



WESTERN NEUROPATHY ASSOCIATION

November 2020
Issue 11
Volume 18

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- Genetics And Family History
- WNA Support Groups
- President's Report
- Neuropathy Medical Literature Review
- Teleconference And Zoom Schedule In November

Celebrating our 22nd Year!

Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

WEBINARS YOU WILL ENJOY – PLEASE PLAN TO ATTEND BOTH

Wednesday, October 28, 2020, 1 PM PDT, 3 PM CDT: Dr. Karen Wagner is bringing a report on the Clinical Trials for the pain medication developed by Dr. Bruce Hammock in his lab on the campus of UC Davis in Davis. Dr. Wagner is one of the team that worked with him to develop it. She will speak and you will have opportunity to ask questions in a Q & A period that will be part of the webinar. It will be recorded so when groups can meet again it can be viewed.

Wednesday, November 18, 2020, 1 PM PST, 3 PM CST: Sonya Wells PharmD, MPH, Member WNA Board of Directors is speaking on “Genetics and Family History: A Unique way to Bridge the Distance Between Us During the Holidays.” in a webinar about genetics. It begins by explaining about the basics of genetics. Next it discusses how genetics is used in medicine. Hereditary neuropathies are discussed as examples of the use of genetics in medicine.

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GENETICS AND FAMILY HISTORY

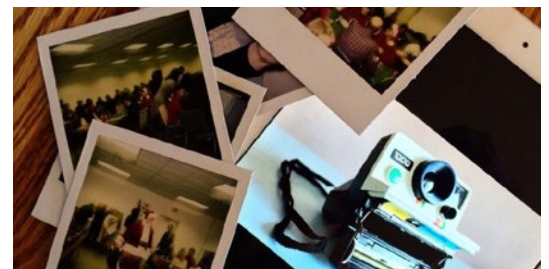
A Unique Perspective On Transforming Our Socially Distanced Holidays Into A Rare Opportunity By Sonya Wells PharmD MPH Director

Part I: A Special Kind of Dinner Party

Make 2020 A Year To Remember With A Virtual Holiday Feast

The holidays provide an excellent opportunity for sharing food and family stories, especially this year when you may not be able to gather in-person for those traditional holiday meals. It can happen for you and your loved ones this holiday season with a scheduled Zoom meeting for a “virtual” holiday dinner party. How about asking Uncle Merle to dish out stories about Grandpa instead of his latest adventures with Medicare Part D? Or how about turning your cousins’ infamous chatter into childhood memories.

Whether you are gathering with friends who are your “family”, meeting with the same relatives you gather with every year at this time, or incorporating a new member into the family, there is so much we can discover about one another that can only serve to enrich our family heritage. With a bit of preparation and some creative flair, you can transform tepid table talk into appetizing ancestral anecdotes and scrumptious personal stories.



Bringing along old family photos is a great way to help memories and stories re-surface.

Here are techniques for infusing dull discussions with flavorful family history, followed by recipes for 10 great conversation starters to serve at your virtual holiday gathering.

Tips for Effective Family History Sharing

Serve a starter before the main course.

Conversation starters are like appetizers: they whet the palate for what’s to follow. Lead with an interesting question anyone would want to answer. Example: “What’s your favorite dish on your table?” Then follow up with more specific questions. “Why do you like it so much?” “Whose recipe is it?” This is the conversational main dish,

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Awarded by
GuideStar
November 13, 2018

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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

Next meeting October 21
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
Memorial Drive United Methodist Church
12955 Memorial Drive
South Parking Lot, Southeast Entrance
Room D100 (Ground Floor)
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

November is the month for Thanksgiving. It is not just the holiday but for thinking about the whole year and being thankful for the many good things that have happened to us. Some of our good fortune may be because of somethings that we might have at first thought of being negative – We couldn't do that, so this happened. For me, part of this is the time it gave me to sort out some health concerns and find answers and get help. I'm healthier today than I would have been...a negative turned positive.



