.

Reservations are required. To receive the link to the online event, send your email address to lindsayc@pnhelp.org or leave a message at 888-556-3356.

WEBINAR WITH VANESSA KETTLER, BALANCE DEVELOPMENT INSTRUCTOR - THURSDAY, APRIL 8, 2021 – 11 AM PST/1 PM CST



Vanessa is an expert in the field of balance and fall prevention and also a professional dancer at the age of 77 with over 45 years of physical training. Vanessa is an expert educator in the field of exercise for older adults, specializing in helping seniors improve their balance and preventing falls. She has created a distinct approach called Building Better Balance. She will present some of the concepts of this approach.

Reservations are required. To receive the link to the online event, send your email address to lindsayc@pnhelp.org or leave a message at 888-556-3356.

GENETIC TESTING EXPERIENCE By Bev Anderson

After hearing about the genetic testing available without cost from Alynham Pharmaceuticals for people with hereditary neuropathy that might have amyloidosis several times, it finally dawned on me that this might be something I should do. I was a little hesitant as I thought I knew what I had and wondered what impact it might have on that.

When I was diagnosed over 20 years ago, the neurologist told me to contact NORD – National Organization for Rare Diseases for information as they had monographs on neuropathy. I did this and read the monographs on hereditary neuropathies. I chose one that sounded like me and have said that was what I have ever since. It is early onset so that early symptoms were there before I started Kindergarten. It let me know that the problems I had that made me look at other kids and wonder why I could not do some of what they did now made sense.

I asked my primary care doctor to refer me. She said she would rather a neurologist handled it as working together they would better be able to help me if something were found. She asked me to tell her who I wanted to be referred to. I've been wanting to meet the neuromuscular neurologist that we had advocated for with U.C. Davis Medical Center Neurology Department that they found and hired. An appointment was made with Dr. Ge Xiong.

She did a general exam with quite a few questions and saw my medical record that indicated enough evidence that the genetic testing would likely be a good idea. She gave me the kit to send in for the testing. It was a saliva test. You spit into a test tube container, followed the directions as to what line to accumulate the spit to, close it up, and get it to Fed Ex for delivery. I took it by the site in Auburn, called in from the handicap parking, they came out to get it and it was on its way.

2021 WNA Board of Directors

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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
to find out about the
topic/speaker for the
upcoming meeting.

Bev Anderson
Editor

Newsletter Design by

 **Diane Blakley**
Designs

Roster of Our WNA Information and Support Groups

Support groups are not meeting unless a leader notifies the group they are. If in doubt, call your Leader.

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 Tues., 1 pm
New Senior Center
8230 Civic Center Dr.
Bev Anderson 877-622-6298

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
United Community Church of Christ
5550 N. Fresno St.
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

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
Harkaman Ghag (209) 541-5404

Monterey

3rd Wed., 10:30 AM
Online Zoom Meeting
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

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
Sonya Wells (916) 627-0228

San Diego

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

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

3rd Saturday, 10:30 AM
O'Conner Hospital, 2105 Forest Avenue
SJ DePaul Conf. Rm.
Bev Anderson 877-622-6298

Santa Barbara

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

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

South San Diego

4th Thursday, 2 PM
Garden Room
3541 Park Blvd.
Jacklyn (858) 228-7480

Walnut Creek

4th Friday, 10 AM
Rossmoor, Hillside Clubhouse
Vista Room
Bev Anderson 877-622-6298

Westlake Village - Thousand Oaks

2nd 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

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

OREGON

Grants Pass

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

TEXAS

Austin

2nd Wednesday, 9:30-11:00 AM
Education Room
Conley-Guerrero Activity Center
808 Nile Street
Marty Meraviglia RN, ACNS-BC
(512) 970-5454 • mgmeraviglia@gmail.com

Houston

3rd Saturday, 1-2:30 PM
Online Zoom Meeting
klstenzel@hotmail.com

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 Report By Bev Anderson



February 2 was Groundhog Day and Punxsutawney Phil forecast 6 more weeks of winter. This would mean that March 16 should be the end of winter, but the calendar says the first day of Spring is March 20. As I write this, it is Valentine's Day. This morning I looked out my window to see 20 huge turkeys coming to a higher altitude for the summer. This tends to make a claim for Spring a month early. What signs of Spring do you watch for? Maybe it is March 14 that announces it with Daylight Savings time or maybe it is Easter which is April 4 this year. The big question though is will March 'come in like a lion to go out like a lamb' or the reverse?

