



WESTERN NEUROPATHY ASSOCIATION

October 2018
Issue 10
Volume 16

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Neuropathy Hope

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

THE TIME TO CELEBRATE OUR 20TH ANNIVERSARY IS NOW!

HAVE YOU SIGNED UP TO ATTEND AN EVENT? PLEASE DO IT NOW SO WE KNOW YOU ARE COMING TO CELEBRATE! \$25 by check, online (www.pnhelp.org), or by calling Lindsay at (916) 932-2218 or (888) 556-3356

Sacramento (Rancho Cordova)
Saturday, October 13, 12:00 PM/Noon
Cattlemen's Restaurant, 12409 Folsom Blvd.,
Rancho Cordova, CA 95742

Choose 1 from these 4 choices (entre' includes: mashed potatoes, all-you-can-eat-salad, ranch-style beans, sourdough bread, coffee, soda and tea – also WNA anniversary cake)

- Top Sirloin Steak (a flavorful 8 oz. sirloin steak aged to perfection),
- Teriyaki or Lemon Herb Chicken (chicken breast basted with fat free lemon herb or teriyaki marinade),
- Grilled Atlantic Salmon (a thick cut boneless filet, broiled to perfection, served with dill sauce and lemon),
- Pasta Ravioli (vegetarian ravioli served with a seasonal vegetarian sauce)

Concord
Thursday, October 18, 1:00 PM
The Old Spaghetti Factory, 1955 Mount Diablo St., Concord, CA 94520

Choose 1 from these 3 choices (entre' includes: crisp salad, hot fresh baked bread, spumoni ice cream – also WNA anniversary cake)

- Our Famous Baked Lasagna (layers of noodles, marinara sauce, ground beef and pork, and four kinds of cheese),
- Fettuccine Alfredo (fettuccine noodles in a butter cream sauce with shredded romano cheese –

vegetarian choice),

- Chicken Marsala (a freshly seasoned breast of tender chicken with a mushroom and marsala wine sauce; served alongside spaghetti with mizithra cheese and browned butter)

Auburn
Monday, November 5, 11:00 AM
Black Bear Diner, 13365 Lincoln Way, Auburn, CA 95603

Choose 1 from these 4 choices (each of which may have further choices to make once you are there). There will be WNA anniversary cake.

- California Burger (avocado and jack cheese with golden brioche bun, shredded lettuce, tomato, red onion, dill pickle, mayonnaise, and Thousand Island dressing) with your choice of French fries, potato salad, sweet potato fries, cole slaw, green salad, or cup of soup.
- Open Faced Hot Turkey Sandwich (sliced, roasted turkey breast, served open face with red-skinned mashed potatoes, turkey gravy, and cranberry sauce with your choice of French fries, potato salad, sweet potato fries, cole slaw, green salad, or cup of soup.)
- Shasta Scramble (two eggs, avocado, spinach, tomato, onion, bell pepper, and jack cheese with a house made biscuit and your choice of strip cut hash browns, country red potatoes, or fresh fruit)
Recommended by Sharlene McCord

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

Celebrating 20 Years!

THREE LUNCHEONS PLANNED. BEV ANDERSON SCHEDULED TO BE AT EACH.

- Sacramento Area – Saturday, October 13 – Noon**, Cattlemen's, 12409 Folsom Blvd., Rancho Cordova
- Concord – Thursday, October 18 – 1:00 PM**, The Old Spaghetti Factory, 1955 Mt. Diablo St., Concord
- Auburn – Monday, November 5 – 10:30 AM**, Black Bear Diner, 13365 Lincoln Way, Auburn

Roster of Our WNA Information and Support Groups

Some groups continue meeting all summer months but some don't. If the meeting you attend does not have any changes in its listing, it likely meets through the summer. If you want to be sure, call the leader at the number given.

