



WESTERN NEUROPATHY ASSOCIATION

June 2016
Issue 6
Volume 14

- 2016 Annual Spring Conference A Success
- Bruce Hammock, Ph.D Was Keynote Speaker
- Compounds and Tips
- WNA Support Groups
- President's Message
- PN Literature Review
- Why WNA Uses A Compounding Pharmacists
- Compounding Pharmacists
- Raising Awareness And Funds For PN
- NAF 10th Annual Conference
- Major Project We Can All Help To Achieve

WESTERN NEUROPATHY ASSOCIATION
 P.O. Box 276567
 Sacramento, CA 95827-6567
 877-622-6298
 888-556-3356
 info@WNAinfo.org
 www.WNAinfo.org

Neuropathy Hope

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

THE 2016 WNA ANNUAL SPRING CONFERENCE - A SUCCESS THOSE ATTENDING GAVE IT HIGH RATINGS – “THE BEST YET”



Information sharing is always an important aspect of our annual conference.

BRUCE HAMMOCK, Ph.D., WAS THE KEYNOTE SPEAKER

By Mary Sprifke, Leader of Davis Neuropathy Support Group, Editor of PN News

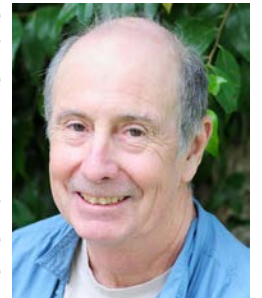
Keynote Speaker, Bruce Hammock, Ph.D. at UC Davis, an entomologist and researcher by career, explained the ins and outs of scientific research and shared details about his work at UC Davis involving enzyme inhibitors which are key to PN science. He oversees a laboratory of 40 scientists. Check out this site for more on this amazing researcher:

<http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=12486>

As background on production issues, he noted problems faced that include drugs that vanish from the market due to insufficient payback by the consumers; after all, if something works, we take it only briefly until we feel better or until the patent expires. Thus drug companies have no incentive to sink billions of dollars, as well as to go through the long list of necessary regulatory hoops, to attain a new product. Many companies have shut down or turned efforts to other areas. Thus we have fewer drug options in the U.S.

How does that caterpillar become a butterfly? In addressing this question Hammock and his colleagues

found a key enzyme in the process in insects. They went on to find that the same type of enzyme regulates natural regulatory molecules in mammals - including man. These regulatory molecules called EETs are stabilized by a drug that the Hammock laboratory at UC Davis is developing with a small company EicOsis. When stabilized these EETs reduce blood pressure, inflammation and pain. Surprisingly the compounds also work on neuropathic pain. In addition to being effective in mice and rats the compounds have been found to control arthritis pain in dogs, joint inflammation in cats, and a severe neuropathic pain condition in horses known as laminitis. They spend several years looking for just the right drug for man. They now have a large Blueprint grant from the National Institutes of



– Continued on page 6

COMPOUNDS AND TIPS

The scientists ran a 30 person double blind study in India treating diabetic neuropathic pain with a GRAS (generally regarded as safe) soluble epoxide hydrolase inhibitor. The compound is only GRAS topically but it worked exceptionally well in the India trial.

A compounded topical for surface pain is Trilocarban mixed with an NSAID. May or may not be safe. Nature provides some of this compound

through broccoli and cauliflower. Also, Celebrex and sEH used synergistically work together with fewer side effects.

