



WESTERN NEUROPATHY ASSOCIATION

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Issue 04
Volume 18

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GuideStar
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Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

2020 WNA ANNUAL CONFERENCE BEING REFORMATTED

The 2020 WNA Annual Conference will not be an in-person gathering. The Board of Directors took the situation into consideration seven weeks from the scheduled time. It is not likely all of the special arrangements being made for a variety of activities due to the corona virus will be concluded by that time. Given the uncertainty of the change back to some type of normal, few people would feel comfortable in registering. A majority of those who would come are seniors – the most vulnerable portion of the population. We would not want to be responsible for someone making the effort to come and contracting the virus as a result. This is also true for the Board itself as some are in this category.

The Board recognizes that we have some outstanding speakers scheduled for this year that many were excited to meet and to hear their presentations. They decided to reformat as a major change is envisioned. It is hoped to be able to

videotape each presentation and have the DVDs of these presentations ready soon after. We know all don't have the capability of participating in one but many do.

We will announce the webinars via email and post on the information on the website so if you are interested in participating and we don't have your email address, please send an email to Lindsay at lindsayc@pnhelp.org to receive the notifications. There will be no charge for participating in the webinar. Every group leader will receive a copy of the DVD to show when the group starts meeting again. The DVDs will be \$5 for individuals to order for personal use. This low fee doesn't quite cover the cost of production of the DVD and postage. There are four speakers so the cost of a permanent copy of the information of the conference will be less than attending.

ANNUAL REPORT – 2019

The weather in the first months of 2019 were stormy with a good deal of rain and snow. Support groups in the mountains had to cancel some meetings due to the rule that snow on the ground or in the forecast for that location means that there is no meeting. Slick roads and walking areas are not a place for people with PN.

Board meetings. The Board meets monthly and each member decides for each Board meeting if they will attend in person or call in as a teleconference – so some speak from their seats at the table and some through the conference phone in the middle of the table. They use the same system that people in support groups use when they participate in a teleconference.

2019 was the last year of the Strategic Plan adopted in 2016 for 2017-2019. Starting in

January and continuing through the year parts of the plan were examined and updated for the 2020-2022 Strategic Plan. It lists the work the Board hopes to accomplish or continue to do during this timeframe.

WNA participated in the Big Day of Giving again. This is a special program conducted in Sacramento, Placer, and Yolo Counties with some participation beyond. Since WNA began in Placer County and now has its office in Sacramento County, it made it appropriate that we participate along with several hundred other nonprofit organizations in the region. It focuses our whole organization on this day designated to bring attention to our cause and funds to support us, as it does as well for many organizations. We are

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Most groups are in Shelter In Place areas due to the coronavirus. Please see Special Message to Those Attending Support Groups on page 8.

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
Director

Sonya Wells, PharmD, MPH
Director

Emeritus Council

Michael Green
Emeritus

Johnathan Istilar
Emeritus

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

Bev Anderson
Editor

Newsletter Design by



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.
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
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 (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
(See note on page 3 for Jan., Feb. & March)

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.
Kathy Romero (407) 319-2557

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
Karen Hewitt (925) 932-2248
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
Memorial Drive United Methodist Church
12955 Memorial Drive
South Parking Lot, Southeast Entrance
Room D100 (Ground Floor)
klistenzel@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 Message By Bev Anderson

I hope that all of you are sheltering in place and taking care of yourselves. We don't want anyone to get this virus that is changing life for so many of us. A sizable number of us are in the vulnerable category of senior and disabled. Many of us are both. I had an added burden to me in that we had a heavy snowfall, 18 inches at my house. A tree fell from a neighbor's property across our main road into the yard of the neighbor across the road. In its arc, it took down the PG&E electric line through our rural community. I was without power for several days until one evening about 8:30 PM. Everything in my freezer and much in the refrigerator was ruined. A friend who is a retired nurse felt sorry for me but stressed how much better it was to lose it than to take a chance of being very sick if I ate any of it. It is less than I lost last summer during the blackouts then, however. This is because I've not plugged in the freezer in the garage and have managed on what I could store in the refrigerator freezer. It is not much less heartbreaking though. Now, with store shelves nearly empty and basics not available, it is even harder.