At our September Board meeting, we talked about the genetic testing that Alnylam Pharmaceuticals offers to those that want to know if they have Hereditary ATTR Amyloidosis. This broadened into genetic testing in general that is becoming more common in medical circles. Sonya Wells, PharmD MPH Director, is working with a company that is involved in doing some of this testing and has been reading widely in her research to broaden her knowledge of the subject. This issue contains a major amount of information on the subject of how it can enrich families during the holiday season to look into the people that make up their family. The webinar on November 18 will provide further background on genetics and what information testing might provide. One suggestion I'd like to make is that someone with calm, clear-headed judgement review any testing before it is given to everyone. Some families have been surprised by information they didn't know about one or more members of the family. It is likely that senior members of families will have taken stories to their grave that they never mentioned that will now be divulged in testing that will get even more comprehensive as days go by.

You are receiving this newsletter early enough that you will be able to catch the October 28 Webinar with Karen Wagner, Ph.D.. She will be telling us about the update from the U.C. Davis Campus on the pain medication we have been following as well as other information of what they have been doing. It should be quite interesting.

Fall reminders show up daily and clean up grain the little birds, squirrels, and others haven't gotten from my yard after my daily tossing. Starting in the early spring with four mammas and one tom, I now have nearly 20 wild turkeys thundering through. They come out from a fairly empty part of my area, but I can imagine they have been around the neighborhood by now. As wild turkeys go, these look more like the grocery store variety they are so large and well fed. Maybe our neighborhood bears, as they get ready for the semi-hibernation, will discover their menu options have increased, otherwise the birds will likely freeze this winter. I had a mother bear with her two cubs resting in my back yard a few weeks ago. She will want to make sure her babies are fed. Our local coyotes may take interest, too. Watch out turkeys!

Happy Thanksgiving,

Bev



www.facebook.com/Neuro

Join the conversation!

[@neuropathy_WNA](https://twitter.com/neuropathy_WNA)



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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so to speak: the meaning behind the memories associated with a family recipe.

Plate your questions individually or serve them up family style.

Family stories make lively dinner conversation, but it isn't easy to take notes while holding a fork. Also, in a large group, responses may not be as personal, and conversation is easily derailed. Do you want every sibling's memories of Hanukkah's past, or would you rather focus on your sister's tender recollection of the very last time Dad lit the menorah? Consider chatting with just one or two relatives over pie, too.

It's all about presentation.

Soften your Q&A session with some creative presentation. Email (or snail mail) heritage questions ahead of time, then "go around the table" or ask each relative in the Zoom meeting to share their answers. Or ask everyone to summarize his or her year on video for the cousin stationed in Afghanistan. How about as a present for Grandma and Grandpa record a Skype conversation with long-distance grandchildren, asking simple, fun questions about favorite gifts and holiday-break activities.

Don't spoon-feed unless you have to.

Try not to ask leading or "yes" or "no" questions. Occasionally you'll have to draw information out of people, though. If your question about favorite gifts doesn't bring up Uncle Bill's BB gun, you might try to stir up memories: "I've heard that Uncle Bill got a BB gun from grandpa one year." If you're tracking a specific rumor, however, you may need to spoon-feed your audience: "Did Grandma really shoot Grandpa in the foot with Bill's BB gun?"

Allow for different tastes.

Some take their turkey white and dry, others dark and drenched with gravy. Your brother joyfully recalls holiday sing-alongs, but your sister hated them. Older cousins knew a fun-loving grandma; younger ones, a grieving widow. Listen respectfully to different viewpoints, and cut in gracefully if the second glass of wine makes tongues a little freer than you'd hoped.

Be sensitive about dishes nobody likes.

Some family stories are hard pills to swallow: they can be embarrassing, divisive or painful. Steer the conversation to positive (or at least meaningful and poignant) memories if you need to—the holidays shouldn't feel like group therapy. Save questions about dad's third failed marriage for another setting.

Don't forget dessert.

End your inquiry with a topic that will sit sweetly on everyone's emotional palate: Ask about the best gift they ever got or gave, or their funniest memory of your penny-pinching grandpa, bless his long-gone soul. If you've recorded the conversation, promise to share it (and keep your promise). There's nothing like listening

to other people's stories to make someone more anxious to share her own the next time around.

