



WESTERN NEUROPATHY ASSOCIATION

Celebrating our 22nd Year!

Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

December 2020

Issue 12

Volume 18

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■ WEBINAR ON PAIN MANAGEMENT MEDICATION IS ON WNA WEBSITE

On October 28, Karen Wagner, PhD from the EicOsis Team at the U.C. Davis campus spoke to those attending the webinar about an update on the work of Bruce Hammock, PhD and his team that has a pain medication in clinical trials. She started with a scientific description of what the medication consists of that most acknowledged was beyond their understanding but it did provide a view of some of what they are trying to accomplish. She said they are appreciative of the National Institutes of Health and the National Institute of Drug Abuse being so supportive of the work they are doing, She described the medication dubbed EicOsis 5026 as an enzyme, so it has a different basis than any other pain medication out there.

In the research years, it was compared to other medications used for neuropathy like gabapentin and was found to do a better job of pain relief at a lower dose than gabapentin. It was compared with other medications as well and found to do a more superior result.

In the first clinical trial (1a), it did not cause any side effects and was tolerated well by those that received it. Clinical Trial 1b is due to start very soon. Covid-19 has impeded some of the work

that is being done. It was found that when taken and resulted in no pain, it was non-habit forming so after a period of time, it did not seem to be have an addiction problem as seen in opioids. It has also been found helpful in weaning people off of opioids as it relieves the withdrawal pain.

Karen will be leading a trial with cancer patients as soon as Clinical Trial 1b is finished successfully. Sometimes, the neuropathy that develops with some kinds of chemotherapy is such that the chemotherapy treatments are stopped and the person loses out on the therapy that they could have received. It is hoped that EicOsis 5026 will be able to stop the pain enough that the chemotherapy can continue until finished.

Included in the presentation are the videos of the horse with laminitis recovering and the cat that had trouble getting into its litterbox because of induced arthritis being able to after receiving the medication. There was a horse with osteo arthritis that was helped to not be in pain so able to function more normally was also shown. The video is available for viewing on the WNA website that can be found at www.pnhelp.org.

■ THE DIET MOST RECOMMENDED FOR HEALTHY AGING

As we look ahead to how we live our lives, we want to eat as healthy as possible. The Mediterranean Diet seems best suited for people with neuropathy as it is linked to lower inflammation. Inflammation is a factor in neuropathy. It is one reason that many of us think the pain medication Dr. Hammock and his team at UC Davis have in Clinical Trials will be quite helpful as it reduces pain but also reduces inflammation.

The Mediterranean Diet consists of fruits, vegetables, nuts, legumes, olive oil, and fish. It is low in red meat and saturated fats. There are

lower rates of bowel cancer, insulin resistance, fatty liver disease and other diseases. Studies seem to show that this is what happens in the gut and how greatly affected by what we eat. Of course, the gut seems happier on this diet. Read more about this on page 8 of the Harvard Health Letter, Volume 45, Number 7, May, 2020. Also recommended is the DVD listed in this issue: Bryn Miller, RD, CDE - A Guide to Healthy Eating. Bryn spoke at the WNA Conference in Modesto, 2019 and did an informative and entertaining presentation. She is a Registered Dietitian at Kaiser Permanente-Modesto.



Awarded by GuideStar

November 13, 2018

WESTERN NEUROPATHY ASSOCIATION

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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

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 **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

Here it is already December. We'll all be glad that 2020 is behind us soon but writing this in November as I am on the first day of rain, it suddenly seems like winter is here. Friday, the 13th, is a good day for the jinx of no rain being over so one can start using a wood stove in earnest. It probably was true at your house as it was mine that about a week or so from one day being a lovely fall day and the next being winter happened. It was hot until almost the end. Suddenly, we had about a week of fall rather late for the season. Then, winter dropped like a large rock onto the scene and has not let up. I hope you were ready with sweaters, coats, and furnace.

To celebrate, WNA is presenting a Winter Sale. I hope you will find at least something you want for gifts and/or for yourself. We'll keep it going for some weeks so you can even shop after Christmas and other holidays you may celebrate. You'll delight in the art prints that Darrell O'Sullivan is offering this year. I hope you see one that you want on your wall or know it would be a great gift for someone on your list. I know I have one I think I want.

We have two books listed. PERIPHERAL NEUROPATHY When the Numbness, Weakness, and Pain Won't Stop by Norman Latov, MD, PhD is the one we recommend for everyone to have as it covers so much and is easy to read and understand. If you don't know the cause of your neuropathy, it is especially good as the chapter on causes is the longest in the book – 56 pages. The other book is one I have a story in. It is a book of stories by teachers. Some are sad, some are hilarious. Others are instructional in a variety of ways. Mine has humor and some information as well. It is called, "Soaked Alive." The book is a fun read and a good gift for a teacher or someone who has or has had school age children from pre-school through high school with some college stories as well. We now also have DVDs of all the videos taken at our conferences in the last few years. They are listed for purchase so you can have them for reference at home and as a gift for someone with neuropathy that you know could be helped by seeing one or more of these. They are priced \$5 each or 3 for \$10.

