



WESTERN NEUROPATHY ASSOCIATION

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Issue 10  
Volume 15

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# Neuropathy Hope

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

The **Western Neuropathy Association** Celebrates Occupational Therapy on its 100 Years of Helping Patients



**CELEBRATING**  
*the spirit of OT*

**OT CENTENNIAL • 1917-2017**

## ■ OCCUPATIONAL THERAPY IS CELEBRATING 100 YEARS OF HELPING PATIENTS

If you happened to watch the 2017 Rose Bowl Parade on the Home and Garden Channel you saw the beautiful 100 Year Celebration Float from the Occupational Therapy Association of California (OTAC) with which the Western Neuropathy Association is closely associated. Our administrative assistant shares her time and responsibilities between OTAC and WNA – her cubicle space is located in the office complex we share with about 20 or so other nonprofit organizations under Association Resource Center – so we are very much celebrating with them. OTAC's executive director is our Board of Director's vice president. She has been serving

WNA since 2009.

During the First World War and afterward a group of therapists used what they called the "work cure" to help veterans recover from the shock of war, injuries as well as mental and emotional impacts. They kept the patients busy with meaningful and productive handwork where they could take pride in their continued improvement. It changed lives and has become a vital part of the rapidly improving approaches to medicine.

A leading person in this new approach to therapy was George Barton. He was a TB survivor and

*– Continued on page 7*

## ■ ABOUT OCCUPATIONAL THERAPY *The service of occupational therapy is often a lifeline.* From the Occupational Therapy Association of California

Occupational therapists and occupational therapy assistants work with people experiencing different medical conditions or disabilities to develop, improve or restore functional daily living skills. Occupational therapy is a science-driven, evidence-based profession. For millions of people, the service of occupational therapy is a lifeline. People of all ages receive occupational therapy to help them participate in the activities of their daily life. Sometimes people need occupational therapy to surmount their disabilities or medical conditions to do the everyday things we take for granted, like getting dressed, being productive at

school or work, eating unassisted, even socializing. And sometimes well people utilize the services of occupational therapy practitioners, such as older adults who want to stay active and in their own homes, business executives who want to practice wellness activities for a healthier lifestyle and more successful career, and many others.

Occupational therapy is for individuals of all ages to improve skills that help them perform daily tasks at home and at school, at work and at play. The nature of the therapy depends on the individual, the tasks

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# Roster of Our WNA Information and Support Groups

## 2017 WNA Board of Directors

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**Please contact  
your group leader  
or check your  
local paper to  
find out about  
the topic/speaker  
for the upcoming  
meeting.**

**Bev Anderson**  
Editor

Newsletter Design by

 **Diane Blakley  
Designs**

## CALIFORNIA

### Antioch-Brentwood

3<sup>rd</sup> Wednesday, 2 PM (odd numbered months)  
Antioch-Kaiser, Deer Valley Rooms 1 & 2  
Marty Price (925) 626-7988

### Auburn

Next meeting Oct. 2, 2017  
Woodside Village MH Park  
12155 Luther Road  
Sharlene McCord (530) 878-8392

### Berkeley-Oakland

3<sup>rd</sup> Wed., 3-4 PM  
North Berkeley Senior Center  
1901 Hearst Ave.  
Kathleen Nagel (510) 653-8625

### Carmichael - Atria

Atria - Carmichael Oaks  
8350 Fair Oaks Boulevard  
For information, call:  
Ryan Harris 916-342-8440

### Castro Valley

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

### Concord

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

### Costa Mesa

3<sup>rd</sup> Wednesday, 10:00 AM  
Call Martha Woodside  
949-573-0056 for the location

### Davis

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

### Elk Grove

2<sup>nd</sup> Tuesday, 1 PM  
Elk Grove Senior Center  
8830 Sharkey Avenue  
Roger White (916) 686-4719

### Folsom

1<sup>st</sup> Thursday, 12:30 PM (odd numbered months)  
Burger Rehabilitation  
1301 E. Bidwell St., Folsom  
Bev Anderson (877) 622-6298  
<http://folsom.neuropathysupportgroup.org>