Now that we are at home for at least the coming weeks (as of March 23), it is time to see what we can accomplish. I have so much house cleaning and backlog of work on the computer to do, it won't be hard to keep busy. My garage needs major attention when the weather is such that spending time there is appropriate. One person has told me she has a major painting job to accomplish. I know that if you have a home project, there are usually items you need from a store. I just called our local hardware and building supplies business. They are open and are considered a critical business that is not shut down. Many stores are offering hours just for seniors to help reduce the risk of going out for needed goods.

If you have friends that don't have internet, this is a time to be sure to call them to give them some interaction in conversation that they don't get from TV. It is a time to be available to each other in ways that don't include physical contact. We can't predict or know who is coming down with the virus at any time. This virus is contagious from the moment it hits so the person may not even know they are carrying it when they are actually able to pass it to someone else. The droplets from a cough stay in the air for a period of time. Any droplets on a surface can be viable for hours. You can walk by where someone has coughed, pick it up on your shoes, and take it with you. Be sure to wash your hands frequently and try to avoid touching your eyes, mouth, and nose.

We have a former Board member who is currently living and working in China teaching English as a second language. He has been in a lockdown situation there for a period of time that – he says he does get bored from time to time. Even those at the center of the outbreak there are starting to get out and back to normal life so I hope that happens soon for him, too. When we can get out again, we want to be sure to patronize the businesses that had to shut down so they can be vibrant again. Restaurants and small local businesses are some of the hardest hit. Many restaurants are offering take out and curbside pick-up. Small shops are offering more in the way of online purchases. They likely will be the easiest for us to help as we will be anxious for the chance to eat a meal away from home or do a little shopping.

We were disappointed to have to cancel/reformat the Annual Conference as we greatly enjoy meeting and greeting those who are able to attend. After the weeks of working to get the speakers we did, it was unfortunate to have to tell them that we would not be able to have them come. However, we are developing a way that we will be able to get what they were going to say on video so we can all benefit.

Bev



MEMORIAL FOR ONE OF OUR GROUP LEADERS By Bev Anderson

Only the people in the San Jose Neuropathy Support Group have met the leader, Kathy Romero. They were delighted with her and the great job she did as their leader. I received a call from her after she had been in the hospital a week that she was very sick and weak. They didn't know yet what it was but there was a major test coming in the next few days. I waited a few days to call back. When I did, she wasn't there and they could not tell me anything. I got a quick call from Kathy that she had moved to the Stanford Hospital. She could not talk any more at that time. I called back to leave a message at the nurse's station for her daughter to call me.

She called later that day to tell me that Kathy had been diagnosed with leukemia. She continued in the hospital and seemed to be improving so much that they transferred her to a rehab facility. We were all hopeful and thought she would be getting well. She took a sudden turn and was readmitted to the Stanford Hospital ICU and it was not very many days until her daughter called to tell me that Kathy had passed. She did not have to suffer very long after hope had faded. Her children were able to get there in time and are doing what needs to be done to get all in order. Now we need a group leader for San Jose. Since it will now be a teleconference, I'll substitute for now.

One special person needs to be mentioned here. One support group member who came to the meetings when she could that has stepped up to lead the group for a few months but will be leaving the area in May. Neelam Grewal was in medical school and was acquainted with neuropathy patients so she was familiar with our concerns. She graduated as an osteopath at the end of 2019 and has been waiting to be notified of where she will go for her residency in psychiatry. What a delight she has been to work with and for the members of the San Jose Neuropathy Support Group to know and learn from.

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".

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greatly appreciative for each person that supports us on the Big Day of Giving – and all other days throughout the year.

Support groups met during the year in their usual schedule.