We have big news from our Board of Directors. We are pleased to be adding an outstanding person, Katherine Stenzel, leader of our Houston, Texas, support group is joining our Board. She has a wealth of knowledge working with nonprofit organizations. Her husband's job took him to a number of countries chiefly in Asia and Africa. Each time they relocated, she found local women's groups and got involved. Many times, she served as an officer for part of the time. She has worked in different jobs between their travels that added valuable experience. She trains people to lead online Zoom groups so we may have more of those added to our support group meetings. We welcome Katherine.

In this issue, we re-introduce our sale that was announced in the December issue but at the time didn't have a good way for you to order anything. This time there is an order form on page 7. We are asking you to fill it out the order form, add the amounts, and send the order form with your check and/or credit card information in an envelope to WNA, P.O. Box 276567, Sacramento, CA 95827-6567. It is easy to know the totals as the tax and shipping are included in the price of each item. Darrell will ship the art prints from his home. Lindsay will ship the books and DVDs from the office. The prints will not be framed. There may be places near you where frame materials to do it yourself are available and also places that will do it for you for a price. These are quality prints from an award-winning photographer, Darrell O'Sullivan.

On Monday, March 8 at Noon, we have a webinar on pain management. Dr. David Copenhaver, M.D. from the U.C. Davis Health Center in Sacramento is our speaker. He specializes in dealing with cancer pain. What he does for that type of pain fits neuropathy as much of that pain is neurological. April 8, 2021, a webinar with Vanessa Kettler is scheduled. She will talk about Building Better Balance and lead us in some exercises that we can do at home.

Included in this issue is an article on a stem cell fraud to give us all an understanding of what can happen in the unregulated scam industry that is out there. Unfortunately, honesty is missing. Just because a facility is run by a medical person does not mean the procedure(s) is beneficial. Most doctors can be trusted to be honest about what they say as far as they know, but, like other professions, there are weak links that can make others look bad.

Finding the gene that has given my family neuropathy since pioneer days is exciting. Finding out that Abigail Alden Adams, wife of President John Adams, who from what I read may have had neuropathy and she being in my family tree might give a clue as to how far back this gene has been passed along. My grandfather who definitely had neuropathy said it had been a trait of the family from as far back as anyone could recall. From what I've read about John Alden, it could be surmised that he had neuropathy given some things he didn't physically participate in, but rather took a more supportive leadership role in the community as the years went by.

Maybe as we get older, we have more interest in our family history. This is too bad as it becomes too late to ask those that may know something. I encourage you to write stories about your life and lives of people in your family you've known and leave this journal for the children who one day will value them. They may not acknowledge the stories now but one day at least some will be very glad you did.

Happy Spring,

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

...

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 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

Auburn

The Footpath

825 Lincoln Way
(530) 885-2091
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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HCP BUSTED FOR SELLING FAKE STEM CELL THERAPY

— Assistant physician and Missouri state legislator indicted for wire fraud, other crimes

By Kristina Fiore, Director of Enterprise & Investigative Reporting, MedPage Today February 4, 2021

A Missouri state lawmaker and medical professional was indicted by a federal grand jury¹ on charges of selling fake stem cell treatments through her three clinics in the southern part of the state.

Assistant physician Patricia Ashton Derges (R) of Nixa, Missouri -- elected in November 2020 to represent Christian County in southwest Missouri -- was charged in a 20-count indictment for making false claims about the treatment, and for illegally providing prescription narcotics to patients at her clinics.

The investigation began in April 2020 when Derges went on a local TV station to promote stem cells for treating COVID-19. That month, she made similar claims in a Facebook post: "This amazing treatment stands to provide a potential cure for COVID-19 patients that is safe and natural."

As questionable as stem cells² are as a treatment for a number of illnesses, Derges went a step beyond -- the products she sold didn't contain any stem cells at all.