### Fresno

3<sup>rd</sup> Tuesday, 11:00 AM  
Denny's Restaurant  
1110 East Shaw  
Bonnie Zimmerman (559) 313-6140

### Grass Valley

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

### Livermore

4<sup>th</sup> Tuesday, 10 AM  
Heritage Estates, 900 E. Stanley Blvd.  
Lee Parlett (925) 292-9280

### Merced

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

### Modesto

3<sup>rd</sup> Monday, 10:30 AM  
Trinity United Presbyterian Church  
1600 Carver Rd., Rm. 503  
Ray (209) 634-4373

### Monterey

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

### Napa

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

### Placerville

2<sup>nd</sup> Wednesday, 1 PM  
El Dorado Senior Center  
937 Spring Street  
Lolly Jones (505) 228-3233

### Redwood City

4<sup>th</sup> Tuesday, 1 PM  
Sequoia Hospital Health and Wellness Center  
749 Brewster Avenue  
Danielle LaFlash (415) 297-1815

### Roseville

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

### Sacramento

3<sup>rd</sup> Tuesday, 1:30 PM  
Northminster Presby. Church  
3235 Pope Street  
Charles Moore (916) 485-7723  
<http://sacramento.neuropathysupportgroup.org/>

### San Jose

3<sup>rd</sup> Saturday, 10:30 AM  
O'Conner Hospital, 2105 Forest Avenue  
SJ DePaul Conf. Rm.  
Danielle LaFlash (415) 297-1815

### San Rafael

3<sup>rd</sup> Wednesday, 1 PM  
Lutheran Church of the Resurrection  
1100 Las Galinas Avenue  
Scott Stokes (415) 246-9156

### Santa Barbara

4<sup>th</sup> Saturday, 10AM (odd numbered months)  
The First Methodist Church  
Garden & Anapamu  
Shirley Hopper (805) 689-5939

### Santa Cruz

3<sup>rd</sup> Wednesday, 1PM (odd numbered months)  
Trinity Presbyterian Church  
420 Melrose Avenue  
Mary Ann Leer (831) 477-1239

### Santa Rosa

1<sup>st</sup> Wednesday, 10:30 AM  
Santa Rosa Senior Center  
704 Bennett Valley Road  
Larry Metzger (707) 541-6776

### Thousand Oaks Region

To be announced  
Daytime meeting  
Angie Becerra 805-390-2999

### Ukiah

Oct. 3 meeting  
1<sup>st</sup> Tuesday, 1:30 PM  
Ukiah Senior Center  
499 Leslie St.  
Carole Hester (707) 972-2795

### Walnut Creek

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

### Woodland

3<sup>rd</sup> Tuesday, 1:00 PM  
Woodland Senior Center  
2001 East Street  
Sue (530) 405-6304

## OREGON

### Grants Pass

3<sup>rd</sup> Wednesday, 2:00 PM  
Club Northwest  
2160 N.W. Vine St.  
Carol Smith (541) 955-4995  
<http://grantspass.neuropathysupportgroup.org>

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.

**California:** Alturas, Bakersfield, Clearlake, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Lodi, Madera, Mt. Shasta, Oxnard, Placerville, Quincy, Redding, Salinas, San Francisco, Santa Maria, Sonoma, Sonora, Stockton, Susanville, Truckee, Tulare-Visalia, Turlock, West Sacramento, Weed, Yreka, Yuba City-Marysville. **Nevada:** Reno-Sparks. **Oregon:** Brookings, Medford, Portland, Salem.

## President's Message By Bev Anderson



This month we are celebrating the 100th Anniversary of Occupational Therapy with information and acclamation. Oftentimes people think occupational therapy has to do with being gainfully employed but it is anything that we do that occupies our time that needs to be facilitated in some way. Parents are finding to their surprise that occupational therapists can help children who have behavioral problems learn better ways of dealing with their frustrations so they can approach life more calmly and facilitate their learning. Veterans or others who have lost limbs may at some time get a prosthesis, but for now they need to learn how to cope best with the limbs they have as well as once they have a prosthesis. Occupational therapy is the profession that works very closely with these patients. They can be especially helpful for people with neuropathy.