2018 WNA Board of Directors

Bev Anderson
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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

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

Auburn

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

Berkeley-Oakland

3rd 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:
Bev Anderson 877-622-6298

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

Costa Mesa

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

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

Folsom

4th Wednesday, 12:30 PM (odd numbered months)
Burger Rehabilitation
1301 E. Bidwell St.
Bev Anderson (877) 622-6298

Fresno

3rd Tuesday, 11:00 AM
Denny's Restaurant
1110 East Shaw
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

Livermore

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

Merced

2nd Thursday, 1 PM
Central Presbyterian Church
1920 Canal Street
(Hoffmeister 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
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 St.
Ron Patrick (707) 257-2343
bonjournapa@hotmail.com

Placerville

2nd Wednesday, 1 PM
El Dorado Senior Center
937 Spring Street
John McCoy (530) 642-8511

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.
Stan Pashote (916) 409-5747

Sacramento

3rd Tuesday, 1:30 PM
Northminster Presby. Church
3235 Pope Street
Charles Moore (916) 485-7723

San Francisco

2nd Monday, 11 AM - 12:30 PM
Kaiser French Campus
4141 Geary Blvd. between 6th & 7th Ave.
Rm. 411A - Watch for signs.
Suzanne (415) 830-1348

San Jose

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

Santa Barbara

4th Saturday, 10AM (Sept., Oct., Jan., March, May)
St. Raphael Catholic Church
5444 Hollister Ave., Conference Room
Shirley Hopper (805) 689-5939

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

Thousand Oaks - Westlake Village

2nd Monday, 2:30 - 4 PM
United Methodist Church of Westlake Village
1049 S. Westlake Blvd.
Angie Becerra (805) 390-2999

Walnut Creek

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

NEVADA

Las Vegas

3rd Thursday, 1 PM
Mountain View Presbyterian Church
8601 Del Webb Blvd.
Barbara Montgomery (818) 400-0296

OREGON

Grants Pass

3rd Wednesday 2:00 PM
Club Northwest
2160 N.W. Vine St.
Amanda Mountain (541) 951-8250

Lindsay Fosler of Alnylam Pharmaceuticals, Inc. will be speaking on **Understanding Hereditary ATTR Amyloidosis** to some groups in October. She brings her own equipment for her Power Point and is an excellent speaker. You WANT to hear her. There is a test and a treatment for this fairly rare neuropathy.

In October: Auburn, Santa Rosa, Napa, Grass Valley, Elk Grove, Davis.

You are welcome to attend any of these meetings.

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, Quincy, Redding, Salinas, San Francisco, Santa Maria, San Rafael, Sonoma, Sonora, Stockton, Susanville, Truckee, Tulare-Visalia, Turlock, West Sacramento, Weed, Ukiah, Woodland, Yreka, Yuba City-Marysville. **Nevada:** Reno-Sparks. **Oregon:** Brookings, Medford, Portland, Salem.

President's Message By Bev Anderson



This is the month when trees start changing color as leaves ripen and fall. Some magnificent specimens display colors of brilliant hues. In my yard it is the bright yellow of the black oaks along my road. I hope you are enjoying some in your neighborhood.

I hope I will see you at one of the WNA 20th Celebration luncheons. They are in areas where early support groups developed. The first being in Auburn and the next in Sacramento. Walnut Creek actually predated us. However, when the long time leader had to retire, no one took her place and months went by without a group there. I received permission to re-energize it with good leadership and was successful. Different leaders have taken it on for some years now.

Please register and come help us celebrate. If you know anyone who used to come to your meeting but don't now, let them know about the luncheon so they can visit with people they have not seen in a while. Concord might seem out of the way for some in the Bay Area but it is a relatively easy place to get to. It is in the older part of downtown not far from the freeway. There are two parking garages within the distance you might walk in a parking lot. Wayne Korsinen, Concord's Leader, investigated. If you don't find street parking, there is room in the garages. If on the upper floor, they all have an elevator. All parking in the downtown area is free including the garages. A special bonus is that Thursday is Farmer's Market Day and it is a block or so away from the restaurant in the Central Town Square Park. The Market starts at 2:00 PM so it will be fully set up and going by the time the luncheon is over.

If you plan to come to the Auburn celebration, register as soon as you can as the seating capacity is less than the other locations. This is the actual room where the first support group meeting was held in November 1998. The Sacramento location in Rancho Cordova at Cattlemen's is fairly central to Folsom, Placerville, and Elk Grove as well as Sacramento and not that difficult for Davis people to find. We are hoping for people to turn out to help us celebrate our first 20 years as well as kick-off our next 20 years. I look forward to seeing you – at whichever location you select.

The article "FDA OKs First Drug for Rare Corneal Disease" is to highlight research into a rare disease which should encourage us that this is actually happening. The exercise article should also say exercise is a way to ward off diabetes or improve it if you already have it.

If you worked for a corporation before you retired or are working at one now, be sure to check their policy on matching gifts. Many of them match the amount an employee or retired employee donates. It would give you an opportunity to double your gift.