Derges purchased sterile, filtered, acellular amniotic fluid from the University of Utah, prosecutors said.

Despite proof that the University of Utah director of cell therapy and regenerative medicine told Derges there were no live stem cells in the products, she marketed them as containing stem cells.

For instance, during an August 2019 information seminar, Derges told her audience that the amniotic fluid product she offered was a "stem cell shot" that contained mesenchymal stem cells, according to the indictment.

Prosecutors said she administered the fake therapy for a range of conditions, including tissue damage, kidney disease, COPD, Lyme disease, erectile dysfunction, and urinary incontinence, as well as COVID-19.

And those treatments came at a high cost. Derges purchased her products from the University of Utah for \$244 per mL, but she charged patients \$950 to \$1,450 per mL, according to the indictment.

The five patients named in the charging document paid nearly \$200,000 for those treatments from December 2018 to May 2020.

"Ms. Derges knowingly provided false information and made false claims about the medical treatment she was providing, and these falsehoods may have significant consequences for the patients she served," Curt Muller, special agent in charge for the Office of Inspector General at the Department of Health and Human Services, said in a statement.

Derges was also charged with distributing oxycodone and Adderall over the internet without valid prescriptions. She employed assistant physicians at her Ozark Valley Medical Clinics in Springfield, Ozark, and Branson. These assistant physicians, however, could not write for schedule II narcotics, so Derges, who has a DEA registration, would file electronic prescriptions without seeing the patients, prosecutors said.

Derges, 63, maintains an active license, first issued in 2017, that lists no disciplinary actions and indicates she has controlled substance prescription authority. She earned a medical degree from the Caribbean Medical University of Curaçao in May 2014 but wasn't accepted into a residency program. In Missouri, medical school graduates not completing residency but who pass Step 1 and Step 2 of the USMLE can apply to become an assistant physician. They must have a collaboration agreement with a licensed physician in order to practice.

Used by permission of MedPage Today

Reference:

¹State Lawmaker Indicted for Stem Cell Fraud Scheme, Illegally Distributing Prescription Drugs <https://www.justice.gov/usao-wdmo/pr/state-lawmaker-indicted-stem-cell-fraud-scheme-illegally-distributing-prescription>

²The Afterlife of Afterbirth <https://www.medpagetoday.com/special-reports/exclusives/82739>

IDEA TO HELP EDUCATE DOCTORS ABOUT NEUROPATHY

One thing I do is when I get a new doctor, I buy Dr. Latov's book, **PERIPHERAL NEUROPATHY, When the Numbness, Weakness, and Pain Won't Stop**, mentioned in the sale that is a good basic text for patients and doctors. I give it to my doctors to be sure they know about neuropathy. So far it has helped me as my Primary Care Doctor seems

to know more about neuropathy than she knew before. I heard a person mention in a support group that she had mentioned something to him about his neuropathy. He was pleased to know she was open to talking about it. I was delighted as it might have been a result of the book as I hoped would happen.

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**

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, 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:

30225985 This randomized double-blind placebo-controlled trial of the Indian herb Ajwain (*trachyspermum ammi* Sprague) in a 10% topical cream was compared to placebo in 92 neuropathy patients. Statistically significant reduction in feet burning, numbness, tingling and allodynia was found.

30061320 A group of patients with painful diabetic neuropathy was randomly assigned, 63 each, to a twice weekly electroacupuncture and a control group without. Those providing the treatment and patients receiving the treatment were not blinded, but the evaluators were. They found 82.5% improvement versus 34.1% at 9 weeks on completion of the study. Later follow-up showed continued improvement with Pain Intensity Rating Scale at 9.30% compared to 20.30%.

31967283 This article describes the treatment of atypical chest pain due to intercostal neuropathy using an improved method of injecting between the ribs first with an anesthetic, followed with alcohol distally. This technique resulted in a significantly better result at both one and three months.

32379676 This is a randomized controlled study comparing the effects of aquatic exercise, massage and control on nerve growth factor (NGF), glycemic control and balance on patients with diabetic neuropathy. The most significant effect on NGF, glycemic control and balance was produced by a combination of massage and aquatic exercise.

