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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. The Pacific Chapter of The Neuropathy Association (PCNA) and the Yolo Neuropathy Groups (PN News) do not endorse any treatments, medications, articles, abstracts or products discussed herein.

HAPPY SUMMER!

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help at all.

Dale Carnegie

DAVIS
TUESDAY, June 10, 3:30 – 5:00 p.m.

Program: We will sponsor a program by Dave Edwards of the Yolo County DA’s Office on telemarketing fraud, scams, and con artists who target homeowners. This is open to the entire community. (PN information packets will also be provided)

Davis Senior Center
646 A Street, Davis, 95616
Call: Mary Sprifke (530) 756-5102 or Retta Gilbert at (530) 747-0186

WOODLAND
TUESDAY, June 3, 1:30 – 3:00 p.m.

Program: Nurse Practitioner Robin Jackson from Integrated Neuropathy Center of Roseville

Woodland Community & Senior Center
2001 East Street, Woodland
Call: Beverly Matteoli (530) 662-7631 or Elizabeth Chaudhry (530) 661-3859

SACRAMENTO
TUESDAY, JUNE 17, 1:30-3:30

Program: Round Table Discussion with the possible addition of a DVD.

Northminster Presbyterian Church
3235 Pope Avenue, Sacramento, CA 95825
Call: Charles Moore (916) 485-7723
MEETING RECAPS

DAVIS MAY NOTES
By Mary Sprifke

The group enjoyed a leisurely-paced discussion, going into depth about our experiences. Both newcomers to Davis and longtime residents found immediate common ground. A couple of us are pre-diabetic, which is cause for concern, but “It is what it is” was an idea we all could subscribe to.

Individual safety came up, and one wears a push button in case of a fall; another is careful to always travel with a cell phone nearby. One uses a walker to assist with balance issues. Get stronger with chair yoga or regular exercise. When faced with a long drive, prepare with some Motrin or other anti-inflammatory medication. Consider a Knox Box for your home: (The KNOX-BOX® Rapid Entry System provides non-destructive emergency access to commercial and residential property.)

“Don’t eat white,” was one’s advice, along with eating ‘light.’ Keep antioxidants in your diet and consider taking 600 mg of Alpha Lipoic Acid each day. Be sure to take sufficient vitamin B6, B12, and B1. Consider acupuncture. Take a pain pill as needed. Ketamine, and Neurontin/Gabapentin were mentioned. One member reduces stress using the ‘Alexander Technique.’ This is an English alternative approach to handling pain and includes a series of practices to learn how to ease bodily stress.

NOTE: from the Web more information . . .

What are the Alexander Technique’s benefits?

Back problems - A study published in the British Medical Journal shows 86% reduction in low back pain through lessons in the Alexander Technique.

• **Self care** - As the premier form of self care, the Alexander Technique helps people prevent injury and recover from chronic back, hip and neck disorders, traumatic or repetitive strain injuries, balance and coordination disorders, arthritis and muscle spasms.

• **Skill enhancement** - Athletes use the Technique to help them improve strength, endurance, flexibility and responsiveness. Performing artists use it to lessen performance anxiety while improving concentration and stage presence. Public speakers use it to improve vocal projection and voice quality. Those in business find it enhances presentation skills and increases confidence.

• **Mental health** - As your posture and movement style improve, you look and feel better. As your breathing capacity expands, you have a greater resource of energy. Physicians recommend the Alexander Technique to lessen the depression and anxiety associated with chronic conditions.

(The Alexander Technique is taught locally by Stephen Brown, Ph.D.
1003 Pamplona Avenue, Davis, CA 95616 - (530) 757-2955)
WOODLAND MAY NOTES
By Terri Newton

Our speaker for this meeting was Dr. Michele Raithel, naturopathic physician from Revolutions Naturopathic. Her handouts and Power Point presentation were “Naturopathic Options for Peripheral Neuropathy.”

Dr. Raithel’s presentation, Peripheral Neuropathy: Pathology, Prevention and Treatment, included anatomy of the nervous system, neuropathy causes, including, but not limited to, diabetes, Parkinson’s, Sjogren’s, brain lesion, injury, chemotherapy and mercury. Symptoms may include numbness, tingling, burning and cold.

Patient treatment includes physical examination, laboratory testing, nutritional counseling, dietary modification and IV Alpha Lipoic Acid (ALA). While Dr. Raithel indicated that Vitamin E therapy is also helpful, she advised against the use of capsaicin cream, as relief is temporary and can actually make the area worse. Her office administers ALA IV therapy. Risks included with this therapy include hypoglycemia and thiamin deficiency. Dr. Raithel also emphasized that a trained physician must administer the ALA IV therapy and gave the group basic screening criteria before scheduling an appointment with a physician’s office.

