FOREBRAIN GABAERGIC NEURON PRECURSORS INTEGRATE INTO ADULT SPINAL CORD AND REDUCE INJURY-INDUCED NEUROPATHIC PAIN

(Researchers: John M. Braz, Reza Sharif-Naeini, Daniel Vogt, Arnold Kriegstein, Arturo Alvarez-Buylla, John L. Rubenstein, and Allan I. Basbaum)

Dr. Basbaum is at the University of California at San Francisco Medical Center.

This study came out in an article titled “Stem cells may treat and cure chronic nerve pain” by Jenny Decker, R.N. I contacted Allan I. Basbaum, M.D., mentioned in the article as a lead researcher for the project for more information. He was very hospitable and open to our knowing more about this topic. He sent me the full report of the study and corrected a misrepresentation in the article. These are not actually stem cells, but a different type of cells. This is the summary of the report. I don’t expect everyone to understand every part of it but it will give you at least a fair idea of what is involved.

Request: Dr. Basbaum has given permission for me to interview him for a podcast to put on our website. If you have specific questions for him, please send them to me via e-mail at info@pnhelp.org or call me at 877-622-6298. I promised I would provide basic questions to cover in the podcast. I have some questions already formulated, but will be glad to receive yours. Editor, Bev Anderson

SUMMARY: (Slight change to the original format as I paragraphed it rather than it being in one block.)

Neuropathic pain is a chronic debilitating disease characterized by mechanical allodynia and spontaneous pain. Because symptoms are often unresponsive to conventional methods of pain treatment, new therapeutic approaches are essential.

Here we describe a strategy that not only ameliorates symptoms of neuropathic pain but is also potentially disease modifying. We show that transplantation of immature telencephalic GABAergic interneurons from the mouse medial ganglionic eminence (MGE) into the adult mouse spinal cord completely reverses the mechanical hypersensitivity produced by peripheral nerve injury.

Underlying this improvement is a remarkable integration of the MGE transplants into the host spinal cord circuitry, in which the transplanted cells make functional connections with both primary afferent and spinal cord neurons. By contrast, MGE transplants were not effective against inflammatory pain. Our findings suggest that MGE-derived GABAergic interneurons overcome the spinal cord hyperexcitability that is a hallmark of nerve injury-induced neuropathic pain. (Used with permission)
# Roster of our PCNA Information and Support Groups