Genetic Testing Experience – Continued from page 1

Weeks later, I had a telehealth appointment to hear and see the results. Dr. Xiong said they had tested 72 genes and found one that could indicate neuropathy. She wasn't sure it was what I was looking for but she gave me the number of the gene. I looked it up on the web and there it was. In the midst of the description was the same information that had been on the monograph from NORD that I had identified as what I had. It is sensory-autonomic peripheral neuropathy that is different from Charcot-Marie-Tooth (CMT) which is sensory-motor.

At the report appointment, I had been looking at the very gene that has gone through my family for generations hitting every person in every generation as far as I know. It came into the family someplace along the way. A medical researcher might find it interesting to trace it as this side of the family goes back to John and Pricilla Alden of the Plymouth Colony. They sailed on the Mayflower to get there. Given what I know of John Alden, he could well have had this gene and passed it on to his children. They had twelve but lost a couple in infancy. They married into other pioneer families from whom came the early leadership of our nation. I know, for example, that John and John Quincy Adams are in my family tree. It was Abigail Adams who was an Alden descendant and I have evidence from a book on their family history at the time that she likely had neuropathy. The pain in her feet made it too hard for her to attend all the receptions when John finished his term as President so she didn't as I likely wouldn't have if it were me. I think it is likely that this gene started in the Pottery District of England and arrived in this continent via the Mayflower.

DISCOUNTS FOR WNA MEMBERS

Continued from page 4

Neuropathy Support Formula/Nerve Renew

(1-888-840-7142) is a supplement that a 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. They now have Nerve Renew Fast Acting Cream at \$20 for WNA members. It reportedly takes the edge off numbness.

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. 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 (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.

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

WNA SALE

Beautiful art prints by award winning photographer, Darrell O'Sullivan print – \$40 each, includes tax and shipping. Order form on page 7.



ONE – Title: Mountains and Sky This image is from the Alabama Hills in the Eastern Sierra Nevada Mountains. Mt. Whitney is in the distance.



TWO – Title: One Wagon Bodie – This image is from Bodie, CA. a ghost mining town in the eastern Sierra Nevada Mountains.



THREE – Title: Joshua Tree Sunset – This image is from Joshua Tree National Park in the Southern California desert.



FOUR – Title: Leaves in Water – This image is fall leaves floating in a cool stream filled with smooth rocks in a part of the Merced River.



FIVE – Title: Multnomah Falls This image is of a famous waterfall in the Columbia River Gorge, Oregon.



SIX – Title: Lower Yellowstone Falls – This image takes in the grand view of the Yellowstone Falls from Artist Point in the Grand Canyon of the Yellowstone National Park.

WNA IS HAVING A SALE

The lead items (pictured on page 6) are beautiful art prints by award winning photographer, Darrell O'Sullivan, our Board Treasurer. He has neuropathy and deals with pain regularly. Each print is \$40 which includes tax and shipping. WNA is receiving all the proceeds for the art sales as well as the other items. Darrell will ship the art prints from his home and Lindsay will send the books and DVDs from the WNA office where she goes about once a week or less. It will be your choice and cost as to how the art print is framed for display. For do-it-yourself kits, one place to check is Target. For having someone do it for you, Michaels is a possibility. There will be a page of instructions with the print giving possibilities. The prints will fit into a 16 x 20 inch mat and frame.

BOOKS

Chicken Soup for the Soul: Inspiration for Teachers - \$15

(Stories from teachers of classroom experiences with one from WNA President, Bev Anderson.) This is an entertaining and instructional read and a good gift for a teacher or parent of a school age child.

PERIPHERAL NEUROPATHY, When the Numbness, Weakness, and Pain Won't Stop

By Norman Latov, MD, PhD. - \$20

A basic text on peripheral neuropathy in language that patients can understand. The longest chapter is on causes of neuropathy.

VIDEOS (DVD)

These are one for \$5 and 3 for \$10 including tax and shipping.