Many people were helped by the leaders and group members. New people were delighted to find someone with the knowledge to be helpful as they started navigating what it means to have neuropathy. Bev Anderson received numerous calls on our toll-free number from all over the country and some from other countries. The American Cancer Society put her on their website as a referral for people with chemo induced neuropathy (CIPN), which added a good number of callers. Packets of information like the ones group leaders give to new people in their groups are mailed to callers who are interested. Several new groups were formed and some are due to start in 2020. Two new groups started in San Diego.

The Annual Conference was held in Modesto, CA, on Friday,

May 10. A sizable number attended at Trinity United Presbyterian Church the site of the Modesto Neuropathy Support Group. Catering was by O'Brian's Market and was judged one of the best food presentations we have ever had especially for special diet needs. The lady who served as host for the lunch stayed and made up take away packs with the leftovers. Vegetarians were quite pleased with the special items they ordered for our event.

Jeffrey Ralph, M.D., and Paul Sampognaro, M.D., from U.C. San Francisco, are both neuromuscular neurologists and were well received. Dr. Sampognaro was in his final year to become a neuromuscular neurologist with Dr. Ralph as his mentor. It has become known that most neurologists go three years as residents in neurology and may not necessarily receive much instruction in the peripheral nervous system. To be a neuromuscular neurologist, one goes a fourth year with specific study of the peripheral nervous system. This allows them to specialize in peripheral neuropathy where the nerves feed the muscles and the interaction is intense. They may also specialize in other neurological diseases as well. Finding one of these doctors can be difficult but most university connected medical centers have at least one.

Bryn E. Miller, registered dietitian from Kaiser-Permanente Modesto gave excellent nutrition something to strive for with good humor and solid information. Alan Eighmey, elder law attorney, encouraged all to get their affairs in good order so heirs are prepared for what they deal with when we are gone.

Social media. WNA continued to have a Facebook page with Board director Pam Hart tending to it. Board director, Anne Benz, has kept the Twitter account reaching out to people with neuropathy information.

Thrifty Bargain continues in their yeoman efforts to support

WNA. One of the most effective promotional support programs we have is the team from Thrifty Bargain. They have thrift shops in both Chico and Yuba City. Many members and others are familiar with receiving a card in the mail announcing when the truck will come to pick up no longer needed items that can be sold in their

thrift shops. Because they are based in Chico, the trucks only cover so much territory so not everyone receives this service – but all members benefit from the funds they raise for us.

The mailed cards announce WNA as their charity. Some people respond to the cards with interest in neuropathy. Ted Mock, a retired CPA, started this business. He has been a member since the organization started nearly that long. He has Charcot-Marie-Tooth, a hereditary type of neuropathy. His son, Brian, is also actively involved in running Thrifty Bargain in addition to his own deli business in Rancho Cordova. He also has symptoms of neuropathy so knows well what they are supporting.

Board director, Pam Hart, is now living and working in Texas

north of Dallas. She attended the launch of the clinical trial for the pain medication we have been following with the researcher presenting it, Bruce Hammock, Ph.D., U.C. Davis University, starting in Austin, Texas.

At the Board meeting following the launch, Pam described via teleconference her experience confirming the clinical trial for the EicOsis medication had begun. She had a chance to speak with the director as well. Dr. Hammock said there will be eight people in this trial with healthy people to see if it causes any harm. Two will have a placebo given and six will receive the medication. The trial will go to April and he hopes to get the data from it by June. We don't yet have any information about the next trial's start. Everyone was excited that the first trial had finally started.

WNA expands its reach and support.

The timing of the start of the clinical trial was excellent as not long before this we were contacted by Nancy Herlin, founder and leader of the Neuropathy Alliance of Texas, headquartered in Austin. She shared that she had to relinquish her position to do something else. She asked if we would be interested in opening our door for their support groups that would like to continue leading their group. We responded that we would be delighted to do this. While Pam Hart was in Austin, she had lunch with Nancy and their executive director, Lauren. She enjoyed meeting them and encouraged them and us to go forward. We agreed to start work on the 'merge' after the first of the new year, 2020. The groups in Austin and Houston are now a part of WNA and there is talk of starting a group in Dallas.