I included an article to be alert to frauds. I've talked to people lately who gave their life savings or turned in a life insurance policy to pay for treatments that didn't help. We haven't found one of these treatments yet that lasts six months or longer. Loma Linda University in Loma Linda near Redlands, CA has built a new facility for their Neuropathic Center, which they hope will have a treatment that impacts neuropathy. It is an Adventist medical institution. We wish them success, but don't recommend anyone paying beyond their means even to an institution like this with an excellent reputation until the venture is proven. When they start turning neuropathy around on a permanent basis, we will be among the first to let you know. (Note: Loma Linda University offers occupational therapy degrees programs so we are hopeful that the work at this Center will be especially beneficial to neuropathy sufferers.)

Please be careful of any supplement you take. Don't be swayed by spam you get on your computer. The Congressionally mandated open door to supplements doesn't require any regulation or evaluation of ingredients, which puts us at more risk than we realize. Supplement manufacturers can put anything on the label that they want you to believe – no one checks. FDA does some checking if they are especially concerned but they are not allowed to divulge their findings publicly. Because of this open door, some of what is being distributed are from other countries, and again, no FDA oversight. Doctors should be alert especially if kidney and liver problems suddenly present themselves. Always list every medication and every supplement and the dosage you take on your medicine list that you review at appointments. This helps you or your doctor to identify if there are any that shouldn't be taken in conjunction with another medication.

We are including information about WalkJoy. I checked with Lee, a WNA member of the Modesto Neuropathy Support Group, whose testimonial is listed from the WalkJoy website. He has had his about four years now and wears them every day as it helps his balance and walking so much. His wife and I talked and she said it has been a good thing for his mobility. The price is less now than for the initial units so more of us might be able to try it.

Thanks to all who have responded to the letter sent out recently encouraging membership and contributions. We are sending out our fundraising 'story' letters three times a year now and it makes a big difference in communication and financial flow. You are very much appreciated.

Let's enjoy the beauty of Autumn leaves,

*Bev*

**BREAKING NEWS: UC Davis, SF, & SD Neurology are a few of locations in CA using sudoscan, a very new piece of equipment, to help diagnose small fiber neuropathies.** More information next month or check out [www.sudoscan.com](http://www.sudoscan.com) now.

## SPECIAL INVITATION TO YOUR DOCTORS

We are inviting any interested medical doctor of anyone associated with the members and friends of the WNA to give us their e-mail address to receive a digital copy of the newsletter.

Some of you have been asking if their primary care physician or specialist wanted to receive the WNA newsletter, could we send it. Yes, we can. Please provide their name, type of practice, address, phone, and e-mail address. Send it to [info@wnainfo.org](mailto:info@wnainfo.org)

### Help With Health Care Challenges

If the number is not in your area, call the one listed and ask for the right number.

#### Medicare

[www.Medicare.gov](http://www.Medicare.gov)

...

#### The Affordable Health Care Act

For current information go to [www.HealthCare.gov](http://www.HealthCare.gov)

...

#### HICAP

#### Health Insurance Counseling

for seniors and people with disabilities.

[www.cahealthadvocates.org](http://www.cahealthadvocates.org)

/HICAP/

Call (800) 434-0222 to ask a question or to make an appointment.

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#### Health Rights Hotline

Serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage.

Tollfree (888) 354-4474 or TDD (916) 551-2180.

In Sacramento, (916) 551-2100.

[www.hrh.org](http://www.hrh.org).

...

#### HMO Help Center

Assistance

24 hours a day, seven days a week.

(888) HMO-2219

or (877) 688-9891 TDD

...

#### DRA's Health

**Access Project** Free publications about the health care, insurance rights and concerns of people with disabilities and serious health conditions. For more information, go to <http://dralegal.org/> and click on "Projects".

## DISCOUNTS FOR WNA MEMBERS

The following companies or individuals have agreed to give WNA a discount to WNA members. Give them a call or visit. If you choose to purchase the service or wares of any on this list, pull out your WNA Membership Card and claim the discount.