<table>
<thead>
<tr>
<th>Location</th>
<th>Information and Support Groups</th>
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<tbody>
<tr>
<td>Antioch-Brentwood</td>
<td>No meeting in August</td>
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<tr>
<td>Auburn</td>
<td>No meeting until October 1</td>
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<tr>
<td>Berkeley</td>
<td>3rd Wednesday, 3 PM N Berkeley Senior Ctr 1901 Hearst Ave. (corner of MLK) Johnetta Smallwood (510) 841-0239</td>
</tr>
<tr>
<td>Carmichael</td>
<td>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.</td>
</tr>
<tr>
<td>Castro Valley</td>
<td>2nd Wednesday, 1:30 PM First Presbyterian Church 2490 Grove Way (next to Trader Joe) Judson Leong (510) 581-6697</td>
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<tr>
<td>Clearlake</td>
<td>For information, call Barbara Dryden at (707) 994-2202</td>
</tr>
<tr>
<td>Concord</td>
<td>No meeting in August 3rd Thursday, 1:30 PM First Christian Church 3039 Willow Pass Road Bev Anderson (877) 622-6298</td>
</tr>
<tr>
<td>Crescent City</td>
<td>For information call: Bev Anderson (877) 622-6298</td>
</tr>
<tr>
<td>Davis</td>
<td>No meeting until Oct. 9 2nd Tuesday 3:30-5:00 PM Davis Senior Center 646 A Street Mary Sprifke (530) 756-5102</td>
</tr>
<tr>
<td>Elk Grove</td>
<td>2nd Tuesday, 2 PM Elk Grove Senior Center 8830 Sharkey Avenue Michael Colozzi (916) 421-8103</td>
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<tr>
<td>Eureka</td>
<td>Call Bev Anderson for information (877) 622-6298</td>
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<tr>
<td>Folsom</td>
<td>Call Bev Anderson for information (877) 622-6298</td>
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<tr>
<td>Fort Bragg</td>
<td>Call Bev Anderson for information (877) 622-6298</td>
</tr>
<tr>
<td>Fresno</td>
<td>3rd Tuesday, 11:00 AM Carrows 4280 N. Blackstone Marvin Arnold (559) 226-9466 For information call: Bev Anderson (877) 622-6298</td>
</tr>
<tr>
<td>Garberville</td>
<td>For information call: Bev Anderson (877) 622-6298</td>
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<tr>
<td>Grass Valley</td>
<td>No meeting in August 2nd Monday, 1:30 PM GV United Methodist Church 236 S. Church Street Salli Hearn (530) 268-1017</td>
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<tr>
<td>Jackson</td>
<td>For information call: Bev Anderson (877) 622-6298</td>
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<tr>
<td>Lakeport</td>
<td>2nd Monday, 10:30AM Lakeport Senior Center 507 Konoci Avenue Grace Gault (707) 274-9999</td>
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<tr>
<td>Livermore</td>
<td>4th Tuesday, 10 AM Heritage Estates 900 E. Stanley Blvd. Sandra Grafth (925) 443-6655</td>
</tr>
<tr>
<td>Madera</td>
<td>Call for info about August meeting Leo Trzepkowski (559) 673-4388</td>
</tr>
<tr>
<td>Merced</td>
<td>No meeting in August 2nd Thursday, 1 PM Central Presbyterian Church 1920 Canal Street (The Hoffmeiser Center across the street from the church) Larry Fric (209) 358-2045</td>
</tr>
<tr>
<td>Modesto</td>
<td>3rd Monday, 10:30 AM Except in August 2012 10:30 AM, August 21 Dr. Filippi, speaker Trinity United Presbyterian Church 1600 Carver Rd., Rm. 503 Mary Hudson (209) 526-6439</td>
</tr>
<tr>
<td>Monterey</td>
<td>3rd Wed., 10:30 AM odd numbered months First Presbyterian Church 501 El Dorado Street Don &amp; Ann Trout (831) 372-6959</td>
</tr>
<tr>
<td>Morgan Hill</td>
<td>3rd Saturday, 2:00 PM of Feb., April, June, Aug., Oct. DePaul Health Center 18550 DePaul Dr. Stan Pashote (510) 490-4456</td>
</tr>
<tr>
<td>Napa</td>
<td>1st Thursday, 2 PM Napa Senior Center 1500 Jefferson Street Ron Patrick (707) 257-2343 <a href="mailto:bonjournapa@hotmail.com">bonjournapa@hotmail.com</a></td>
</tr>
<tr>
<td>Oakland</td>
<td>No meeting in August 1st Thursday, 1 PM Grand Ave. 7th Adventist Church 278 Grand Ave. Kathleen Nagel (510) 653-8625</td>
</tr>
<tr>
<td>Placerville</td>
<td>Call Bev Anderson for info (877) 622-6298</td>
</tr>
<tr>
<td>Redding</td>
<td>2nd Wednesday, 1:30 PM Neighborhood Church of Redding 777 Loma Vista Bill Morehouse (530) 221-3082 Carol Reeves (530) 549-4351</td>
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<tr>
<td>Redwood City</td>
<td>4th Tuesday, 1 PM Sequoia Hospital Health and Wellness Center 749 Brewster Avenue Stan Pashote (510) 490-4456</td>
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<tr>
<td>Roseville</td>
<td>No meeting in August 2nd Tuesday, 1 PM Sierra Point Sr. Res. 5161 Foothills Blvd. Bev Anderson (877) 622-6298</td>
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<tr>
<td>Sacramento</td>
<td>3rd Tuesday, 1:30 PM Northminster Presby. Church 3235 Pope Street Charles Moore (916) 485-7723</td>
</tr>
<tr>
<td>San Francisco</td>
<td>4th Thursday, 10 AM UC-San Francisco Med Ctr. 400 Parnassus Avenue Amb. Care Ctr. 8th Flr., Rm A888 Bev Anderson (877) 622-6298</td>
</tr>
<tr>
<td>San Jose</td>
<td>3rd Saturday, 10:30 AM O’Conner Hospital, 2105 Forest Avenue SJ DePaul Conf. Rm. Stan Pashote (510) 490-4456</td>
</tr>
<tr>
<td>San Rafael</td>
<td>No Meeting in August 3rd Wednesday, 1 PM Lutheran Church of the Resurrection 1100 Las Galinas Avenue Scott Stokes 415-246-9156</td>
</tr>
<tr>
<td>Santa Barbara</td>
<td>For information call Shirley Hopper (805) 689-5939</td>
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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.
By the time you receive this newsletter or shortly afterward, you should receive the long promised letter asking for a contribution toward matching the grant of $10,000 we received to hire a part-time staff person. The funds received will make it possible for me to visit groups and start new ones, for printed material sent to people requesting information about neuropathy, for information sent to support group leaders, and a multitude of other needs for getting the word out about neuropathy. We hope everyone will contribute to this call to match the grant. No matter the size of the contribution, it helps.