Elevation of Board involvement in Board meetings.

Another exciting change that happened in 2019 was the additional involvement of the Board in leading the Board meetings. Each Board member takes a turn in leading the meeting. They send out the agenda before the meeting and take full responsibility for leading the meeting. Board members also contribute information they have gleaned during a month to instruct the Board in some aspect of their work or of advances in neuropathy treatment. As a pharmacist, Sonya Wells brings a pharmacological viewpoint

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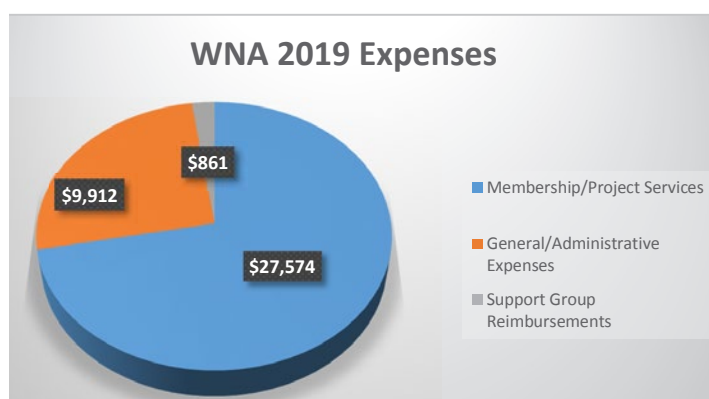
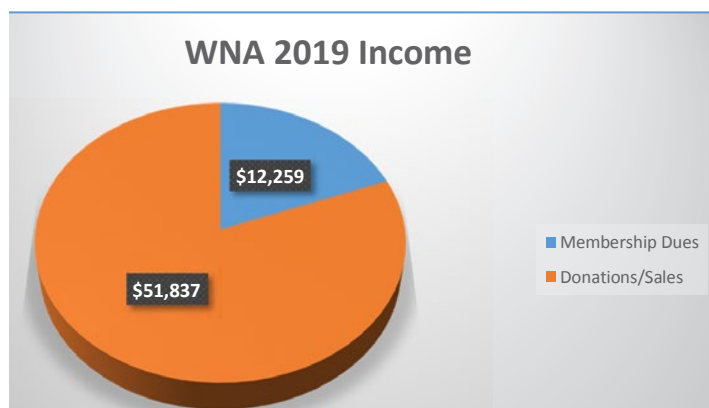
from time to time and it we find it very helpful. She takes special interest in support groups and has spoken at a number of them. Late in 2019, she chose to take the position Charles Moore left when he retired from his leadership of the Sacramento Neuropathy Support Group. Previous and new people are developing the group with her.

WNA administrative offices. Board director, Karen Polastri, works with Lindsay Campoy, our administrative associate, to facilitate our work in the office as Lindsay also supports her in her role as executive director of the Occupational Therapy Association of California. Lindsay's role with that association is as membership and professional development associate. WNA is one of the nonprofit organizations under the umbrella of Association Resource Center located in Folsom, CA. We are able to do much more because we share staff with over 25 other nonprofit associations. Our mail goes to the Sacramento post office box, which is delivered to the Folsom office. We can receive mail directly as well at the Folsom physical address.

Our mission. All through the year, the Board is guided by the Strategic Plan summarized by our Mission Statement: 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.

One of the advantages we have of working with the Association Resource Center is an excellent bookkeeper, Tammy Hitchcock, who produces monthly financial statements for the Board's use led by treasurer, Darrell O'Sullivan.

Here are the financial pie charts that she has prepared for this report.