The webinars we are having will be on our website a few days after each webinar. The one by Karen Wagner is there. If you miss them, you can watch them there. They also will be placed on WNA's YouTube channel.

You may be having a number of scam phone calls lately, as I have. Do remember that Mega Millions or any other game like that or even Publisher's Clearing House won't call you to tell you have won. Mega Millions and others that you buy a ticket for have no knowledge of the people connected with their winning numbers. You call them, they don't call you. Publisher's Clearing House surprises winners by showing up with a check, they don't call and ask you to pay for a delivery. If you get any of these calls, just hang up. If you do get any information – like they leave a phone number or they tell you their name – report it to the Federal Trade Commission. Go online to their report form and list anything you find out. (<https://www.ftc.gov/faq/consumer-protection/submit-consumer-complaint-ftc>) They gather information and down the line, as they get the compiled evidence, they will arrest and prosecute the crooks.

You have or will get another letter from me asking for year end donations and giving other ways that you can help fund our ongoing work with people with neuropathy. I hope you will respond. GIVING TUESDAY, a national program, is December 1. If you are going to contribute via a credit card on our website, you might like to make that donation on December 1. However, every amount received at any time is celebrated.

Sometime in 2021, there will hopefully be a vaccine. When it is well distributed and cases of Covid-19 recede to none, we'll likely start having support group meetings again, where possible. We will continue having teleconference and Zoom meetings for a while as well. That is not happening now and won't for a while as people choose to have family and friends' meetings. I am very concerned each time I need to get out for some reason. Many of you feel the same way. So far, I am not aware of any of our members being hospitalized or dying. I have had friends and friends of friends die, however. I think there are few people who have not been touched by someone's illness or death. Please take care of yourselves.

Happy Holidays, however you spend them. Personally, I'm planning Zoom visits to family and friends. With grandchildren doing distance learning, they are quite capable of responding.

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".

GOOD NEWS, BE SURE YOUR SENATORS KNOW

We got good news from the Foundation for Peripheral Neuropathy. We have been supportive of their efforts to get peripheral neuropathy listed on the annual Defense Appropriations Act to include funding for the Peer Reviewed Medical Research Program. This year it is actually included on the first draft. It is hoped that it will continue to be there during the process toward being voted into law. With the neuropathy organizations coming together in support along with a number of veteran's organizations also in support joining in, there is a chance it will get research money that is urgently needed.

Please contact your Senators either by calling one of their offices to ask them to support peripheral neuropathy being listed on the annual Defense Appropriations Act for the Peer Reviewed Medical Research Program. Include your experience with neuropathy and how much research to find good treatments and hopefully a cure means to you. You can go online to their website to leave an email message or mail a letter to them. A letter you can use as is or to get information for writing your letter is provided here:

[Date]

Dear Senator,

Earlier this year, you were contacted to request that the Senate Committee on Appropriations include "peripheral neuropathy" among the disorders and conditions eligible for research funding under the Peer-Reviewed Medical Research Program (PRMRP). I am happy to say that 'peripheral neuropathy' is included in the Senate's FY21 Defense Appropriations Act bill that was released on November 10, 2020.

I understand that in the coming weeks, the Senate will approve the final version of the fiscal year 2021 Defense

Appropriations Act. On behalf of the more than 30 million Americans coping with peripheral neuropathy, including myself, I urge you to approve the Defense Appropriations Act as written.

In this final version, peripheral neuropathy is included as an eligible condition for research funding from the PRMRP. Research funding for peripheral neuropathy is extremely important to the veterans, military families and civilians dealing with this debilitating condition. For this reason, the Vietnam Veterans of America and the Veterans for Common Sense has endorsed this request.

Thank you for your attention to this matter. We hope we can count on you to work for the final enactment of this important legislative initiative.

Sincerely,

[Your Signature]

Send your letter to Senators:

California: Diane Feinstein, Kamala Harris (Until January 20 when another person will be appointed to finish out her term as she will be Vice President and be the President of the Senate. She will not preside at every session due to other responsibilities but be actively involved in Senate business with another person chosen to preside when she is not able to be there.)