10 Conversation Starters for Family

History Gatherings

1. How did the family celebrate Thanksgiving when you were young?

Ask this question about any holiday. It's a great opener for a group and doesn't require a formal lead-in. Everyone can contribute something unique (and probably not controversial). Answers will inform your follow-up questions, as you sense the impact of religion, ethnic traditions, long-distance travel, family conflicts, poverty or other factors on the family. This catch-all question may take you clear through the meal, as loved ones describe pre-holiday baking sessions, football on Thanksgiving, pictures with Santa or skiing holidays during winter breaks.

2. What's your earliest holiday memory?

Turn this one into a contest for the youngest memory shared (prize: candy pacifier?). It doesn't have to be a complete thought. Maybe it's just an image of a crooked, spindly artificial tree, or the warmth of hot chocolate after sledding. An older family member may flesh out a younger one's hazy recollection, but don't feel the need to verify facts. You might also show a photo or home movie from a past family Christmas—ask relatives to identify people, describe the setting and share any memories that come to mind.

3. What's your favorite holiday food?

Questions about food taste good to everyone, as long as you don't get personal about Grandma's "green bean special." Go beyond a list of palate pleasers—find out the memories behind winning recipes. Which are traditionally served at Thanksgiving or New Year's, and why? Who cooks? Have recipes ever gone wrong? Raw turkey and rock-hard rolls are ingredients for a disastrous dinner but a great story.

4. When was the first time you spent the holidays away from home?

This question works well one-on-one or in a small group. Answers often are linked to life events such as marriage, college or military service, but you may stumble into stories about elopement, running away, travel and volunteer work. Follow-up questions should be (as always) thoughtful but not nosy. Why were you there? How did you spend the actual holiday? How did your family feel about you not coming home? How did you feel?

5. Tell me about someone you miss during the holidays.

This question can prompt tears, hard memories or long-winded tributes—but is also a fitting way to keep sweet memories alive. Consider proposing a toast to loved ones lost. Ask everyone to raise their glasses and say who they miss this year. It's classy,

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meaningful and brief—and a good fact-finding opportunity. You'll learn who's remembered fondly by whom. Follow up by asking everyone to share a memory of one person, or ask Uncle Bob privately about the older brother he honored in the toast.

6. Was there ever a lean gift-giving year?

Stories from the Great Depression and other penny-pinching days are more meaningful to younger generations now that they've witnessed a recession. Ask how relatives celebrated when times were tough and what kinds of gifts were exchanged. What did they go without? What luxuries did they long for? This is a good opportunity to ask what a relative's parents did for work, both in and out of the home. Did they raise their own food? Put up produce? Rebuild their own cars? Remember to keep your responses free of judgment.

7. How did your family celebrate the New Year when you were young?

This is another great group question to which anyone can contribute an answer. You might be intrigued to discover that your older sister remembers your parents hosting big parties, if you recall only later, quieter celebrations. If your relatives need a little extra prompting, ask about early memories of staying up past midnight, and what happened at midnight (banging pots and pans? a rendition of "Auld Lang Syne"?). Don't forget to include New Year's Eve parties and the next day's traditions.

8. How important do you think the religious aspects of the holidays were to Mom?

(Sub in Grandma, Great-uncle Jim or whomever.) This is better asked in small groups or one-on-one, especially if religion is a touchy topic in your clan. You're looking to gather opinions, not facts, because you're not actually asking Mom or Grandpa. This question is worth asking your own siblings, who may have observed parents at different phases of belief. Remember that someone's own beliefs may color both his memories and his interpretation of his memories. Ask (if you don't know) where the family attended worship services, who participated in what religious traditions and how other family members reacted.

9. What ethnic traditions do you remember being part of the holidays?

As long as ethnicity isn't a sensitive topic in your family, this is another great group question. Build on what you already know: "Does anyone remember Nonna talking about their Christmas Eve traditions, when they put out shoes?" Food and religion often are part of ethnic traditions, but so are specific celebrations like the coming of the Magi or Boxing Day. Ask in-laws and non-relatives this question, too. They may have very different traditions to share.