### **Anodyne Therapy**

Infrared Light Therapy equipment - **\$50 off Model Freedom 300 (single leg at a time) and \$50 discount on Model 120 that does both legs at the same time.** Contact: 800-521-6664 or [www.anodynetherapy.com](http://www.anodynetherapy.com)

### **HealthLight** Infrared Light Therapy equipment - **10% off Single Boot System and Dual boot system.**

Contact: 888-395-3040 or [www.healthlight.us](http://www.healthlight.us)

### **Auburn**

#### **The Footpath**

825 Lincoln Way  
(530) 885-2091  
[www.footpathshoes.com](http://www.footpathshoes.com)  
**WNA Discount: 10% off the regular price shoes.**

### **Elk Grove**

#### **Shoes That Fit**

8649 Elk Grove Blvd.  
(916) 686-1050  
**WNA Discount: 20% off the regular price shoes.**

### **Fortuna**

#### **Strehl's Family Shoes & Repair**

Corner of 12th & Main  
1155 Main Street  
(707) 725-2610  
Marilyn Strehl, C.PED  
is a Certified Pedorthic  
**WNA Discount: 10% off the regular price shoes.**

### **West Sacramento**

#### **Beverly's Never Just**

#### **Haircuts and Lilly's Nails**

2007 W. Capitol Ave  
Hair - (916) 372-5606  
Nails - (916) 346-8342  
**WNA discount: 10% off the regular price.**

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## AVOIDING FALLS HELPS TO ENSURE YOUR MOBILITY AND FREEDOM

By Deborah Bolding, PhD, OTR/L, FAOTA, Community Outreach and Injury Prevention, Stanford Health Care

Older adults with peripheral neuropathy or neuropathic pain have increased fall risks above and beyond those associated with aging. In general, people over 65 years old have a one out of four risk for falling each year, and those over 80 years old have a one in two risk of falling. Many factors other than neuropathy contribute to falls, such as having had a previous fall, decreased vision, taking more than four medications, and certain types of medications. Environment also plays a role, especially walking on uneven pavement or ground. Often people have multiple risk factors, so have to consider multiple actions to stay safe.

The National Council on Aging (<https://www.ncoa.org/healthy-aging/falls-prevention>) recommends six steps to prevent falls: 1) find a good balance and exercise program; 2) talk to your health care provider; 3) regularly review medications with your doctor or pharmacist; 4) get your vision checked annually; 5) get your hearing checked annually; and 6) keep your home safe. Home safety includes removing tripping hazards, making stairs safe, and

adding grab bars in key areas. Good lighting is especially important when one has neuropathy, because vision helps compensate for problems with feeling.

Having risk factors for falling does not mean you cannot stay healthy and fall free. People who take fall prevention classes such as Stepping On, A Matter of Balance, or Tai Chi for Better Balance, or who do balance exercises on their own, can reduce their fall risks by 30% or more. Many people benefit from using a cane or hiking poles when they are outdoors, because the sensory feedback on your hands from using the device can help compensate for diminished leg sensation. Classes for using hiking poles may be available at a local senior center. An occupational therapist can consult about home safety, helping older adults remain active and safe in the community, and other areas. Prevention is invaluable – ask your doctor about a referral to an occupational therapist.

For additional information about preventing falls, visit the CDC website, <https://www.cdc.gov/steady/patient.html>

## WATCH OUT FOR NEW AND OLD FRAUDS

We say it over and over and over, but people still fall for the promises of the swift talkers who say what they know the listener wants to hear. They may provide a free lunch or dinner which entices people who then feel somewhat beholden to the ones providing the freebie – this approach makes the listener a more engaged 'believer.' If you have listened to more than one freebie presentation, you are familiar with their polished story, which some often equate to the snake oil salesman who claimed "If you don't use this product, you will get worse." This type of claim often creates anxiety and panic and thus increases purchases of their product or services. They are trained and experienced in honing in on those who seem most worried and receptive.

Please know that if there is a cure or miracle

treatment that you will read about it through WNA. If there is a major new product that will help, it will be here. Neuropathy Support Formula, now called Nerve Renew, is in this newsletter every month as they provide our members a discount. Many of our members and other group attendees have found it helps. Nearly every week some other product comes out that is basically a clone of Nerve Renew. They change some strengths and add an ingredient or more. Some of these we can't recommend as our advising compounding pharmacist can't recommend them. Some may even be detrimental. If you learn of a cure or miracle treatment and you haven't seen it mentioned in our newsletter, e-mail WNA president, Bev Anderson, at [info@pnhelp.org](mailto:info@pnhelp.org) as she mostly likely has knowledge about it or knows how to research it.