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:

- 30594335 This Polish study of carpal tunnel syndrome patients compared manual therapy with no therapy in 189 patients, and found improvement on the RAND 36-item Short Form Health Survey at the level of $p < 0.001$.
- 30681031 This article from the Cleveland Clinic Department of Anesthesia emphasizes that, despite the risks, opioids continue to have a role in the management of chronic pain, including neuropathic pain.
- 30773731 This Iranian randomized double-blind placebo-controlled study found that co-administration of gabapentin 300mg three times a day with paclitaxel therapy resulted in significantly fewer grade 2 and 3 cases of neuropathy in the treatment group ($p < 0.0001$).
- 30826229 This Chinese review of 13 studies of 1040 patients on either conventional rehabilitation therapy or electroacupuncture with follow-up at 2 and 6 weeks. Significant improvement was seen with the electroacupuncture group in terms of analgesia and increased function ($p < 0.001$).
- 30898269 This article from Albany Medical College discusses spinal cord stimulation with surgically implanted electrodes following a rigorous trial period. Randomized clinical trials have shown significant alleviation of pain from a variety of causes.

Many Thanks To Each And Every Contributor To WNA In 2019

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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Last Name	First Name	Last Name	First Name	Last Name	First Name	Last Name	First Name
Abe	Richard	Conway	David	Harrell	Jo	Lee	Joann
Adams	Agnes	Corcoran	Marjorie	Harrold	David	Leer	Mary Ann
Adams	James	Cota	Frank	Hart	Pamela	Lehmkuhl	Ray
Agosti	Steve	Covel	Janice	Haslam	Gordon	Leland	Leroy
Allen	Florence	Craghead	Donald	Hayden	Michael	Levine	Suzanne
Anderson	Beverly	Cramblet	Thomas	Hearn	Sally	Lipe	Carol
Abe	Clarice	Curtin	Daniel	Heil	Alma	Liske	Betty
Adams	Jane	Daniels	Else	Hernandez	Cheryl	Lockhart	Earlene
Anderson	Mary	Daniels	Irene	Hester	Carole	Long	Richard
Anderson	Robert	De Los Reyes	Walfredo	Hewitt	Karen	Long	Peggy
Anderson	Roy	Deinzer	Willard	Hibbard	David	Longoria	Catherine
Angel	Jack	Dixon	Carol	Higgins	James	Long-Prevette	Peggy
Ano	Judith	Dobler	Carol	Hill	Shirlee	Longton	Rita
Arnold	Diane	Donegan	Laurie	Hines	Patricia	Luce	William
Asmus	Dorothy	Donovan	William	Hirsch	Ann	Ludwigen	Ricardo
Augugliaro	Georgia	Dorsett	Carl	Holbert	Bernice	Lukins	Mayrebelle
Ausubel	Marilyn	Douglas	Cheryl	Holcombe	Marjorie	Lunow	Eric
Ayres	Ramon	Dows	Gerri	Holloway	Alicia	Lynes	Grant
Bailey	Carol	Drynan	Audrey	Hurt	Mary	Lyons	Barbara
Balbo	Barbara	Duron	Jason	Hyde	Jean	Mackie	Aileen
Bathe	Tom	Dyer	Marianne	Irdi	Gino	Martin	Elizabeth
Bayse	Loretta	Easton	Merle	Irwin	Fran	Maskel	Steve