Nevada: Jacky Rosen, Catherine Cortez-Masto

Oregon: Ron Wyden, Jeff Merkley

Texas: Ted Cruz, John Cornyn

CARES ACT IMPACTS CHARITABLE GIVING FOR 2020

The Cares Act makes it easier for all to give to a nonprofit like WNA as it will help everyone as they file their taxes for 2020. Up to \$300 per taxpayer or \$600 for a married couple can be deducted by people taking the standard deduction and do not itemize deductions. It is an "above the line" adjustment to income that will reduce a donor's adjusted gross income (AGI) and thereby reduce taxable income. A donation to a donor advised fund (DAF) does not qualify for this new deduction.

As part of the bill, individuals and corporations that itemize can deduct much greater amounts of their contributions.

Individuals can elect to deduct donations up to 100% of their 2020 AGI (up from 60% previously). Corporations may deduct up to 25% of taxable income, up from the previous limit of 10%. The new deduction is for gifts that go to a public charity. The old deduction rules apply to gifts to private foundations. The higher deduction does not apply to donations directly to a DAF.

For all of these, a person would want to consult with their tax preparer or the information they have if they are filing their own taxes. This is an alert that there are changes for deductions in 2020. WNA is a public charity.

TWO COMMON PRESCRIPTION DRUGS NOW AVAILABLE OVER THE COUNTER

On Feb. 14, 2020, the FDA announced that two popular symptom-relief drugs can now be sold without a doctor's prescription.

- Diclofenac andium topical gel, 1% (Voltaren Arthritis Pain) which can temporarily relieve arthritis pain and sometimes helps neuropathy symptoms.
- Olopatadine (Pataday) which comes in eye drop form in two strengths for once a day or twice a day dosing to relieve itch or red eyes from pollen, ragweed, grass, or animal hair or dander.

Even though these are sold over the counter, they still have risks and need to be checked with your doctor before you use them. This is true of anything medicinal that you add to your intake or topical use. All such need to be listed on your doctor's list of medications, supplements, and over the counter items you use.

Read more about this in the Harvard Health Letter, Volume 45, Number 7, May, 2020. <https://www.health.harvard.edu/staying-healthy/two-common-prescription-drugs-now-available-over-the-counter>

ANALGESICS – DANGEROUS TO KIDNEYS AND OTHER CONDITIONS

Some neuropathy patients take over-the-counter analgesics to help control their pain. What you may not know is that analgesics such as ibuprofen, aspirin, acetaminophen, ketoprofen, and naproxen can be dangerous to your kidneys if taken in excess, or, for over a long period of time.

The National Kidney Foundation recommends that people who have kidney disease, heart disease, high blood pressure, liver disease, people over age 65, or people taking

diuretics use analgesics only under a doctor's strict supervision. Blood tests are required in monitoring the effects of analgesics. Also, drink plenty of water when taking analgesics.

(Source: Best-Ever Tips-Diabetes Self-Management, DSM Books) (From The Neuropathy Book by Shirley Gust Lynn, Leader of the Greater Kansas City Neuropathy Support group that closed in 2017. Used by Permission.

BE WARY OF SCAMS

We are being told that scammers seem to be out in force lately. I got several such calls today. Some icky sounding guy keeps calling to tell me they are from Mega Millions and have money for me. You only get into this by buying a ticket. If you win, you call them. They have no way of knowing who buys the tickets so even if you bought one that qualified for that week, they can't be calling you let alone if you never bought a ticket. Just hang up on them. If you check to see what phone number it came from and there is a name and/or a phone or the person said their name or some such, you can go to the Federal Trade Commission and fill out their report form. They are using the phone to interfere with false information in the business of the nation so are liable for a felony. Any information you can give is helpful to catching them in the long run.

These people supposedly want you to pay the one that delivers the money to you. Sometimes they want it to be in gift cards. You won't get anything.

A fairly common one now is someone calling to tell you that an error has been found in your Social Security Account. Immediately hang up. They are lying. Social Security will never call you to tell you that. They want to scare you into paying them money to fix it. This is also true for the liars that

tell you about a problem with your bank account. Hang up and call your bank to check it out but don't ever talk to someone that calls you like that unless it is a person you have called and you know they will be calling. Even so, make sure of who is calling.

I also get almost daily calls telling me my business might not be registered correctly on Google, Amazon, or some other listing. I also hang up on these. Lately, I got calls asking if I wanted to keep or cancel my Amazon Prime account. Turns out they refer you to a different account and likely would ask you to pay for it. I hung up and checked my account on Amazon. It is not due until April so I can decide by then.

Scammers can also get to you by email. Delete any that you are not expecting or don't have business with. If you should get an emergency message that your computer has some problem. Shut your computer down immediately and don't respond to the attack. After a period of time, restart your computer and run your antivirus scan. Please don't operate a computer without antivirus software recommended by someone that knows about them. Best Buy is one the references to use if you don't have someone you trust to know.

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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WNA IS PRESENTING A WINTER SALE

The first items 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.