Patients may schedule a free 15-minute coordination meeting:
Dr. Michele Raithel, ND
189 Blue Ravine Rd., Suite 110
Folsom, CA 95630
Phone: 916.351.9355
E-mail: info@revolutionsdocs.com

SACRAMENTO MAY NOTES
By Georgia Richardson

The meeting was opened at 1:30 pm by leader Charles Moore. 17 attended.

Charles introduced the new attendees. Ann was diagnosed with peripheral neuropathy. She tore a tendon in her knee and has had problems since. She came to learn about proper fitting shoes for PN sufferers. Jo Ann has PN problems at night when numbness and pain increase. Charles suggested The Numb Food Book and perhaps consulting with neurologist Ryan Armour. Corinna was diagnosed 3 years ago. She has diabetic PN and it manifests itself from the ankle down.

Charles introduced the speaker Robert Bennett, PhD., who spoke on ways to manage pain. He recently underwent alpha lipoic acid infusion treatments at the office of Michelle Raithel ND in Folsom. He had not completed the series, but felt that many of his symptoms had subsided. He suffered from PN for 15 years with numbness, foot pain, and the
“tight sock” sensations that often accompany PN. He will keep us posted on his progress with the ALA infusions.

Dr. Bennett said he has given up sugar/glucose. He strongly suggested the use of alpha lipoic acid in managing PN. Next he spoke about Mindfulness and how to take charge of your life. One needs to reflect positions and overcome poor negative beliefs. He explained that negativity once helped with survival, for example the “fight or flight” syndrome caused the person the fight the tiger or whatever foe he came upon or flee. This is not always relative today and the results lead to anxiety attacks, depression, and/or physical problems such as high blood pressure or heart problems. Using Mindfulness one can get to the acceptance side of oneself. Mindful meditation need not be formal, but it is useful to build up the positive in your outlook.

He did an exercise with the group using raisins. A raisin was give to each one and we were told to look at it, admire the wrinkled folds and color, put it in our mouths, feel the shape, take a small bite, savor the flavor, chew slowly and Mindfully enjoy the raisin. Awareness comes from being mindful. Pain calls attention to itself; focusing on something else can reduce that attention. He circulated some magazines dedicated to Mindfulness, showing the mind-body connection.

An article reprint from the April 2014 Diabetic Forecast, a publication of the American Diabetic Association, titled “Regaining Nerve” by Andrew Curry was shared. It discusses PN’s damage to the peripheral nerves and that weight loss can contribute to nerve regeneration. Also he is conducting a study using capsaicin to stimulate nerve growth.

??? DID YOU KNOW???

- Thanks to a Davis member for suggesting a program called “Reiki Focus.” We’ll check into it. Elizabeth Fulmer, Master/Teacher may be reached at (530) 848-3034.

- Acupuncture has proven helpful for several of us. One practitioner noted recently is Johanna Utter, L.Ac., FABORM, located at 622 East Eighth St. Davis (530-757-2064). She does acupuncture, herbs, massage and spiritual direction.

- A new topical is on the market: Topricin® that says it’s ‘patented for Neuropathy and foot pain relief.’

- One reader asked for more definition on the ‘good’ and/or ‘bad’ ingredients of canola oil. My source is still preparing information for a future newsletter (editor).
Puns for Educated Minds

In a democracy it's your vote that counts.
In feudalism it's your count that votes.

A vulture carrying two dead raccoons boards an airplane.
The stewardess looks at him and says,
'I'm sorry, only one carrion allowed per passenger.'

I thought I saw an eye doctor on an Alaskan island,
but it turned out to be an optical Aleutian.

A grenade thrown into a kitchen in France would result in Linoleum Blownapart.

Two silk worms had a race… They ended up in a tie.

The midget fortune-teller who escaped from prison was a small medium at large.

Did you hear about the Buddhist who refused Novocain during a root canal?
His goal: transcend dental medication.

A note from Charles Moore, Sacramento leader:

I recently received an email from the Neuropathy Support Network (NSN). The list of 15 sites might interest you. I especially recommend #14, which deals with frequently asked questions about neuropathy. The answers are fairly detailed.

LINKS TO INFORMATION POSTED RECENTLY AT NSN:

   http://neuropathysupportnetwork.org/blog/category/hereditary-neuropathies/

2. Link to ‘Treatments for Neuropathic Pain’ posted August 20, 2013
   http://neuropathysupportnetwork.org/blog/2013/08/how-is-neuropathic-pain-treated/#more-1251

3. Link to ‘What is Neuropathic Pain’ posted August 16, 2013
   http://neuropathysupportnetwork.org/blog/2013/08/neuropathic-pain-2/#more-1244

4. Link to ‘Small Fiber Neuropathy’ and skin punch biopsy to diagnose it posted June 22, 2013
   http://neuropathysupportnetwork.org/blog/2013/06/small-fiber-neuropathy/#more-1177
5. ‘Symptoms of Neuropathy’ Posted April 2013.
http://neuropathysupportnetwork.org/blog/2013/04/symptoms-of-neuropathy/#more-1121