## TESTING FOR TOXINS

If you live in an area where there is a high level of a toxin like arsenic in the soil, have your doctor include a test for the levels of this in your next blood test. Toxins are known to cause neuropathy. Some people are more sensitive than others. There is an allowable limit of toxins

in our water and food supply. Many water sources and soil samples are not tested. A person talked to me recently who was tested and found a high level of a toxin in her blood so tests are being taken to lower the level.

## TYPES OF MEDICINE PRACTICED TODAY

There are many different types of medicine being practiced today and we are often left wondering – what does each one do?

### Conventional

The standard form of care in the U.S., often referred to as Western medicine, practitioners hold M.D. (medical doctor) or D.O. (Doctor of Osteopathy) degrees. They work together with other licensed health professionals that provide the support services that are critical to patients. These professionals include registered nurses, anesthesiologists, physical and occupational therapists, and many others to provide the best possible care for patients. They determine diagnosis and treatment based on the medical knowledge and experience they have gained through conventional education or practice, using drugs, surgeries, or therapies.

### Complementary

While complementary and alternative forms of medicine are often thought of interchangeably, there are differences. Complementary therapies are used together with conventional medicine. This might include a regimen of vitamins, supplements, herbs, and 'natural' substances to be used in conjunction with other medications.

### Alternative

Alternative therapies, on the other hand, are used in place of conventional medicine. One example would be if you choose to do yoga instead of a physical or occupational therapy regimen. Both complementary and alternative therapies (CAM) are referred to as Eastern medicine as many of the therapies originated in China.

### Integrative

A total approach to health care, integrative medicine combines conventional and CAM therapies into a treatment plan where there is some high-quality evidence of safety and effectiveness.

**Complementary and alternative medicines (CAM) are divided into several broad categories:**

**Natural Products:** This category is the most popular form of CAM, used by more than 15% of the U.S. population. These include herbal medicines, vitamins, minerals, and products sold over the counter as dietary supplements. For a list of possible supplements click [here](#).

**Mind and Body Medicine:** Using mind and body practices that focus on the interactions

among the brain, mind, body, and behavior, to affect physical and cognitive functioning and promote health. Examples are: Meditation, yoga, acupuncture, deep breathing exercises, hypnotherapy, progressive relaxation, and tai chi.

**Manipulative and Body-based Practices:** These practices focus primarily of the structures and systems of the body, including bones and joints, soft tissue, and circulatory and lymphatic systems. Spinal manipulation and massage fall into this category.

Energy medicine is among the most controversial of the CAM therapies. These therapies involve the manipulation of various energy fields to affect health. The most common practices include those involving electromagnetic fields (magnet and light therapy).

Many of the CAM therapies have not been evaluated in rigorous controlled clinical trials, as has been the standard for pharmacotherapies utilized in Western medicine. In an attempt to address this limitation, the National Center for Complementary and Alternative Medicine, part of the National Institutes of Health, has developed an international presence in the field of complementary and alternative medicine. With a mission to explore and evaluate complementary and alternative therapies, it oversees many research projects in the United States – whether they are safe and whether they work.

As with any medical treatments, there can be risks with CAM therapies. And, while it is important to be aware of the risks, it is also encouraging to hear about the CAM therapies used by many PN sufferers. Just like conventional therapies, there is not one treatment that worked for everyone. Sometimes they had to try several different therapies, but some of them did find relief. It can be a matter of a little, short-lived relief, but when you live with the daily pain and symptoms of PN, it can be a welcome respite. The real goal is to find a treatment that is safe and will not do you any harm.

Complementary and alternative therapies should not replace your conventional care. The best approach is to integrate these therapies with your current treatments. Used with the permission of The Foundation for Peripheral Neuropathy.

## DISCOUNTS FOR WNA MEMBERS

*Continued from page 4*

### Neuropathy Support Formula

(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.