This year we celebrate the 22nd Anniversary of the Americans With Disabilities Act, commonly called A.D.A. You may have heard the term “that is or is not A.D.A compliant.” This is the act that requires ramps, handicap accessible restrooms, and has other rules to provide accessibility of programs, buildings, employment, and facilities. Here is the first portion of the A.D.A.

Title I of the Americans with Disabilities Act of 1990 prohibits private employers, state and local governments, employment agencies and labor unions from discriminating against qualified individuals with disabilities in job application procedures, hiring, firing, advancement, compensation, job training, and other terms, conditions, and privileges of employment. The ADA covers employers with 15 or more employees, including state and local governments. It also applies to employment agencies and to labor organizations. The ADA’s nondiscrimination standards also apply to federal sector employees under section 501 of the Rehabilitation Act, as amended, and its implementing rules.

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PCNA Information and Support Groups – continued from page 2

**Santa Cruz**
Next meeting in Sept.
3rd Wednesday, 1 PM
Odd numbered months
Trinity Presbyterian Church
420 Melrose Avenue
Mary Ann Leer (831) 477-1239
maleer@comcast.net

**Santa Maria**
3rd Tuesday, 12:00 - 1:30
Bowen Therapist, speaker
Elwin Mussel Senior Center
510 Park Street
Mary Caldera (805) 344-6845

**Santa Rosa**
1st Thursday, 10:30 AM
Santa Rosa Senior Center
704 Bennett Valley Road
Willie Quarante (707) 544-3236

**Sonoma**
1st Friday, 10:30 AM
Vintage House
264 1st Street
Joann Bertolucci (707) 996-8336

**Sonora**
For information call
Bev Anderson (877) 622-6298

**Susanville**
For information call;
Bev Anderson (877) 622-6298

**Truckee**
For information call;
Bev Anderson (877) 622-6298

**Tulare-Visalia**
For meeting & location time call
Cathy Morialty (559) 686-2351
Esther Hoover (559) 799-2143

**Turlock**
3rd Monday, 1 PM
Covenant Village Adm. Bldg. Classroom
2125 N. Olive Street
Dee Muhlenbruch (209) 667-0042

**Ukiah**
For information call
Bev Anderson (877) 622-6298

**Walnut Creek**
4th Friday, 10 AM
Rossmoor, Hillside Clubhouse
Las Trampas Room
Carolyn Cash (925) 254-8195

**Woodland**
No meeting in August
3rd Monday, 1:30 PM
Woodland Comm. & Senior Center
2001 East Street
Della Genera (530) 661-3238

**Yreka**
For information call
Bev Anderson (877) 622-6298

**Yuba City-Marysville**
No meeting in August
2nd Tuesday, 10:30AM
St. Andrew Presbyterian Church
1390 Franklin Rd.
(next to Winco Shopping Center)
Ken Lux (530) 673-3479

**NEVADA**
**Reno-Sparks**
Call for day and time
Bonaventure
2360 Wingfield Hill Rd., Sparks
Joan Blakesley (775) 626-5665