Bazlamet	Suhail	Ellett	Donna	Jackson	James	Mason	John
Bennett	Jane	Elliott	Jeryldine	James	Mary Ann	Mathewson	Lee
Berger	John	Epley	Troyl	Jaquith	Reba	Mauck	Beverly
Berger	Randall	Erickson	Larry	Jenson	Dee Dee	McAlexander	Cynthia
Berger	Shirlee	Fenton	Joseph	Jeong	Herman	McArn	Barbara
Bernstein	Janet	Ferguson	Tanya	Jiminez	Claude	McCord	Sharlene
Bertapelle	Bernice	Fernandez	Deanne	Johnson	Delores	McCoy	Joan
Beu	Diane	Ferrario	Robert	Johnston	Robert	McDonald	Shirley
Bianchi	Ben	Fisher	Molly	Johnstone	James	McElroy	Venita
Bianco	Elaine	Fitzgerald	Byron	Jones	Alan	McIntosh	Linda
Billman	Dolores	Flinn	Edwin	Jones	Beverly	McMahan	Anne
Black	Babette	Flores	Albertina	Jones	Judith	McMasters	Marilyn
Blevins	Jackie	Folbert	William	Kane	Terence	McNamara	Katherine
Bohn	Edward	Folcarelli	Anthony	Kaniadakis	Marjorie	Meagher	Gary
Boran-Sears	Breda	Foott	Jerry	Kaplan	Allen	Mell	May
Borsody	Kiva	Forester	Betty	Kaupanger	Beverly	Merz	Shirl
Bouman	Arlene	Frasier	Roberta	Keefe	W. Michael	Metzger	Lawrence
Brinton	Suzanne	Frice	Lawrence	Kellogg	Mary	Mian	Regina
Brown	Jean	Fry	Anthony	Kendall	Robert	Michaelsen	Hila
Bucciarelli	Steve	Fulcomer	James	Kerwien	Beverly	Michiels	Joseph
Burnett	Robert	Furlong	Joyce	Kett	Brandon	Miller	Patricia
Butler	Fred	Gardner	Iris	Key	David	Mohr	Frederick
Butolph	Stanley	Garza	Richard	Khoury	Reva	Monroe	Donna
Cairo	Paula	Gaston	George	Kilgore	Barbara	Montgomery	Barbara
Calechman	Phyllis	George	John	Kimball	Adrienne	Moore	Charles
Callaham	Tom	Gilfix	Vicki	King	Carol	Morford	Beverly
Campisi	Shirley	Glass	Phyllis Ann	Kirsch	Jeanne	Morley	Dave
Campo	Anneliese	Glines	Ruth	Klapp	Mary	Morrison	Richard
Caput	Philip	Goldman	Earl	Klein	Howard	Moss	Carol
Carey	Steve	Goldstein	David	Klenhard	Edith	Moss	Judith
Carlson	Krista	Goncalves	Barbara	Klusmann	Eugene	Mulholand	Christeen
Carlson	Shirley	Gorby	Eleanore	Knee	Carla	Myers	Sharon
Carroll	Joy	Graham	Bonnie	Knowles	Frank	Nagel	Kathleen
Case	Lenora	Graves	Arlene	Kohl	Ann	Nakano	Gene
Castor	Valerie	Greener	Bobbi	Koncel	Frank	Nelson	Clifford
Cavner	Bill	Greenleaf	Joyce	Korsinen	Wayne	Noel	Tammy
Chann	Ernest	Greenwood	Shirley	Kriech	Nancy	North	Norma
Chaudhry	Elizabeth	Griffith	Richard	Kronenberg	Betty	Olsen	Frances
Chouinard	Mary	Gualco	Eugene	Kruger	Carole	Olson	Janet
Cisson	Michael	Guder	Judith	Kucheria	Chattar	Olson	Judith
Clark	Emma	Gulden	Walt	Lally	Donald	Orland	Eugene
Clarke	Carolyn	Gutches	William	Lamprech	Joan	Ostrander	Wanda
Clarkson	Margie	Gutendorf	Karen	Lange	Kerstin	O'Sullivan	Darrell
Clemens	David	Haas	Trish	Lark	Dorothy	Overby	Marie
Clouser	Eileen	Haggarty	Patrick	Larsen	Jerry	Paddock	Patricia
Cogley	Jeannine	Hallett	John	Lawhon	Loretta	Padveen	Marie
Collins	Tim	Hanoum	Catherine	Leandro	Judy	Pashote	Stanley
Colvin	Joan	Hardesty	Hilfri	Lee	Clark	Paster	Werner

COULD THIS BE YOUR ANSWER?