**Free DVD on "Coping with Chronic Neuropathy"**, introduced by Dominick Spatafora of the NAF and endorsed by major university neurologists, is available by contacting the Neuropathy Support Network at [www.neuropathysupportnetwork.org/order-neuropathy-dvd.html](http://www.neuropathysupportnetwork.org/order-neuropathy-dvd.html)

### Additional Discounts

Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call (877) 622-6298 or e-mail [info@pnhelp.org](mailto:info@pnhelp.org).

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

## THE VALUE OF AN OCCUPATIONAL THERAPIST TO ONE MOTHER

By Amy (Mother)

As a mother, watching your child struggle is extremely painful. I have three young daughters, but my seven-year-old has dealt with some unique emotional and behavioral challenges over the course of her young life. On the outside, she has always looked like a perfectly healthy, happy child. However, beyond the surface, our lives have been fraught with debilitating meltdowns and tears as she has been unable to navigate change, discomfort, certain social situations, and a variety of other circumstances both at home and school. We moved from Kansas to Fresno last fall and frankly, we kind of “happened” upon occupational therapy. It was almost a last-ditch effort out of desperation. But through 6 months of frequent sessions and ongoing parental support with her OT, Megan Baxter (and a subsequent diagnosis of PVL, which explained her challenges), my daughter is now able to employ the

necessary strategies to help herself; and my husband and I have also been equipped as parents to help our daughter live her life in a better way. Even though I am a teacher and have worked with many occupational therapists over the years, before this experience, I really had no idea of the scope of practice of OT. But now I know how broad it really is, and as both an educator and a mother, I will advocate for occupational therapy in any way possible. Our lives have forever been changed by occupational therapy. In fact, I can't write this without tearing up because I am so grateful, and I know the place we are in now, versus the place we were, is largely due to Megan's work as an Occupational Therapist. And I will forever be thankful for not only Megan, but for the profession itself.

Source: OTAC 100 Stories of OT Blog

## HELP FOR THOSE WITH BALANCE CONCERNS

WalkJoy is a wearable, FDA cleared, biofeedback medical device that helps improve balance and reduce falls for people suffering from numbness in their feet due to peripheral neuropathy.

In clinical trials, 70% of patients tested had a statistically significant improvement in their balance and gait. All of these patients had no feeling in their feet. WalkJoy helps restore proprioception by providing a secondary, vibrotactile signal upon heel strike on the healthy nerves around the knee. This signal informs the brain that the foot just struck the ground and the motor system takes control. Based on the new signal and restored proprioception, patients walk with more balance, independence and confidence.

WalkJoy requires a prescription and is available for a free 10-day trial. Most individuals see immediate results within the first day of wearing them while they walk. WalkJoy is drug free and worn externally, so it is risk free. For more information, call 855-WALKJOY (925-5569) or Email: info@walkjoy.com. Please visit the website at www.walkjoy.com.

For WalkJoy to be effective, the individual must still have feeling just below the knee. WalkJoy does not help with pain mitigation. WalkJoy is not effective on individuals who have neuropathy due to a spinal cord injury.

### Testimonials from Patients

#### “Life Changing”

*I have been using the WalkJoy for several months now and am thrilled with the results that have been fabulous. I play golf 6 days a week with amazing balance, improving*

**WalkJoy**<sup>™</sup>  
Restoring Neuropathic Mobility



*my game and I am using the treadmill with increasing speed. Socially I feel more comfortable in movies and getting up from a table. My general walking has increasing length of strides and my improved balance is life changing for me. I am grateful for the wonderful way my active life has improved.*

*I sincerely hope more neurologists are made aware of the WalkJoy product to make their patient's lives much better.*  
– Larry R., MD, FACS, Palm Beach Gardens, FL

**“I feel more stable and in control.”**

*I am an 80-year-old male and I have had idiopathic axonal sensory peripheral neuropathy for at least 10 years. It has progressed to the point where I have no sensory nerve response from my toes to below the knees. As a result, my balance is very poor and I use a cane. I was becoming sedentary as my ability to maintain my balance declined. I read about the WalkJoy units in my Western Neuropathy Association newsletter and decided to give them a try.*