10. What's the best gift you ever received (or gave)?

What's a gift someone else got that you coveted? This is a feel-good group question you can dish up as dessert for your conversational feast. Sweet memories may include beloved first bikes, trendy toys or heirloom jewelry. Ask your relatives how gift giving has changed over the years, and about gifting traditions. (It is tempting to ask about worst gifts. Don't—this question creates a minefield for hurt feelings. Someone will inevitably mention the annual gift of socks and underwear from the aunt sitting next to him.)

Bringing along old family photos is a great way to help memories and stories re-surface. Though these questions focus on the holidays, loved ones will likely broaden their answers. Allow time to savor whatever memories come to mind. Then refresh the conversation from time to time, just as a host would refill an empty basket of rolls. Lead a discussion gradually from food to ethnic traditions to religious ones, or from early holiday memories to loved ones long gone.

Most of all, enjoy the conversational comfort food. Family stories are filling and familiar, with only the occasional creamed-spinach surprise you won't linger over. And if Uncle Merle starts talking with his mouth full, you won't even care—because he's finally telling you all about the grandfather you never knew.



Part II: Family History is Important for Your Health

Most of us know that we can reduce our risk of disease by eating a healthy diet, getting enough exercise, and not smoking. But, did you know that your family history might be one of the strongest influences on your risk of developing heart disease, stroke, diabetes, or cancer? Even though you cannot change your genetic makeup, knowing your family history can help you reduce your risk of developing health problems.

Family members share their genes, as well as their environment, lifestyles, and habits. Everyone can recognize traits such as curly hair, dimples, leanness, or athletic ability that run in their families. Risks for diseases such as asthma, diabetes, cancer, and heart disease also run in families. Everyone's family history of disease

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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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is different. The key features of a family history that may increase risk are:

- Diseases that occur at an earlier age than expected (10 to 20 years before most people get the disease)
- Disease in more than one close relative
- Disease that does not usually affect a certain gender (for example, breast cancer in a male)
- Certain combinations of diseases within a family (for example, breast and ovarian cancer, or heart disease and diabetes)

If your family has one or more of these features then your family history may hold important clues about your risk for disease. People with a family history of disease may have the most to gain from lifestyle changes and screening tests. You cannot change your genes, but you can change unhealthy behaviors such as smoking, inactivity, and poor eating habits. In many cases, adopting a healthier lifestyle can reduce your risk for diseases that run in your family. Screening tests (such as mammograms and colorectal cancer screening) can detect diseases like cancer at an early stage, when they are most treatable. Screening tests can also detect disease risk factors like high cholesterol and high blood pressure, which can be treated to reduce the chances of getting a disease.

Learning About Your Family History

To learn about your family history:

- Ask questions
- Talk at family gatherings
- Look at death certificates and family medical records, if possible

Collect information about your grandparents, parents, aunts, uncles, nieces, nephews, siblings, and children. The type of information to collect includes:

- Major medical conditions and causes of death
- Age of disease onset and age at death
- Ethnic background

Write down the information and share it with your doctor. Your doctor will:

- Assess your disease risk based on your family history and other risk factors
- Recommend lifestyle changes to help prevent disease

- Prescribe screening tests to detect disease early

If your doctor notices a pattern of disease in your family, it may be a sign of an inherited form of disease that is passed on from generation to generation. Your doctor may refer you to a specialist who can help determine if you have an inherited form of disease. Genetic testing may also help determine if you or your family members are at risk. Even with inherited forms of disease, steps can be taken to reduce your risk.

What If You Don't Uncover a Family History of Disease?

Being aware of your family health history is an important part of a lifelong wellness plan. Even if you don't have a history of a particular health problem in your family, you could still be at risk. This is because:

- Your lifestyle, personal medical history, and other factors influence your chances of getting a disease
- You may be unaware of disease in some family members
- You could have family members who died young, before they had a chance to develop chronic conditions such as heart disease, stroke, diabetes, or cancer

Reference

Centers for Disease Control and Prevention. Family history is important for health. www.cdc.gov/genomics/public/famhix/fs.htm.