Grant Lynes of the Elk Grove Neuropathy Support Group says the following regimen has done wonders for him. So much so that he declares himself cured. He received the following information for a combination of pills that are much like Nerve Renew. Drug stores, health food stores, and good online providers could be good sources for the supplements here. It is recommended to get them all in the same store/merchant.

Pain relief and nerve repairing ingredients: There are five critical ingredients that make a neuropathy formula effective.

1. Benfotiamine (Vitamin B1) supports your nerve health and reduces the pain. Benfotiamine has been shown in studies to have 3.6 times greater bioavailability than ordinary Thiamine.

2. Methylcobalamin (Vitamin B12) helps regenerate nerves by increasing protein synthesis and unlike the commonly used Cyanocobalamin, Methylcobalamin can be directly absorbed by the body in large quantities with immediate availability. Essential if you want to avoid painful and costly B12 injections. *Must be paired with Folic Acid to achieve optimal results (2000mcg).

3. Standardized R-Alpha Lipoic Acid (R-ALA) is a powerful antioxidant, which helps ease the burning pain and numbness associated with neuropathy by improving the function of cell "transporters," which deliver glucose. R-ALA is unique in that it can pass directly into the brain through the blood-brain barrier. Must be taken in the Standardized "R" form, which has been shown to be 12 times more effective than regular Alpha Lipoic Acid. Must be paired with L-Carnitine Tartrate to achieve optimal results (100 mg).

4. L-Carnitine Tartrate is a nerve repairing amino acid, which is a building block for proteins and helps improve muscle movement. L-Carnitine Tartrate works in concert with R-ALA.

Be sure to look for a brand that includes both R-ALA and L-Carnitine Tartrate for Maximum effectiveness (500 mg).

5. Folic Acid (Vitamin B9) helps repair damaged nerves and alleviate symptoms of peripheral neuropathy. Folic Acid works in concert with Methylcobalamin and it is important to select a brand which includes both key nutrients to achieve optimal nerve repairing and pain-relieving results (400 MCG).

These are the most highly studied ingredients and must be combined together to achieve effective results. If any one ingredient is missing in the formula, you may not get the full nerve repairing and pain-relieving benefits of the pill. It is important to go with products/companies that have these critical ingredients as well as a complete array of supporting ingredients to improve their absorption and effectiveness. Anything less than the correct mix will not work effectively.

Go with a company that sells more than just a neuropathy formula. If a website selling a neuropathy support formula does not have a highly visible 800 number for customer service, you should walk away.

Find a company that has a "no questions asked" money-back guarantee.

Third-party quality testing is important as you want to know authenticity confirmed; assurance that you are receiving what you paid for. Select a company that has documented third-party testing and verification of the ingredients on its label and its effectiveness.

Thanks to the doctor and 3 nurses that compiled this and sent it to the Elk Grove Neuropathy Support Group several years go. Grant Lynes has tested it and says it worked for him.

DISCOUNTS FOR WNA MEMBERS

Continued from page 6

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. 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.