Some reports indicate that omega 3 fatty acids reduce pain. Hammock suggested that it is important to both increase omega 6 fats (corn oil) and increase omega 3 fats (fish oil). On www.amazon.com check for Mor-DHA products. Don't let your fish oil go rancid; just cut

– Continued on page 5

Roster of Our WNA Information and Support Groups

2016 WNA Board of Directors

Bev Anderson
President

Karen C. Polastri, IOM
Vice President

Pam Hart
Secretary

Sandra Grafrath
Director

Brad Livingood
Director

Darrell O'Sullivan
Director

Anne Trim
Director

Sonya Wells, PharmD, MPH
Director

Emeritus Council

Michael Green
Emeritus

Johnathan Istilart
Emeritus

Arvin Magusara
Emeritus

Casimir Sammanasu
Emeritus


Sandra Vinson
Emeritus

Dick Ward
Emeritus

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

Alturas

For information call:
Bev Anderson (877) 622-6298

Antioch-Brentwood

3rd Wednesday, 2 PM-odd numbered months
Antioch-Kaiser
AMC-1H2 (from hospital lobby)
Sandra (925) 443-6655

Auburn

1st Monday, 11 AM
Woodside Village MH Park
12155 Luther Road
Sharlene McCord (530) 878-8392

Bakersfield

For information call
Bev Anderson 877-622-6298

Berkeley-Oakland

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

Carmichael - Eskaton

2nd Tuesday, 1:30 PM
Eskaton, 3939 Walnut Ave.
Karen Robison (916) 972-1632
*Call Karen before coming as it is a gated
community and sometimes the day/time
changes. She welcomes newcomers!*

Carmichael - Atria

3rd Tuesday, 3:30 PM
Atria - Carmichael Oaks
8350 Fair Oaks Boulevard
Tanysha (916) 944-2323
Community members welcome

Castro Valley

2nd Wednesday, 1:30 PM
First Presbyterian Church
2490 Grove Way (next to Trader Joe)
Judson Leong (510) 581-6697

Clearlake

For information, call
Bev Anderson (877) 622-6298

Concord

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

Crescent City

For information call:
Bev Anderson (877) 622-6298

Davis

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

Elk Grove

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

Eureka

For information call:
Earlene (707) 496-3625

Folsom

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

Fort Bragg

For information call:
Bev Anderson ((707) 964-3327

Fresno

3rd Tuesday, 11:00 AM
Denny's Restaurant
1110 East Shaw
Marvin Arnold (559) 226-9466

Garberville

For information call:
Bev Anderson (877) 622-6298

Grass Valley

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

Jackson

For information, call
Bev Anderson (877) 622-6298

Lakeport

March meeting day and time, call Mito.
Lakeport Senior Center
507 Konocti Ave.
Mito Koderá (707) 245-7605

Lincoln

For information call:
Bev Anderson (877) 622-6298

Livermore

4th Tuesday, 10 AM
Heritage Estates
900 E. Stanley Blvd.
Sandra Grafrath (925) 443-6655

Madera

For information, call
Bev Anderson (877) 622-6298

Merced

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

Modesto

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

Monterey

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

Napa

1st Thursday, 2 PM
Napa Senior Center
1500 Jefferson Street
Ron Patrick (707) 257-2343
bonjournapa@hotmail.com

Oxnard

For information call:
Bev Anderson (877) 622-6298

Placerville

For information, call
Bev Anderson (877) 622-6298

Quincy

1st Thursday, 1 PM
Our Savior Lutheran Church
298 High St.
Stacey Harrison (530) 283-3702

Redding

For information call:
Tiger Michiels (530) 246-4933

Redwood City

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

Roseville

2nd Wednesday, 1PM - odd numbered months
Sierra Point Sr. Res.
5161 Foothills Blvd.
Bev Anderson (877) 622-6298

Sacramento

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

Salinas

Contact Bill Donovan (831) 625-3407

San Francisco

4th Thursday, 10 AM
UC-San Francisco Med Ctr.
400 Parnassus Avenue
Amb. Care Ctr. 8th Flr., Rm A888
Y-Nhy (e nee) Duong
Nhy-y.duong@ucsf.edu

San Jose

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

San Rafael

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

Santa Barbara

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

Santa Cruz

3rd Wednesday, 1PM- odd numbered months
Trinity Presbyterian Church
420 Melrose Avenue
For information call
Bev Anderson (877) 622-6298

President's Message

By Bev Anderson



BIG DAY OF GIVING – Across the nation, nonprofit organizations like us looked forward to the Big Day of Giving on May 3. WNA moved up our mid-year letter to look toward this day and be more prepared. We know there is more publicity with each year and thought it would help you to get inspired to participate in the big event. All of us together might raise as much as \$5,000. We have done this in the past on the midyear request for donations so why not now? Then the letter was slow to get delivered and arrived chiefly after May 3 so was not very helpful in inspiring you to donate on the Big Day of Giving.