*What a difference they make! I wear the WalkJoy units nearly full time. When walking I am able to increase my stride and speed, and I feel more stable and in control. I walk several miles a day for exercise, and my neighbors have commented on my improved mobility.*

*I feel the WalkJoy units are enabling me to avoid having to use a walker, and ultimately a wheel chair. I am very pleased with my increased mobility. Thank you, WalkJoy!”*  
– Lee M., Modesto, CA

# Join In The Discussion!



[www.facebook.com/Neuro](http://www.facebook.com/Neuro)



@Neuropathy\_WNA

## NEW MEMBER ON WNA BOARD

WNA is back to nine members on our Board of Directors with the addition this month of Charles Gellman, a resident of El Dorado Hills. Charles specializes in marketing and

sales in the health care field especially related to hospitals. He is well versed in a variety of communication technology capabilities.

## Occupational Therapy Is Celebrating 100 Years Of Helping Patients – Continued from page 1

had lost toes to frostbite which tells us he may have had neuropathy. This new therapy approach became known as occupational therapy as it used work as therapy to prepare people to be successful in whatever they chose to occupy their time. On March 17, 1917, he founded the National Society for the Promotion of Occupational Therapy.

Occupational therapy today remains as vital an approach to helping patients as it was 100 years ago with 213,000 or more therapists in the United States, over 250 educational programs, and a continued belief that independence and full participation in life are vital. OTAC's vision is in support of this 100 year history – A world where all people participate in meaningful activities to optimize their life experience.

Occupational therapy (OT) makes a difference to people from early childhood to oldest adult who have lost skills or mobility of body parts due to physical and/or mental illness or injury. OT helps everything from helping wounded veterans learn to manage with lost arms or fingers, to helping babies in the

Neonatal Intensive Care Unit learn to feed, breathe, and swallow so they can thrive. They help stroke survivors relearn how to bath, groom, dress, and cook for themselves. They help people with neuropathy recover the use of their hands if they freeze up or don't move productively as well as improve body use from other impacts of this disease.

Some of us have experienced Car Fit, a special program conducted by occupational therapists to help people be sure they fit well in their car as well as operate it safely. People can take advantage of therapist suggestions that could help them stay safe driving longer. Occupational therapy goals are to help people with injury or disability live successfully in whatever condition they are in and have suggestions that make difficult activities more easily accomplished. Oh, and they have gadgets that they can demonstrate and have available to make life more fun and easier to manage. If you are in a support group encourage your leader to find an occupational therapist to come as a speaker so you can learn much more about their value for people with neuropathy and celebrate their 100 years.

## About Occupational Therapy – Continued from page 1

to be performed, and the environment in which the task takes place. Occupational therapy practitioners collaborate with health care providers and others in ensuring a comprehensive approach in addressing the needs of individuals. Occupational therapy has its roots, a century ago, in helping war veterans return to life at home. These days, occupational therapy practitioners work in schools, hospitals, rehabilitation centers, skilled nursing and assisted living facilities, mental health clinics and in-home care. Example of Approach to Care: In a team of health care specialists, a surgeon operates on an injured knee. A physical therapist will devise a series of exercises to help the knee heal properly with a maximum range of motion. An occupational therapy practitioner will ask, "What do you need your knee to do? What activities do you want to do, so you can

adapt (the way you walk, drive, move around at home, etc.) to that knee?" thereby determining the right treatment for keeping you mobile and an active participant in your own life.

You can check out 14 reasons that seniors can be thankful for occupational therapy on the WNA website home page.

\*Definition – Webster's Collegiate Dictionary, 2003: Occupational therapy is therapy based on performing the meaningful activities of daily life (self-care skills, education, work, or social interaction), especially to enable or enhance participation in such activities despite impairments or limitations in physical or mental functioning.

Sources: California Department of Consumer Affairs, Board of Occupational Therapy, and American



## WESTERN NEUROPATHY ASSOCIATION

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### Anne Trim of our WNA Board married Dwight Bentz on June 17.

It was a beautiful wedding  
that several members  
of the Board attended.  
The wedding was held in  
Folsom.

### Congratulations to Anne and Dwight.



#### Western Neuropathy Association (WNA)

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

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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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