Resources

1. 3 Places to Share Family History Documents & Images Online www.familytreemagazine.com/storytelling/3-places-to-share-family-history-documents-and-images-online/
2. Developing a Free Family Website Q&A www.familytreemagazine.com/storytelling/free-family-website-questions-answers/
3. Centers for Disease Control and Prevention, National Office of Public Health Genomics www.cdc.gov/genomics
4. Genetic Alliance www.geneticalliance.org/familyhealthhistory
5. National Society of Genetic Counselors www.nsgc.org/consumer/familytree
6. U.S. Surgeon General's Family History Initiative www.hhs.gov/familyhistory

Webinars You Will Enjoy – Please Plan To Attend Both – Continued from page 1

This webinar is presented as the Western Neuropathy Board's way of seeking out things that can bring us closer together despite being separated during the pandemic. Genetics is a new avenue to explore, reinforcing that family ties are so very important to keep strong. The importance of knowing your family medical history is practical and can be the source of unexpected support when facing a hereditary disease. Genetics is a rapidly evolving field that helps bring us together no matter the distance between us.

To have the link to the webinar handy when you need it, be sure Lindsay has your email address. The information will go out days before as well as a day before the webinar to all we have email addresses. It will include the way to access the webinar via computer or other device as well as the telephone number you can call in and just listen. Everyone may access the webinar even if they don't have a computer or similar device.

DISCOUNTS FOR WNA MEMBERS

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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.

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:

• 30985344 This is a review of the use of regeneration electrical stimulation (RES) on urologic malfunction including urinary incontinence, voiding dysfunction and erectile dysfunction. RES has been demonstrated to

upregulate brain derived neurotrophic factor (BDNF), resulting in regeneration of the pudendal nerve.

- 31152178 This is an international multi-treatment center site review of the literature that came up with an algorithm embodying six levels of treatment: 1, serotonin-norepinephrine uptake inhibitor antidepressants, gabapentinoids, topicals, transdermal patches; 2, adding tramadol or tapentadol to level one; 3, serotonin specific reuptake inhibitor antidepressants, anticonvulsants, or NMDA inhibitors; 4, spinal neurostimulator; 5, low dose opioids (less than 90 morphine equivalent units); 6, targeted drug delivery.
- Note: the above treatments have been covered individually by various articles summarized in the cumulative bibliography.
- 31693437 This is a literature review from the University of Leiden of seven studies using intranasal and inhaled ketamine (not intravenous) in the treatment of chronic pain. These studies and observational trials suggest ketamine might be used for severe neuropathy refractory to opioids.
- 31209630 This is a Mayo Clinic study of 50 patients with chemotherapy induced peripheral neuropathy (CIPN). Half of the patients were randomized to treatment with transcutaneous electrical nerve stimulation (TENS), and half to a programmed TENS device, Scrambler. Twice as many patients in the Scrambler group had at least a 50% improvement in pain, tingling and numbness during two weeks of daily treatment. At both the 2-week and 8-week follow-up the Scrambler group was more likely to recommend the Scrambler ($p < 0.0001$).



WESTERN NEUROPATHY ASSOCIATION

A California public benefit, nonprofit,
tax exempt corporation

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TELECONFERENCE AND ZOOM SCHEDULE IN NOVEMBER

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.

- **Monday, November 2**, 6:30 PM PDT
- **Wednesday, November 11**, 1:00 PM PDT
- **Tuesday, November 17**, 1:30 PM PDT – Sacramento
- **Saturday, November 21**, 10:30 AM PDT San Jose
- **Thursday, November 19**, 1:00 PM PDT – Nevada/Las Vegas
- **Monterey Neuropathy Support Group: Wednesday, Nov. 18, 10:30–11:30am 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.

HOW TO CALL IN:

- 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.



Western Neuropathy Association (WNA)

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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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