May 3 came. I tried to contribute right after midnight as there is a bonus for the first gift to come in. I went to our website and it had not gotten its connection so I went to the main site and was able to contribute. Very soon after the whole site crashed nationwide. Thousands of organizations were hurt. Once in a while during the day, some people got through but almost immediately, the next couldn't. Some people went through the donate button on our website which was still working for our local site but not going to the Big Day of Giving for possible matching donations. You can imagine the frustration. We don't know how many tried and gave up realizing it wasn't working and thought it our fault or their fault. We hope it wasn't many. When all that came in from any means, we may realize \$1,000.

We e-mailed our mid-year request asking people to join, renew, and/or contribute a donation. The P.S. part of that letter lets you know what is requested. We hope that if you did not respond yet, you will now.

Here is a welcomed response that surprised us. We give a big thanks to the team at Health Net where Board member Anne Trim is employed. Her team has a 'penalty jar' that teammates 'donate' money to when they are late for meetings and such. In support of our Big Day of Giving efforts, the team donated their 'penalty' funds to us. Many thanks to the Health Net team.

– Continued on page 6

WNA Information and Support Groups – continued from page 2

Santa Maria

For information call
Bev Anderson (877) 622- 6298
or Mary (805) 344-6845

Santa Rosa

1st Thursday, 10:30 AM
Santa Rosa Senior Center
704 Bennett Valley Road
Larry Metzger (707) 541-6776

Sonoma

For information, call
Bev Anderson (877) 622-6298

Sonora

For information, call
Bev Anderson (877) 622-6298

Stockton

For information, call
Bev Anderson (877) 622-6298

Susanville

For information call:
Bev Anderson (877) 622-6298

Thousand Oaks Region

For information, call
Bev Anderson (877) 622-62988

Truckee

For information call:
Bev Anderson (877) 622-6298

Tulare-Visalia

For information call
Bev Anderson (877) 622-6298

Turlock

3rd Monday, 1 PM- odd numbered months
Covenant Village Adm. Bldg. Classroom
2125 N. Olive St.
Joanne Waters (209) 634-0683

Ukiah

Last Tuesday, 5:30 PM
North Coast Opportunities (NCO)
413 N. State St.
Carole Hester (707) 972-2795

Walnut Creek

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

West Sacramento

No meeting until new leader is found
Sandra Vinson (916) 372-6093
slvins11@gmail.com

Woodland

For information call
Bev Anderson (877) 622-6298

Yreka

For information call
Bev Anderson (877) 622-6298

Yuba City-Marysville

For information call
Bev Anderson (877) 622-6298

NEVADA

Reno-Sparks

For information call
Bev Anderson (877) 622-6298

OREGON

Brookings

For information, call
Robert Levine (541) 469-4075

Grants Pass

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

Medford

For information, call
Bev Anderson (877) 622-62988

Portland

For information call
Bev Anderson (877) 622-6298

Salem

For information call
Bev Anderson (877) 622-6298

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".

Start a support group in your area:

Contact Bev Anderson at (877) 622-6298 or info@pnhelp.org

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 PCNA/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

HealthLight Infrared Light Therapy equipment - **10% off Single Boot System and Dual boot system.** Contact: 888-395-3040 or www.healthlight.us

Auburn

The Footpath
825 Lincoln Way
(530) 885-2091
www.footpathshoes.com
PCNA Discount: 10% off the regular price shoes.

Elk Grove

Shoes That Fit
8649 Elk Grove Blvd.
(916) 686-1050
PCNA 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
PCNA Discount: 10% off the regular price shoes.