6. View of the article in Neurology Now on How to Diagnosis Peripheral Neuropathy and link to the entire article. The only thing they left out is the diagnostic value of a spinal tap for immune mediated neuropathies.
http://neuropathysupportnetwork.org/blog/2012/04/how-to-d’iagnose-peripheral-neuropathy/#more-692

7. If you are a Veteran who may have been exposed to Agent Orange during the Korean or Vietnam Wars, we have published new Guidelines for veterans regarding to the new VA law regarding the presumptive connection between Agent Orange and chronic Peripheral Neuropathy. See the article at http://neuropathysupportnetwork.org/blog/2013/01/guidelines-for-veterans-va-proposed-law-agent-orange-and-peripheral-neuropathy/#more-1086

8. LINK to Fatigue in Peripheral Neuropathy ‘(Insights)
http://neuropathysupportnetwork.org/blog/category/fatigue/

9. ‘Celiac Disease and Neuropathy’ by Dr. Howard W. Sanders, New York University School of Medicine.
http://neuropathysupportnetwork.org/blog/2012/12/celiac-disease-and-neuropathy/#more-981

10. ‘Insights on Diabetic and Pre-Diabetic Neuropathy’ by Dr. Todd Levine
http://neuropathysupportnetwork.org/blog/2012/12/diabetic-neuropathy/#more-972

11. ‘Insights on Medication Induced Neuropathy’ by Dr. Peter Donofrio, Vanderbilt University Medical Center
http://neuropathysupportnetwork.org/blog/category/peripheral-neuropathy/medication-induced/

12. ‘Principles and Goals for Patients Helping Patients’
http://neuropathysupportnetwork.org/blog/2012/04/principles-and-goals-for-patients-helping-patients/#more-714

13. ‘Doctor Patient Relationships: Unlocking Doors’
http://neuropathysupportnetwork.org/blog/2012/04/doctorpatient-relationships-unlocking-doors/#more-700

14. Neuropathy Patients have many of the same questions. Here is a link to the most frequently asked questions from patients over the last 10 years or more. *
http://www.neuropathysupportnetwork.org/neuropathy-faq.htm

15. METANX for diabetic neuropathy….patients often say this helps.
http://www.metanx.com/learn-about-metanx/
ANSWER

What can I do about the burning sensations in my feet and/or legs?

For the burning sensations you may wish to try products or treatments that other patients have found helpful with varying success.

Some patients have found that the cream called Sarna Original available over the counter at any major drug store has helped. It was recommended by Dr. Ramkissoon MD Neuroligist in Sebring, FL. This is an anti-itch cream that works by numbing the nerves at the surface of the skin that are sending neuropathic signals of burning.

Other patients have been prescribed Lidocaine patches for the burning pain as noted by Dr. Latov and patients report that these help reduce the burning. Compounded topical creams are often prescribed by the doctor and the benefit is the absorption into the blood is limited and it tends to stay concentrated to the area you need it the most according to Dr. Hunter. Some of the ingredients Pain Management physicians use includes lidocaine, ketamine, gabapentin, and amitriptyline, mixed by a compounding pharmacy in percentages as prescribed by the doctor.

Mims Cushing’s book, patient’s report that another option patients have found helpful is to soak your feet in cold tap water for 15 minutes before going to bed. The cooler water helps by calming the nerves. DO NOT USE FREEZING ICE WATER as with sensory neuropathy this could cause damage to the skin. For those with the sensation of very COLD feet, these patients have found that doing the same with warm tap water (NOT HOT) has a soothing effect.
UPCOMING MEETINGS

Davis
Tuesday, Sept. 9, 3:30-5:00
Davis Senior Center
246 A Street, Davis

Sacramento
Tuesday, August 19, 1:30-3:30
Northminster Presbyterian Church
3235 Pope Avenue, Sacramento, CA 95825

Woodland
Tuesday Sept. 2, 1:30-3:00
Woodland Community & Senior Center
2001 East Street, Woodland

RESOURCES:
1. Norman Latov M.D., Ph.D. – *Peripheral Neuropathy: When the Numbness, Weakness and Pain Won’t Stop*
3. Alexander McLellan N.D. and Marc Spitz D.P.M. – *The Numb Foot Book*
4. Mims Cushing – *You CAN Cope With Peripheral Neuropathy*
6. John Sennell – *Nutrients for Neuropathy*: How to use natural supplements to treat the severe pain of PN

RECOMMENDED ONLINE SITES:
- The Neuropathy Association (TNA) – www.neuropathy.org (a national organization)
- Pacific Chapter of the Neuropathy Association (PCNA) – www.pnhelp.org or toll-free (877) 662-6298

*The mission of the Yolo Neuropathy Groups is to ensure that through information, empowerment and mutual support, all may have hope and that no one faces their peripheral neuropathy alone.*

To send PN News to others or if you no longer wish to receive this newsletter, please contact (530) 756-5102.

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