- **Mae Denman and Sandra Vinson** - Gentle Yoga ***BESTSELLER***
- **Peter Skaff, MD** - Peripheral Neuropathy: What It Is and What Can Be Done About It
- **Jeffrey Ralph, MD** - A Review of Peripheral Neuropathy
- **William Donovan, MD** - An excellent overview of neuropathy
- **Kyle Fink, PhD** - What is a Stem Cell?
- **Dr. Yuen So, MD, PhD** - Neuro-Muscular Neurologist
- **Bruce Hammock, PhD** - Progress on current Neuropathy Treatments
- **Karen Wagner, PhD** - EicOsis Update (A year after Dr. Hammock's presentation)
- **Bryn Miller, RD, CDE** - A Guide to Healthy Eating
- **Jeffrey Ralph, MD & Paul Sampognaro, MD** (2 videos) - What to Expect from Your Neurologist
- **Alan Eighmey - Attorney** - Being Sure All is in Order
- **Fredric Gorin, MD, PhD** - Description of Neurology Department at U.C Davis and an Overview of Neuropathy, Dr. Gorin was the Director of the Neurology Department and retired the following year.

All Prices Include Tax And Shipping
CHECKS OR CREDIT CARDS ACCEPTED

WNA SALE ORDER FORM		Art Prints - \$40 each includes tax and shipping			
Please Print Clearly.		QTY	Print Number/Title	Price	Total
Name			One Mountains and Sky	\$40	
Mailing Address			Two One Wagon Bodie	\$40	
City, State, Zip			Three Joshua Tree Sunset	\$40	
Phone Number			Four Leaves in Water	\$40	
Email			Five Multnomah Falls	\$40	
Credit Card Number			Six Lower Yellowstone Falls	\$40	
Exp: Mo/Yr		Books			
Security Code			Inspiration for Teachers	\$15	
3-digit code on back of card			Peripheral Neuropathy	\$20	
		Videos (DVD)- 1 for \$5 or 3 for \$10			
		Please choose your video(s) and quantites below:			
		Enter number of videos- enter your total to here >			
		<input type="checkbox"/> Gentle Yoga	<input type="checkbox"/> Karen Wagner, PhD		
		<input type="checkbox"/> Peter Skaff, MD	<input type="checkbox"/> Bryn Miller, RD, CDE		
		<input type="checkbox"/> Jeffrey Ralph, MD	<input type="checkbox"/> Jeffrey Ralph, MD &		
		<input type="checkbox"/> William Donovan, MD	<input type="checkbox"/> Paul Sampognaro, MD		
		<input type="checkbox"/> Kyle Fink, PhD	<input type="checkbox"/> (2 videos)		
		<input type="checkbox"/> Dr. Yuen So, MD, PhD	<input type="checkbox"/> Alan Eighmey, Attorney		
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MARCH TELECONFERENCE AND ZOOM SCHEDULE

Anyone is welcome to join any of the following calls. We urge you to join this opportunity for being on a call with other people that know about neuropathy.

- **March 8** (Monday) 6:30 PM PDT
- **March 10** (Wednesday) 1:00 PM PDT
- **March 16** (Tuesday) 1:30 PM PDT – Sacramento
- **March 17** (Wednesday) 1:00 PM PDT
- **March 20** (Saturday) 10:30 AM

HOW TO CALL IN TO TELECONFERENCES

At the meeting time, call this number: **1-877-366-0711**. You will hear an automated voice ask for the pass code to join the conference call. Using your telephone keypad, dial **36199447#**. A notification sound will chime in the “conference room” so we know someone has joined the call, and we will welcome you.

ZOOM MEETINGS

- **Houston, TX Neuropathy Support Group:** Saturday, March 13, 1:00-2:00 PM CST, 11 AM PST by online Zoom. For Zoom link – email Katherine Stenzel at klstenzel@hotmail.com, giving name, address, telephone number and email address.
- **Monterey, CA Neuropathy Support Group:** Wednesday, March 17, 10:30-11:30am PST, 12:30-1:30 CST by online Zoom. Sign-in opens at 10:00 AM. For Zoom link – email Bill Donovan MD at seabreezexo9@gmail.com, giving name, address, telephone number and email address. Do this even if you have done it before this. He may have a new link to give you.



Western Neuropathy Association (WNA)

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Bev Anderson, Editor

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WNA Headquarters: admin@WNAinfo.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.

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