Sacramento

Midtown Comfort Shoes
3400 Folsom Blvd.
(916) 731-4400
PCNA discount: 15% on the regular price.

– Continued on page 5

PERIPHERAL NEUROPATHY 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 take us 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.

This month's PMIDs:

- 25234478 In a review of 16 randomized controlled trials the authors found evidence for the effectiveness of vasodilators, NMDA analogs and bisphosphonates (increase calcium) in the early treatment of complex regional pain syndrome.
- 25392197 It is well known that high blood sugar levels, even in those not diagnosed with diabetes, are associated with peripheral neuropathy. This study demonstrates a strong correlation (R=0.84) between the magnitude of decrease in blood sugar (HbA1c) and neuropathic pain; so, those diabetics who are rapidly controlled, can paradoxically experience the onset of peripheral neuropathy.
- 25438482 This Indian randomized placebo-controlled study of NitroSense Derm Protect patch for painful diabetic neuropathy demonstrated a significant (p<0.05) decrease in the Pain Lickert Scale, and significant (p<0.09) decrease in vibration perception threshold. The patch, however, appears to be only available in India.
- 25751285 This Chinese 20 year review of literature comparing acetyl-L carnitine (ALC) with placebo treatment of peripheral neuropathic pain found four randomized controlled trials (523patients) showing moderate, statistically significant reduction of pain on the Visual Analog Scale.

HOW WNA USES A COMPOUNDING PHARMACIST By Bev Anderson, WNA President

When WNA gets a sample of a new product or someone sends information about a new treatment related to some substance, it is usually taken to the compounding pharmacist at Sierra Compounding Pharmacy. It is a convenient location for me (Bev Anderson) and I trust the knowledge of the pharmacist. One time not too long ago, I was given a sample and a brochure of a product a man was selling. I didn't let him try to sell it to people at the support group but took it to Sierra Compounding Pharmacy. Bob Seiwert, D.Ph., was not in so a member of his staff sent the ingredient list to him where he was on vacation. He called me from Idaho to tell me that the only thing he could see could have been done was that he or whoever put it together got a tub full of medicinal cream and dumped a shovel full of dirt in it and mixed it up. The ingredients listed were heavy metals and a variety of items of no medicinal value. Needless to say, we never used it or offered to let someone else try it.

Just recently, I became better acquainted with the current pharmacist at Sierra as Bob is close to retiring. I asked Janell Jones, D.Ph., to review two products. First, she reviewed a nicely boxed product in a plastic container with a plunger to measure out each dose. She looked at the ingredient list and at

the product. Her response was that it could possibly soften skin as a lotion would, but there wasn't any ingredient in it that would indicate it would help with pain. It would not hurt anyone so it could be given with the possibility that someone might find it cooling or comfortable.

The other product was a turmeric based product. She said that turmeric can help but in a way you might not expect. People who are taking any type of blood thinner should not take turmeric as it thins the blood. Care should also be taken if you are taking an aspirin a day as you don't take aspirin with a blood thinner. She also said that you don't take turmeric if you are taking an ibuprofen such as Brand names: Advil · Motrin · Midol · Advil Migraine · Nuprin · NeoProfen · Addaprin · Advil Pediatric. They accelerate the thinning of the blood. A person could be in an emergency situation or die under these circumstances of combing turmeric with aspirins and ibuprofens.

We always say to talk with your doctor before starting a treatment option that your doctor didn't prescribe. You can also talk to your pharmacist. This is especially true if you are considering using or are using turmeric. It is a spice in the cupboard so you might not think there is danger and there is nothing on the spice container that would warn you.