Thanks to all of you that responded to our letter of request for donations you received in early August. It is really appreciated. Some people don't renew their membership and that hurts a great deal. We plan what we can do based on the number of members. Please encourage people in your group that aren't yet members to join to help themselves and others.

Happy October,

Bev

The Time To Celebrate Our 20th Anniversary Is Now! *Continued from page 1*

• Taco Salad (your choice of seasoned ground beef or marinated grilled chicken breast served in a crispy tostada bowl lined with refried beans then topped with salad mix, tomato, onion, olive, cheddar cheese, jack cheese, pickled jalapeno, avocado, cilantro and served with salsa and your choice of dressing)

This will be a fun time of remembering and looking forward. Come if you have been around for a while. Come if you are new to this organization. There will be door prizes and a special guest with unique information as well as people with stories from the past you won't want to miss. Tell us your lunch choice when you register.

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".

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

HealthLight Infrared Light Therapy equipment - **5% 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
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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FDA OKs FIRST DRUG FOR RARE CORNEAL DISEASE

Complete Corneal Healing In 70% Of Treated Patients

By Ian Ingram, Deputy Managing Editor, MedPage Today August 22, 2018

WASHINGTON -- The FDA on Wednesday approved cenegermin (Oxervate), a recombinant version of the human nerve growth factor, for treating a rare degenerative corneal disease, neurotrophic keratitis, which occurs in fewer than five in 10,000 individuals.

"While the prevalence of neurotrophic keratitis is low, the impact of this serious condition on an individual patient can be devastating," said Wiley Chambers, MD, of the FDA Center for Drug Evaluation and Research, in a statement. "In the past, it has often been necessary to turn to surgical interventions; these treatments are usually only palliative in this disease. Today's approval provides a novel topical treatment and a major advance that offers complete corneal healing for many of these patients."

A pair of randomized, double-blind, multicenter trials led to the approval of cenegermin, which is delivered as an eye drop. In all, 151 patients with neurotrophic keratitis were treated over the course of eight weeks. The cenegermin eye drops were

given six times per day in the affected eye in both studies -- the first of which included patients with neurotrophic keratitis affecting one eye, while the second included patients with bilateral disease.

Across the two studies, complete corneal healing occurred in 70% of cenegermin-treated patients versus 28% of those treated without the active agent.

Common side effects with cenegermin included eye pain, ocular hyperemia, eye inflammation, and increased lacrimation.

Decades of research, which stemmed from the studies of Rita Levi-Montalcini (who won a Nobel for her discovery of the human nerve growth factor), led to the development of this new agent. Prior to the approval, cenegermin received orphan designation and an expedited review from the FDA. Manufactured by Dompé in Italy, the drug was previously approved in the European Union. Used by permission of WebPage Today.

UPDATE FROM DR. BRUCE HAMMOCK ON CLINICAL TRIALS

Monday evening, Sept. 10 the Board of Directors voted to send a check for \$5,000 to Dr. Bruce Hammock and Eicosis Human Health for the research project we have been following which we trust will produce a pain medication that will make many people much more comfortable with less to no pain. The Board put up \$2,500 and asked members to match it. This happened culminating with just over the full amount at the 2018 Annual Conference in April.

It has taken a while to make the final decision as we have seen a financial challenge developing. Membership is down and so are contributions. We are developing a number of possibilities to help change this. We hope people will take heart that we are doing something major in promoting research that may actually help people who are living today. We found out today that the FDA required them to finish animal testing as it supports what happens with humans and they also are likely anxious for the animal medication to come forward soon, too. All looks good. The plans will be laid out in January - March with Clinical Trials starting in April. There is a possibility that the medication could be available as soon as 2020 if all goes well.

We were told that the amount we are giving at this time will actually move the timing along more than we might think. It can be used for requirements like patent fees that can't be paid for with most of the funds they have received so far as they are designated funds. You can't develop a medication and sell it without a patent for it. It is critical that funding be available. Thanks to all of you that gave so the match was there. It meant that no matter the challenge, we had to stand by our word.

Now we hope and trust that during the rest of the year, funds will come in to bring us above the deficit we see ahead if they don't. We are very careful but doing anything can be costly. We're trusting, for example, that people attend the three events we have scheduled as we celebrate our 20th Anniversary in numbers enough that they are fully funded and more. If so, it might mean we have members and friends who would like an event in their area where they could gather with people from other groups and areas for fun and information. Be sure to register and come to one of the three luncheons if at all possible. We know they are not that close to some of you, however.