They will be mailed to the buyer rolled in the appropriate mailing tube. It will be the buyer's choice and responsibility for matting and framing as there are a variety of types and styles available. Two places to check are Target where you can obtain the matting and frame for you to use in doing the preparation for hanging it yourself or for possibly a greater price, you can take it to Michaels where they will do it for you. You may know of other companies in your community that also provide the materials at a price for you to do it yourself or will do the matting and framing. There will be a page rolled with the print with more information on this. These prints will fit into a 16 x 20 inch mat and frame.



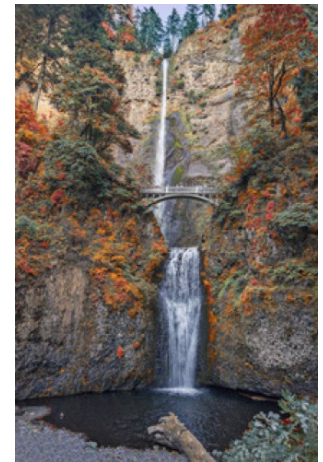
ONE - Title: Mountains and Sky

This image is from the Alabama Hills in the Eastern Sierra Nevada Mountains. It shows Mt. Whitney in the distance.



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

Each print is \$40 which includes tax and shipping.



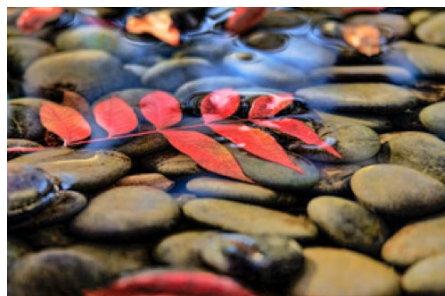
FIVE - Title: Multnomah Falls

This image is of a famous waterfall in the Columbia River Gorge, Oregon.



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.



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.

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. Prices include tax and shipping.

- Continued on page 7

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:

- 31561646 This is a review of the literature, mainly case reports, showing evidence of improvement in intractable facial pain with electrical nerve stimulation of the occipital and vagus nerves and the sphenopalatine and trochlear ganglia.
- 31741344 This is a prospective study of the treatment of patients with unilateral hip and/or leg neuropathic pain and a positive (painful) Fair Test (flexion, adduction and internal rotation of the symptomatic leg while lying on the asymptomatic side). Under ultrasound guidance, 4 ml. of lidocaine 4% and 1 ml. of betamethazone was injected into the piriformis muscle. There was significant decrease in NRS and PD scores at one month ($p < 0.001$).
- 17927294 The amino acid arginine is essential to our diet. It is converted to agmatine which in turn benefits pain by blocking the NMDA receptors, protecting nitric oxide. Animal studies have found a reduction in stress and anxiety as well as alcohol and opioid dependence. It is available over the counter.

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.

WNA Is Presenting A Winter Sale – *Continued from page 6*

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, M.D. – 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.

To purchase any of these items, use one of these methods:

- **Go to the WNA Website** – www.pnhelp.org, indicate what you want on the order blank there. Use your credit card to pay the amount indicated.
- **List what you want** with the prices, total the amount and send your list and your check in an envelope to WNA, P.O. Box 276567, Sacramento, CA 95827-6567
- **The items will be shipped to you.** It will take some days as people doing it will be working from home. Lindsay is not in the office every day. The mail from the P.O. Box is delivered to the office in Folsom several days a week. It will be done as soon as possible but we are not staffed like Amazon. All will come via the post office so watch that mail if you have to be aware of packages being delivered. If a person is at all wise, they won't steal U.S. mail as the penalty is large.



WESTERN NEUROPATHY ASSOCIATION

A California public benefit, nonprofit,
tax exempt corporation

P.O. Box 276567, Sacramento, CA 95827-6567

DECEMBER 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.

- **Monday, December 14, 6:30 PM PDT**
- **Wednesday, December 9, 1:00 PM PDT**
- **Tuesday, December 15, 1:30 PM PDT – Sacramento**
- **Thursday, December 17, 1:00 PM PDT – Nevada/Las Vegas**
- **Saturday, December 19, 10:30 AM PDT San Jose**
- **Monterey, CA Neuropathy Support Group: Wednesday, Dec. 16, 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.
- **Houston, TX Neuropathy Support Group: Saturday, Dec. 12, 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.

HOW TO CALL IN FOR TELECONFERENCE:

- 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)

A California public benefit, nonprofit,
tax-exempt corporation.

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.

This newsletter is designed for educational and informational purposes only. The information contained herein is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. Western Neuropathy Association (WNA) does not endorse any treatments, medications, articles, abstracts or products discussed herein. You are strongly encouraged to consult a neurologist with any questions or comments you may have regarding your condition. The best care can only be given by a qualified provider who knows you personally.