COMPOUNDING PHARMACISTS

Retta Gilbert, assistant leader of the Davis Neuropathy Support Group, sent in a reminder that compounding pharmacists can make medications that are quite effective. Your doctor gives them a prescription; they put the medication into a cream that can be rubbed on your skin. The medication is absorbed through the skin, bypassing the stomach, and becomes immediately effective. (This is why we always say to be careful what you put on your skin as whatever gets on your skin goes in through the thousands of pores in your skin acting as a straw pulling it in.) Medication that your

stomach doesn't handle well can be administered this way. Alpha lipoic acid can be as well. Retta says that she gets a cream with Ketamine that she has found quite helpful as have others.

Compounding pharmacists have lists of possible combinations so they can consult with your doctor knowledgably. They know what has helped others and can make suggestions. Your doctor may have worked with a compounding pharmacist. These treatments tend to be somewhat more expensive and some insurance may not cover it fully. It is something to check out if you feel you could get more help than you do now.

Compounds And Tips – continued from page 1

a capsule in half and sniff. Check its age, and keep it in the refrigerator. Know that quality control may be lacking in supplements. Mass spectrometry can identify if the ingredients are good.

Lastly, Dr. Hammock recommended Professor Scott Fishman, M.D., Chief of Pain Medicine at the UC Davis Health System, as a resource: He is at J. Ellison Ambulatory Care Center, 4860 Y St., Suite 2700, Sacramento, CA 95817 916-734-7246

(We expect to have an article on the presentation by Leonard Chuck, M.D. "How Is Research Conducted?" in the July issue of Neuropathy Hope. He presented an overview of aspects of neuropathy as well.)

A COMPOUND YOU MIGHT LIKE TO TRY

Professor Hammock said he had a cream that some found helpful for surface pain. He said that people could have their doctor contact him about it but it would have to be made by a compounding pharmacist. Darrell O'Sullivan on WNA's Board of Directors and I were in communication with Dr. Hammock after the conference about how this would best work. We knew he was too busy to deal very many people about this so we have set up a plan that can work for any number of people who want to check this product out.

1. The formula is in the possession of Sierra Compounding Pharmacy in Auburn, CA. Sierra Compounding Pharmacy has been a medical advisor to the Western Neuropathy Association since its inception so we have confidence in it. More

information about that is elsewhere in this newsletter.

Robert "Bob" Seiwert, D.Ph., Pharmacist-Owner spoke several times at the Auburn Neuropathy Support Group meetings. He is in semi-retirement and has an excellent staff working there. Retta Gilbert's information about compounding pharmacists in this newsletter will also give help in knowing the value of this specialty.

2. If you want your doctor to prescribe this for you, you talk to your doctor. If your doctor has a compounding pharmacist he or she has worked with and wants to continue to work with this person, he needs to ask that compounding pharmacist to contact Janell Jones at Sierra Compounding to get the formula and decide if he or she wants to compound it. If so, your doctor works with this compounding pharmacist who makes it for you.

3. If your doctor does not have a compounding pharmacy he or she can work with available, he or she contacts Janell Jones at Sierra Compounding Pharmacy as they compound and mail prescriptions near and far regularly.

4. The whole process is in the hands of the Compounding Pharmacist and your physician. The Western Neuropathy Association (WNA) does not endorse this or any other medications, treatments, or products, but leaves it between you and your doctor. We do make information available that you or your doctor might not know about otherwise so you and your doctor can consider and make your own decisions as to your treatment.

Contact information: Janell Jones, DPh, Compounding Pharmacist, Sierra Compounding Pharmacy, 1101 Maidu Dr., Ste. 200, Auburn, CA 95603 (530) 823-5200 Janell@sierracompounding.com • www.SierraCompounding.com

DISCOUNTS FOR WNA MEMBERS

Continued from page 4

West Sacramento Beverly's Never Just Haircuts and Lilly' Nails
2007 W. Capitol Ave, West Hair-(916) 372-5606
Nails-(916) 346-8342
PCNA discount: 10% off the regular price.

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

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.

Raising Awareness and Funds for PN



Gift wrapping booth at the Folsom Outlets on Mother's Day Weekend. Wendy Trim, Sonya Wells and her daughter, Elena, are shown here. Pam Hart, Anne Trim, and Dwight Bentz also actively helped. They earned \$341 in donations in the two-day event, as well as educated the general public about neuropathy. Hurrah for this wonderful crew.