1-HOUR EXERCISE, 3 TIMES A WEEK BOOSTS COGNITION IN OLDER ADULTS

But No Improvement In Memory.

By Judy George, Contributing Writer, MedPage Today May 30, 2018

Exercising for 52 hours over a six-month period may be an optimal dose for cognitive improvement in older adults, a systematic review of 98 randomized clinical trials suggested.

Interventions that averaged 52 hours over a span of six months -- averaging about an hour, three times a week -- were linked to specific cognitive improvements in adults with and without cognitive impairment, reported Joyce Gomes-Osman, PT, PhD, of the University of Miami Miller School of Medicine, and colleagues in *Neurology: Clinical Practice*.

"The constructs of cognition that were most amenable to exercise were processing speed and executive function," Gomes-Osman told MedPage Today. "This is an encouraging result because those two constructs are among the first that start to go with the aging process. "This is evidence that you can actually turn back the clock of aging in your brain by adopting a regular exercise regimen."

Interestingly, statistical associations did not hold for memory improvement, noted Art Kramer, PhD, of Northeastern University in Boston, who was not involved in the study. "Despite the fact that animal studies have found robust memory benefits from exercise, memory benefits were not consistently observed in the human studies that were reviewed."

Gomes-Osman's group searched medical databases in December 2016 for randomized controlled trials that tested the effect of exercise on cognition. After a review of 4,612 relevant studies, they included 98 trials with a total of 11,061 participants in their review. Participants had an average age of 73 and 67.58% were female. Of the total sample, 59.41% of participants were classified as older healthy adults, 25.74% had mild cognitive impairment (MCI), and 14.85% had dementia.

The clinical trials assessed exercises that included walking, biking, dancing, strength training, tai chi, and yoga over spans from four weeks to one year. Most participants (58.2%) did not exercise regularly before enrolling in a study. Most studies used either high (37.8%) or medium intensity (36.7%) exercise.

Aerobic exercise, strength training, mind-body exercises like yoga and tai-chi, and combinations

of exercises all were linked to improved cognitive skills in both healthy individuals and those with MCI. Only the total length of time over a six-month period was linked to improved cognitive skills, not weekly exercise minutes.

"Although half of the exercise in the studies we assessed was in support of aerobic exercise, it doesn't mean that aerobic exercise necessarily was more effective," said Gomes-Osman. "It just means that more trials have actually studied aerobic exercise."

Within aerobic exercise interventions, the most common exercise was walking, Gomes-Osman noted. "It's encouraging to know that you don't need to be running. If you start walking, you're going to get benefit. But this is not window-shopping; this is walking. It's physical exercise, not just physical activity."

Since most participants did not exercise regularly before joining a trial, this data also "strongly supports that decreasing sedentary behavior is something associated with brain health," Gomes-Osman said.

The effect of exercise on overall cognition is not clear because so few studies have assessed this, she added. And it's possible that future trials -- ones that compare different types of exercise, or evaluate exercise in both physically fit and sedentary people -- may show different results.

Nonetheless, some cognitive benefit is clear. "I believe in giving people knowledge about outcomes," Gomes-Osman said. "If you tell people to be active, they may be less interested overall than if you say 'You can do this, this, this, or this, and you need to keep it up a couple times a week for about six months, and then you should get a benefit.' I think that's a better sell for patients."

The study was supported by the Evelyn F. McKnight Institute at the University of Miami Miller School of Medicine.

Gomes-Osman and co-authors disclosed relevant relationships with Neosync, Starlab, Neuronix, Neuroelectrics, Constant Therapy, Cognito, and Novavision. Used by permission of WebPress Today

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.

Additional Discounts

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

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

NEUROPATHY MEDICAL LITERATURE REVIEW By William B. Donovan, M.D.

We can access the National Library of Medicine (NLM) to obtain information on peripheral neuropathy (PN). There are over 100 medical articles a month written on PN.

I review these references and select articles that would appear to be most interesting to us neuropathy sufferers. This is the link to **PubMed** that will connect to the **NLM**:

www.ncbi.nlm.nih.gov/sites/entrez

If you are reading this article on the computer, just click on the above link to go there. If you are reading the print edition of the newsletter, type this link into the address bar of the browser on a computer. If you don't know how, get a librarian or friend to help you.