Many Thanks To Each And Every Contributor To WNA In 2019

Last Name	First Name	Last Name	First Name	Last Name	First Name	Last Name	First Name
Paszek	Bronislaw	Rosene	Sandra	Stein	Elizabeth	Wall	Kathleen
Patrick	Ronald	Roten	Carol	Stella	Virginia	Wallace	Lee
Peters	Paul	Rowan	Frederick	Stewart	Betty	Wallis	Douglas
Peterson	Nils	Rowell	Betsy	Stitzell	Gwendolyn	Walton	Verne
Peterson	RE Bob	Russell	Dawyn	Stoehr	Larry	Ward	James
Pillsbury	Fred	Ryan	Arlene	Stokes	Winscott	Ward	Mary Lou
Poarch	Corinne	Sadlowski	Eugene	Stott	John	Warner	Pamela
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Porter	William	Sasaki	Haruko	Sutton	George	Welch	Michael
Potter	Ronald	Schmeder	Nadya	Tallitsch	Elizabeth	Wells	Karen
Pourroy	Joann	Schnet	Barbara	Tally	David	Wells	Sonya
Prigoff	James	Schroder	Elisabeth	Taylor	Susan	Wells	Virginia
Ramos	Maria	Schropp	Al	Thoele	Reba	Welsh	David
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Refendor	Rose Bella	Schwarz	Dianne	Tinti	Diana	Westbrook	John
Reger	Linda	Scott	JoAnn	Torst	Dick	Westwood	Robert
Reid	Gary	Selzam	David	Tracy	Julia	Whaley	Richard
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Richards	Vernon	Shaw	Robert	Tyndall	Teresa	White	Thomas
Rietgraf	William	Sheffield	Gilbert	Underwood	Gerald	Whitley	Mona
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Rittinger	John	Sherwood	Denise	Van Tyle	Scott	Wild	Glen
Robbins	Steven	Singh	Tejinder	Vartikian	Annette	Wise	John
Rodricks	Wilma	Slaughter	Zeola	Vaughn	Clyde	Wolkenhauer	Daric
Rodriguez	Georgiana	Smith	Carol	Vencill	William	Worden	Stephen
Roe	Doris	Smith	Gregory	Vidal	Nancy	Young	Margaret
Rollins	Shirley	Snow	Mary	Vierra	Georgia	Zerwer	Donald
Romero	Kathy	Spreng	Douglas	Vinson	Sandra	Zimmerman	Bonnie
Roscoe	Franklin	St Pierre	Anne	Wagner	Elizabeth		
Rosene	Juanita	Stanley	Sara				



WESTERN NEUROPATHY ASSOCIATION

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SPECIAL MESSAGE TO THOSE ATTENDING SUPPORT GROUPS

We have the opportunity to use technology to keep in touch during these “trying times.” They are “trying” in more than one way. They try our patience, for sure. However, it also means that we can try new things to fill a need for communication. I’m having great difficulty understanding why people are fearful of using their telephone to make a call. It’s easy. You dial a toll-free number. The call is answered by a female voice that asks you for a passcode, which you enter via your phone keypad. You are then in the virtual conference room. That is all there is to it. All are welcomed. The leader writes down your name so they will know who is there and can call on people. We try to ensure everyone there gets a chance to talk.

In this last week, I’ve led several calls and we have had a grand time with significant help for some of those participating. We help each other more than anyone else can because we are really the experts in what this disease does to people and what we find helps us. If there is space, a very helpful bit of information will be included in this newsletter that was received because Grant Lynes from the Elk Grove Neuropathy Support Group called into the Placerville Neuropathy Support Group meeting to share what he thinks was responsible for seeming to cure his neuropathy. I’d not heard from him or anyone else but he saw in the WNA email broadcast announcing the support group meetings that Placerville would be meeting via teleconference so he joined us.

Through this “trying time” any support group that would like to meet via teleconference will be given that opportunity. So far Placerville, Folsom, Sacramento, and San Jose are scheduled. I lead a teleconference meeting on the first Monday of the month at 6:30 PM open to all, please join us if your group doesn’t have its own – or even if it does. During this time of isolation, hearing other voices of people you can talk to might be just what you need. Don’t be afraid, try it! Call 1-877-366-0711. Use the pass code 36199447# Visualize a big building with lots of conference rooms. You call the phone number that brings you to a desk inside the building. You are asked for your pass code so they can direct you to the correct room for the conference you want as there are many other conferences in the building. We have these numbers so we don’t go into a conference room that is in use. The phone system handles quite a few from this number. We have two pass codes we can use if we happen to have two teleconferences at the same time, for example.



**Western Neuropathy
Association (WNA)**

A California public benefit, nonprofit,
tax-exempt corporation.
Bev Anderson, Editor

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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