Health to move their best candidate drug to human trials for diabetic neuropathic pain.

I may have missed some of the science, but Dr. Hammock mentioned murine sHE (soluble epoxide hydrolase) structure, and explained that it is an anti-parallel homodyne. In layman's language, the enzymes are stabilizing. Ongoing research focuses on the enzyme's transition state and thus is key to learning more about damaged nerves. The search continues for compounds that are "just right" and can be taken orally.

From Wikipedia: Using Lipinski's rule of five also known as the Pfizer's rule of five or simply the Rule of five (RO5) is a rule of thumb to evaluate druglikeness or determine if a chemical compound with a certain pharmacological or biological activity has properties that would make it a likely orally active drug in humans. The lab follows these rules. Factors that are part of the process include: rodent PK (pharmacokinetics), toxicology costs, and phase trials 1, 2, and 3. Hammock's lab at UC Davis has a grant from the National Institute of Health for work in this field.

Live subjects include rats, mice, dogs, cats and horses. We viewed video results showing a cat that had arthritis so badly it couldn't jump at all; after injections, it returned to normal movement within 3 hours. Read the scientific online report on Pharmacokinetic Screening of Soluble Epoxide Hydrolase Inhibitors by Dr. Hammock.

He noted the necessity of testing for efficacy at each step and noted a compound becomes more potent during the process. They had good responses with hypertension, but the process was too long to be used for other drugs. These drugs stabilize an anti pain anti inflammation natural product in the arachidonate cascade. This

single biochemical pathways accounts for about 70% of the drugs sold in the world including NSAIDs and COXIBs.

His team seeks mid-level, 'green' pathways to reduce pain and inflammation. A primary goal is to create compounds that are more powerful than NSAIDs and that will reduce known side effects. They have categorized three targets: 1) short/cheap, less toxic compounds; 2) wishful thinking to treat cancer, PN, Fibrosis and Atrial Fibrillation; and 3) eventual work with Cardiac Diabetes, Asthma, COPD, Renal Failure and Hypertension. These goals are years away.

Pain sensation is essential to our survival, but reducing our body's reaction to pain is the heart of their work. Extreme reaction to the sense of pain, hyperalgesia, requires medication that is different from Aspirin, Tylenol, etc. Neuropathic pain may include allodynia defined by Wikipedia as, "central pain sensitization (increased response of neurons) following painful, often repetitive, stimulation. Allodynia can lead to the triggering of a pain response from stimuli that do not normally provoke pain." [If you've walked barefoot over aggregate or rough surface, you have experienced this pain.]

Gabapentin must be monitored carefully, since after time, it may affect cognition and alertness. The lab is using synergism (2+2=4) to combine sEH with diclofenac to alter NSAID's reactions. He cited an open label study of 12 horses at UC Davis where 10 were saved.

The soluble epoxide hydrolase compounds being taken to the clinic work on many possible indications. Hammock's group has selected neuropathic pain as a target for many reasons. One reason stemmed from Hammock's time in the Army working in a burn hospital where he saw the results of poor pain control on patients. This remains a major unmet need he said.

President's Message – Continued from page 3

ANNUAL CONFERENCE THANKS

Thanks to the Occupational Therapy Association of California (OTAC) for their sponsorship. They paid for and assembled the snack bag each person received at registration as well as sponsored some of our printed materials, a silent auction item, and some staff hours for preparation and at the event. We thank our speakers Bruce Hammock, Ph.D.; Leonard Chuck, M.D.; and Vanessa Kessler, balance and exercise expert. All served without remuneration except for lunch and a gift box of jelly bellies to take home and enjoy. Dr. Hammock said that those in his lab enjoyed the treat, too.