After you get to **PubMed**, you will see a line that says "Search PubMed" followed by "for" and a space. Every article in the **NLM** is given a **PMID**, an eight digit identification number. I will give you **PMID** numbers of the selected articles. Type the **PMID** into the space after the "for" and click on "Go" at the end of the space, or press the ENTER key on your keyboard. You will then see a one paragraph abstract of the article appear, as well as links to related articles.

The reader can also go to the WNA website www.pnhelp.org, click on the RESOURCES tab and select MEDICAL LITERATURE REVIEW from the menu to review the archive of summaries that have appeared in this column over recent years.

This month's PMIDs:

- 26599185 This is a review of distal symmetric polyneuropathy, the most common form of neuropathy, affecting 2%-7% of the population. If the cause is not known, the diagnostic evaluation should include the following: complete blood

count, comprehensive metabolic panel, B 12 level, serum protein electrophoresis with immunofixation, and glucose tolerance test. If onset is acute or subacute; or, if motor, asymmetric, non-length-dependent, or autonomic, a neurologic consultation should be sought.

- 27350330 This Johns Hopkins paper reports on the testing (rodents) of a compound, ethoxyquin, that prevents neuropathy caused by the cancer chemotherapy agent, paclitaxel. Ethoxyquin is an antioxidant widely available as a food additive.
- 27813425 This paper by Papanas and Ziegler emphasizes the fact that there is no monotherapy for the pain of diabetic neuropathy effective in more than 50% of patients—a substantial unmet need.
- 28067783 This paper explores stem cell transplantation to effect peripheral nerve regeneration. The problem of harvesting the stem cells is the donor site morbidity. The stem cells become Schwann-like cells that secrete neurotropic factors that promote axonal growth and remyelination.
- 28084646 This Cochrane systematic review of all treatments of chronic inflammatory demyelinating polyneuropathy (CIDP) finds little evidence for a significant difference among intravenous immunoglobulin (IVIG), plasmapheresis, high dose corticosteroids and azathioprine. There is a need for more long-term randomized controlled cost benefit studies.
- 28092909 The authors share their experience of three patients who were treated with autologous hemopoietin stem cell transplantation following which, in clear temporal association, developed immune mediated neuropathies.

COULD POT HELP WITH NERVE PAIN?

Functional Imaging Suggests The Disrupts Pain-Associated Network Connectivity

By Judy George, Contributing Writer, MedPage Today September 05, 2018

Marijuana's psychoactive component, delta-9-tetrahydrocannabinol (THC), was linked to reduced neuropathic pain and corresponding functional brain changes, researchers reported.

In a small randomized, double-blind, placebo-controlled trial, THC-induced analgesia correlated with a reduction in functional connectivity between the anterior cingulate cortex and the sensorimotor cortex in patients with chronic radicular nerve pain, reported Haggai Sharon, MD, of the Tel Aviv Medical Center in Israel, and colleagues in Neurology.

Graph theory analyses also showed reduced network connectivity in areas involved in pain processing -- specifically in the dorsolateral prefrontal cortex. The connectivity changes correlated with less pain.

"We found a reduction in the functional connectivity, a major measure of brain networking, between brain areas that process aspects of sensation to those that process aspects of emotion and cognition in pain," Sharon told MedPage Today. "This may mean that the pain-relieving effects of cannabis are mediated by a breakdown of the pain experience, rather than just influencing pain sensation."

Previous research indicated that THC reduced experimentally induced pain in healthy participants and that this analgesic effect

correlated with reduced activity of the anterior cingulate cortex. The anterior cingulate cortex has been shown to be densely populated with cannabinoid-1 receptors which THC activates, Sharon and co-authors noted.

In this study, 15 young men with chronic lumbar radicular neuropathic pain participated in a randomized, double-blind, placebo-controlled trial with a crossover design. The average age of the patients was 33.3; they had medium to high chronic pain -- over 40 on a 100-point visual analog scale (VAS) -- and no other known comorbidities. The researchers excluded women from the trial because evidence suggested that menstrual hormonal fluctuations may alter pain sensitivity.

Before treatment, participants had a clinical evaluation including rating pain on a 0-100 VAS. They had an fMRI scan in a resting state, and then received sublingual THC oil or placebo oil (0.2 mg/kg, average THC dosage = 15.4 mg).

The resting state scan lasted 6 minutes, and patients were instructed to keep their eyes closed and relax, but not sleep. There was then a second fMRI scan about 2 hours after the drug or placebo was administered.