**OREGON**
**Salem**
4th Monday, 6:30 PM
Community Health Education Center
Salem Hospital Campus, Bldg. D
890 Oak Street SE
Michael Siebler (503) 857-3508
news@ofsalem@gmail.com

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Start a support group in your area:
Contact Bev Anderson at (877) 622-6298 or info@pnhelp.org
THE AFFORDABLE CARE ACT

This past month, The Affordable Care Act was declared constitutional by the Supreme Court. This plan has benefits for seniors and those with disabilities beyond that which was previously available. A variety of political views, however, are out there. For your information, I’m including information from two politically neutral groups published following the Supreme Court Decision. Editor, Bev Anderson

The Sierra Health Foundation promotes health through grants to nonprofit organizations with proposals that support health objectives their donors consider to meet their goals. There are two grant opportunities a year. PCNA has a proposal to submit in this cycle. We are hopeful for funding. The region Sierra Health Foundation covers extends from Stanislaus, Tuolumne, and Mono Counties on the south and north to the state line with Oregon. It extends west through the Central Valley and counties next to coastal counties.

Sierra Health Foundation statement on the Supreme Court’s Affordable Care Act Ruling

Today’s momentous decision by the Supreme Court to uphold the Patient Protection and Affordable Care Act (ACA) affirms the fundamental shift created by the law in the way we protect and advance the health and well-being of our citizens. The Affordable Care Act, at its core, moves us from a system focused too often on treating illness to one centered on prevention, equity and access to quality, affordable care.

The Supreme Court’s verdict today fortifies Sierra Health Foundation’s commitment to improving access, coordination and quality of the region’s primary health care safety net. We are actively involved in advancing improvements in health through partnerships with public, private and community partners who share our goal of good health and well-being for all. Improving the health in our region goes beyond the clinic setting, spanning our entire community.

In 2011, we launched the Sacramento Region Health Care Partnership, an effort to strengthen the region’s primary care safety net, and the ACA-funded Community Transformation Grants program. Together, they are examples of the growing realization that we must continue to ensure access to high quality clinical care when needed while we work to reduce the social and financial cost of chronic disease.

And we must continue to seek solutions and provide access to those in our region who are excluded from the law’s protection.

It’s time to redouble our efforts to help our region and our state realize the opportunity this landmark decision presents for millions of Californians. Moving forward, the Affordable Care Act will continue to create and support opportunities for our region to achieve our goals. Its affirmation bolsters our commitment to a focus on wellness rather than illness as we look for ways to build safe and healthy physical environments, improve mental and physical health, and reduce health disparities. The legal debate is over; now it’s time to get back to the important work of improving the health of all Americans.

Sierra Health Foundation · 1321 Garden Hwy, Sacramento, CA 95833 · 916.922.4755 · fax 916.922.4024 · www.sierrahealth.org

California Medical Association
ACA upheld by high court. Now what?

In the wake of last week’s decision by the United State Supreme Court to uphold the majority of the Patient Protection and Affordable Care Act (ACA), Californians are beginning to take stock of what the ruling means for the Golden State.

Once examined, however, the ruling may prove to be a bit underwhelming.

While attempting not to undervalue the court’s historic 5-4 ruling, the fact of the matter is that operations here in California will be changed very little by the decision, if at all.

When gauging the decision’s impact, it’s important to remember that California was the first state following the signing of the ACA to establish its Health Benefit Exchange, and since then has been working aggressively to ensure that the new marketplace would be up and running by 2014.

In recent weeks, several health care observers across the nation have noted that California looks to be one of the states most-ready to handle full implementation of the ACA.

Meanwhile, the decision will likely have major effects on states such as Florida, Georgia and
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

[PubMed link]

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:

- 21412914 This Cochrane Data Base review of 14 studies with 2831 patients evaluated gabapentin (Neurontin®) treatment of chronic neuropathic pain. Compared to placebo (17%), “substantial benefit” was achieved with 31%. Withdrawal from the study due to adverse event occurred in 12%.