Thanks to other volunteers. Shirley Gunn of Fairfield, all WNA Board of Directors members that were able to attend – Sandra Grafrath, Pam Hart, Brad Livingood, Darrell O'Sullivan, and Anne Trim. Amy Butera and Alexandra "Alex" Fritzier from our office were a great help. (Our office is provided by the Association Resource Center in Folsom. We pay a monthly fee for administrative staff hours including reception, maintenance of a headquarters office, storage, copy capabilities, postage machine, production room, etc. Amy and Alex work for several other small to medium nonprofit organizations. About 25 nonprofits are serviced in this cooperative office including the Occupational Therapy Association of California who often sponsors our efforts.

CONGRATULATIONS. Three Support Group Leaders were honored with Support Group Leader of the Year awards. We honored more

than one as all do such a great job – this was an especially illustrious trio. More space will be given in next month's issue to their profiles. Those who were honored this year – Marvin Arnold, Leader of the Fresno Neuropathy Support Group; Ron Patrick, Leader of the Napa Neuropathy Support Group; and Monte Schrader, Leader of the Modesto Neuropathy Support Group. Monte has had to resign due to health problems, but he was honored for his outstanding service. He even had one of his famous jokes ready for the occasion.

Thanks to all for all that you do to help spread information about neuropathy, helping with your group by being there to encourage others, making phone calls, sending e-mails, leading the meeting, and contributing time and funding, and a smile of encouragement. If you are in a group, be sure to give support to those giving time to keep it going. If you are not and you would like a group in your area and would help lead it, be sure to let us know so we can help you make your dream a reality.

Bruce

P.S. If you want to attend the Neuropathy Action Awareness Day Conference in Los Angeles on June 23 or you want to watch it from home via live streaming, go to www.neuropathyactionfoundation.org and click on the 10th Annual Conference and register. Live streaming is free.

NEUROPATHY ACTION FOUNDATION 10TH ANNUAL CONFERENCE – JUNE 23, 2016 INTERCONTINENTAL HOTEL, CENTURY CITY, LOS ANGELES, CA – PROGRAM

- 9:30–10:00 **Registration and Exhibits**
- 10:00–10:10 **Welcome**, Master of Ceremonies (MC)
- 10:10–10:50 **The Whole Body Experience: Neuropathy from Head to Toe**, Todd Levine, MD, Co-Director of Neuropathy Association Certified Clinic, Banner Good Samaritan Medical Center and Clinical Assistant Professor, University of Arizona
- 10:50–11:30 **Understanding a Neurologist’s Approach to the Diagnosis and Treatment of Peripheral Neuropathy**, Jonathan Katz, MD, Chief of Neuromuscular Services at California Pacific Medical Center
- 11:30–12:00 **Break and Exhibits**
- 12:00–1:15 **Lunch Program**
- **Neuropathy Action Foundation Update**, Dominick Spatafora, Founder and President, Neuropathy Action Foundation (NAF)
 - **“You Are Our Hero Award”**, David Morrow, Senior Vice President, Neuropathy Support Network
 - **The Power of Positivity: Turning Attitude into Action**, Grant Korgan, Spinal Cord Injury – Recovering Athlete and Motivator
- 1:15–1:50 **Immune Mediated Neuropathies and IVIG 101**, Tahseen Mozaffar, MD, Associate Professor of Neurology and Orthopaedic Surgery, Director ALS and Neuromuscular Center, University of California, Irvine
- 1:50–2:30 **Food As Medicine: Improve Health, Increase Vitality & Live Longer!**, Melina Jampolis, MD, Celebrity Internist and Board Certified MD Nutrition Specialist
- 2:30–3:00 **Refreshments and Exhibits Break**
- 3:00–3:30 **Championing Healthcare Rights for Yourself and Others Through Patient Advocacy**, Liz Helms, President and CEO, California Chronic Care Coalition
- 3:30–4:00 **Managing Fatigue through Lifestyle Modifications**, Ashley Uyeshiro Simon, OTD, OTR/L, Assistant Professor of Clinical Occupational Therapy, University of Southern California Occupational Therapy Faculty Practice

The NAF is a 501(c)(3) tax exempt organization as described under Section 501(c)(3) of the Internal Revenue Code. Your charitable contribution is tax deductible according to limits provided by law. Tax ID #20-4792248. Please note that the NAF does not endorse any product, program, treatment or speaker. Please consult with your personal physician regarding products or treatments.