Nine patients received THC in one session and placebo in a second

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EVALUATE HEALTH WEBSITES AND ONLINE ARTICLES

Content on the Internet is unregulated; anyone can publish anything on the Internet. There is sound medical information on the Internet along with dangerous information. You need to be able to tell the difference.

Ask yourself the following:

- Why did the person create the page?
- What's in it for them?
- Are they trying to sell me something?

Criteria for evaluating information from the web:

Accuracy

- Is the information based on sound medical research? Can the information on the web page be verified by another source?
- Are the sources cited reliable?
- Are there grammatical and spelling errors?
- Are there footnotes, bibliographies, or references so that you can verify the information? Are these reliable? (a citation to Parade magazine does not have the same weight as an article from JAMA)

Authority

- Who published the page? What are the person's credentials? What do you know about them?
- Is the person backed by a known organization? (the American Association for Cancer Therapy may be a made-up name for something operating out of someone's basement.)
- Is the person affiliated with a university? If so, is the person a student or a faculty member?
- Can you easily find contact information on the web page? Check the About Us link, usually found at the beginning or the end of a webpage. What does the About Us section tell you about the purpose of the organization? Can you find a physical location for the organization? Or is the only way to contact the organization through a webform?
- What is the domain name? (.edu, .gov) Is it a personal page or supported by the organization? The tilde (~) means

that the site is a personal page (compare an address like med.harvard.edu/~jsmith/headache to med.harvard.edu/neurology/headache)

Bias/Objectivity

- Is the information showing just one point of view?
- What kind of institution sponsored the webpage? A pharmaceutical company? A non-profit organization?
- Is advertising clearly marked?
- Can you tell if the information you are reading is advertisement?
- Do the graphics, fonts, and verbiage play to the emotions? Beware of CAPITAL LETTERS, EXCLAMATION POINTS!!!! Or words like MIRACLE CURE!!!
- Is the author using data improperly to promote a position or a product?

Currency/Timeliness

- Is there a date on the page?
- When was the page last updated?
- Do the links work?
- Has there been more recent research on the subject? Many medical treatments change with the publication of new studies. What was published a year ago may be outdated now.

Coverage

- Is the information complete?
- Are there sources given for additional information?

Additional Resources

MedlinePlus (link is external) (from the National Library of Medicine)

(health topic: health fraud)

MedlinePlus Guide to Healthy Web Surfing (link is external)

Trust It or Trash It? (evaluation tool)

Trust It or Trash It? (printer-friendly handout)

Could Pot Help with Nerve Pain? – Continued from page 6

session; six patients received treatment in the reverse treatment order. Sessions were separated by at least a week in order to allow for a washout period (average weeks interval = 2.9).

On average, patients rated their pain level at 53 on the VAS at baseline. Two hours after using THC, patients rated their pain levels at an average of 35, compared with an average of 43 for placebo.

The extent of individual pain relief was associated with reduced functional connectivity between the anterior cingulate cortex and the sensorimotor cortex. "The higher the positive functional connectivity at baseline, the more benefit was gained from THC administration," the authors noted.

They reported decreases in the right dorsolateral prefrontal cortex cluster and in the chronic pain network, which also were associated

with pain reduction. "These measures show that, on average, the whole network has become locally less connected, and in particular, the right dorsolateral prefrontal cortex is less connected to it."

Larger studies need to confirm the findings, Sharon noted, and research is needed to see whether a combination of THC and cannabidiol is superior to THC alone, as some studies of cancer pain patients have shown. Future work, the researchers said, should include women and should be expanded to other chronic pain conditions to determine whether the results are unique to neuropathy.

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Join our

20th Year Celebration!

See Page 1 for details

SHORT NOTES OF INFORMATION

Cancer Survivors: At least one out of five cancer survivors may have post-traumatic stress disorder (PTSD) says Massachusetts General Hospital in its Mind, Mood & Memory newsletter. Recent experience talking to breast cancer survivors tells us this is true. The shock of being diagnosed with cancer, the treatments, and the experience of getting neuropathy after all of that takes its toll.

Nutrition: Foods you eat like fruits, vegetables, seeds, and whole grains can protect you from diseases. They act like antioxidants. Vary the types of foods by color, consistency, and type. For example: citrus, strawberries, bell peppers, carrots, sweet potatoes, and dark leafy greens are examples of sources of vitamin C, vitamin E or beta carotene.

Pecans, harvested in October through December, are available all year. Pecans are nutrient rich with vitamins and minerals such as vitamin A, manganese, copper and potassium as well as fiber.



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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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