- 21719618 This study compared duloxetine (Cymbalta®) with pregabalin (Lyrica®) in the treatment of peripheral neuropathy pain in diabetics unresponsive to gabapentin (Neurontin®). Duloxetine was not statistically more effective than pregabalin. Side effects with duloxetine included insomnia, sweating, and appetite loss; pregabalin side effect was peripheral edema.

- A Mayo Clinic article reviewing therapy of chemotherapy-induced peripheral neuropathy (CIDP). The strongest evidence for prevention supports the use of intravenous calcium, magnesium and glutathione. The most effective agents for treatment appear to be serotonin/norepinephrine reuptake inhibitors.

MESSAGE FROM THE NATIONAL INSTITUTES OF HEALTH

Ivan Lamb of the Oakland Support Group received this letter from the National Institutes of Health in Bethesda, Maryland.

Dear Mr. Lamb,

We received your comments about lack of information for idiopathic neuropathy. You can refer to the National Institute of Neurological Disorders and Stroke (NINDS) [website link]. This page contains links for more information, including the Foundation for Peripheral Neuropathy. Another option is the ClinicalTrials.gov site. My search for open trials related to neuropathy shows [website link].

It’s great that you also have a support group to discuss your condition.

I hope this information is helpful.

Sincerely,

Cathy Sorge, MLS
NIH Contractor Librarian
National Library of Medicine
(The National Library of Medicine (NLM), part of the National Institutes of Health)

ADDITIONAL SMOKING CONCERNS

Several recent studies find that smoking can be tied to back pain and arthritis. There is evidence that it also can be part of the cause of neuropathy. The smoke is a toxin and can cause nerve damage.
Video Program
PCNA DVDs Available
$5 each

Gentle Yoga
Spring Meeting 2010
Spring Meeting 2010
Special Material
Dr. Ezekiel Fink on Small Fiber Neuropathy
Neuropathy Action Awareness Day 2009 #1
Neuropathy Action Awareness Day 2009 #2
Neuropathy Action Awareness Day 2009 #3
Spring Meeting 2009
Dr. Peter Skaff
Dr. Jeffrey Ralph
For details about the program on each DVD, an order form, and handouts for some of the presentations, see our website www.pnhelp.org/resources/audio-and-video/

ANOTHER EXERCISE DVD
Mary Hudson, Leader of our Modesto Neuropathy Support Group, sends this information about a new exercise DVD she has found. This kit is from Marc Spitz, D.P.M. in Seal Beach, CA. He is a Podiatric Medicine-Foot Surgery doctor. He has specialized in the field of neuropathy for over 30 years and has led the Orange County, California Neuropathy Group for the past 10 years. His phone number is (562) 799-0656. Dr. Spitz is a co-author of THE NUMB FOOT BOOK, an excellent book on neuropathy listed in the Resource Page that all leaders have and can make copies.

“The video program includes an easy-to-follow series of exercises, and incorporates proven methods on improving balance.

The cost is $29.95 + $5.95 shipping for a total of $35.90. It comes with a balance kit and all materials necessary for the exercises. To order call: (877) 686-2366. Mary also lists (562) 799-0656 as the number for his office.”

SAN RAFAEL EXERCISE PROGRAM
Scott Stokes, Leader of our San Rafael Neuropathy Support Group, reports, “Our Neuropathy Support Group now owns all three DVD’s of Mike’s ‘The Complete Home Workout for Older Adults’ and we rotate through them, a different one each meeting. We display them on a big screen using the AV church system for about 15 minutes. I suppose one could stand in front of the group following along while they listen to the video on the computer following along while watching the small computer screen in front of the leader. I even lead the group doing some exercises while looking at my written notes I took from the iPhone video I took at the Annual Conference of Kelly Ward, the “Balance and Mobility Specialist” at the Annual Conference. It all works.”

He suggests people individually sign up for Mike’s intro program/e-mails directly. Mike sends a short exercise by e-mail periodically. Check it out at http://www.balance-exercises.com/2/course.htm

ACUPUNCTURE AND PAIN
Acupuncture has been used to treat most pain conditions, including low back pain, shingles and other nerve pain, hand and knee pain, headache, fibromyalgia, and menstrual pain. It is not effective for everyone but some do find some relief.