There are two ways you can attend this conference. You can register, pay \$25 and go to the site for the conference on Thursday, June 23, 2016, or you can register to participate by watching it on a computer at home, work, or wherever you wish at no charge. You have to register to receive the information on how to receive it on your computer. You can go to the Neuropathy Action Foundation website www.neuropathyaction.org, get all the information about the conference and register there or mail in this form:

10th Annual Neuropathy Action Awareness Day Please return by June 9th to avoid a \$50 charge

Name _____

Company/organization, if applicable _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

- I am a neuropathy patient or caretaker and will attend the Event and Luncheon \$25 per person
- I am NOT a neuropathy patient or caretaker and will attend the Event and Luncheon \$125 per person
- I cannot attend but would like to make a contribution in the amount of \$ _____
- I cannot attend in person but will watch on the internet via Live Stream FREE

Payment

Pay online at www.neuropathyaction.org

My check or money order payable to **Neuropathy Action Foundation (NAF)** is enclosed.

Please charge my credit card for \$ _____ Mastercard Visa AMEX

Credit Card Number _____ Expiration Date _____

Name as it appears on card _____ CVV _____

Signature _____ Date _____

MAIL YOUR COMPLETED FORM (AND CHECK IF APPLICABLE) TO:
Neuropathy Action Foundation • 1950 Old Tustin Avenue, Santa Ana, CA 92705



WESTERN NEUROPATHY ASSOCIATION

A California public benefit, nonprofit, tax exempt corporation

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

Call WNA using our toll free phone numbers:

(877) 622-6298 ■ Email: info@WNAinfo.org

■ PN Information/Advice ■ Support Group Inquiries

(888) 556-3356 ■ Email: admin@WNAinfo.org

■ Membership Information/Inquiries ■ Sponsorships

■ General Organizational Inquiries ■ www.WNAinfo.org



www.facebook.com/Neuro

Join Us!

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



MAJOR PROJECT WE CAN ALL HELP TO ACHIEVE

For years, we have heard the reports of people trying to find a neurologist knowledgeable about neuropathy. We now have a plan. We have found that doctors who decide to specialize in neurology are trained in teaching hospitals and there are about 10 or so institutions that do this in California, several in Oregon, and several in Nevada. We know that the University of California at Davis (actually the Medical Center is in Sacramento) trains an average of 15 a year. We are researching the other institutions. We want to be sure each one of these neurologists in training received information about neuropathy.

Gerard Said, considered possibly the world's greatest authority on neuropathy has written *Peripheral Neuropathy & Neuropathic Pain Into the Light*. It covers a great deal of material for doctors. We want to put this book into the hands of as many of these soon to be neurologists as possible. We will be in contact with a number of companies and organizations that we think could help by contributing funds to cover the cost of the book and mailing.

Anyone that wants to make a contribution specifically to this project will be welcomed and be listed with other donors to help ensure this project reaches as many future neurologists as possible. We also want to put a copy of the book in each county library system in which we have a support group. We are selling the book as well at the Amazon price. We sold it for \$36 at the conference, which was a bit below the cost. We are working with the publisher in Europe for an even lower price than Amazon. Basically, for each \$25 received, a book can be shared. First we have to raise enough to pay for the quantity that will give us the best price. So stay tuned. You will be hearing more about this project.



Western Neuropathy Association (WNA)

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

Bev Anderson, Editor

P.O. Box 276567

Sacramento, CA 95827-6567

(877) 622-6298 ■ (888) 556-3356

info@WNAinfo.org ■ www.WNAinfo.org

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.