Chinese, Japanese, and Korean acupuncture vary in form and use of the needles. If a person decides to try acupuncture, it is very important that the therapist be chosen carefully. Some states have licensing requirements and these vary from state to state. Probably the safest way is to find a qualified acupuncturist with certification from the National Certification Commission for Acupuncture and Oriental Medicine. (Reference: Heathbeat, Harvard Medical School, May 1, 2012)

BERKELEY AND OAKLAND SUPPORT GROUPS PLAN JOINT EVENT
On Wednesday, September 19 at 3:00 PM or another month, the Berkeley and Oakland Support Groups will enjoy the speaking and demonstrations presented by Jayah with her pole walking approach to exercise for people with balance problems. It is great fun even if you don’t have a balance problem. At the time this newsletter went to press, the location had not been finalized. It may be at the North Berkeley Senior Center or it may be at Herrick Hospital. If you would like to participate call Johnetta Smallwood, Leader of the Berkeley Support Group, at (510) 841-0239 or Kathleen Nagel, Co-Leader of the Oakland Support Group at (510) 653-8625 so they can tell you where the meeting will be located. If you live in the Bay Area and can easily access this area, it is a very worthwhile activity to check out.
An individual with a disability is a person who:

- Has a physical or mental impairment that substantially limits one or more major life activities;
- Has a record of such an impairment; or
- Is regarded as having such impairment.

This tells you who is covered. Later it also talks about facilities and accommodation requirements. Here is a summary of a much longer section:

**Architectural/Transportation Tax Deduction** (Internal Revenue Code Section 190 Barrier Removal): This annual deduction of up to $15,000 is available to businesses of any size for the costs of removing barriers for people with disabilities, including the following: providing accessible parking spaces, ramps, and curb cuts; providing wheelchair-accessible telephones, water fountains, and restrooms; making walkways at least 48 inches wide; and making entrances accessible.

All of us benefit from this law, some of us more than others. Each time I go some place, I notice what has been done to recognize our challenges and give us help. I also notice when this seems ignored. I know you do, too.

For example, given that stairs are a concern for me, I check first to see if I can avoid using them. I ask for the first floor of a motel unless there is an elevator. Many homes are minimally accessible so I ask in advance rather than arriving and taking a chance on a stair without a handrail. I know many of you do this too. Do you have people offer their arm and say they will help you down the stairs? You know full well if you step wrong on the stair and fall, they will fall too as they would have no way of catching you fast enough. My foot sometimes misjudges where to land. Having a tight grip on the handrail, I feel, is mandatory.

You also may have the trouble I do of walking in the dark. Without a flashlight, I can't move. My power goes off periodically, especially in the winter. I have battery lights within reach of where I sit in any room. Recently, I had to walk a distance in the dark. Even with a flashlight and accompaniment, it was a challenge. I had my cane along or it would have been quite dangerous or impossible. A cane is your antenna so the message as to where you are in space can be transmitted to your brain better than it is from your feet. If you have any balance problem, have a cane with you wherever you go in case you need it. Get the kind of cane that has a horizontal grip as it gives more surface for your hand to grab and is like your foot on the horizontal ground.

I'm telling you all of this to encourage you to recognize when you have a problem, ask for help, explain what neuropathy is doing to you to anyone that needs to know, and make decisions that will keep you safe.

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**The Affordable Care Act - Continued from page 4**

South Carolina, which have shown no significant activity on the exchange front.

Due to last week’s decisions, these states, and nearly a dozen others, have only 18 months to either establish a working exchange model, or allow the federal government to step in and operate one in their stead.

In California, such a gamble was never a real option.

Even as the court’s decision loomed, officials such as Diana Dooley, the state’s secretary of health and human services, and Peter Lee, executive director of California’s exchange board, noted that the state’s exchange would continue making progress regardless of the case’s outcome, and that, if necessary, California would move forward with its own legislation calling for an individual mandate.

If anything, the court’s ruling last week only serves to remove some skepticism and uncertainty regarding the law and California’s ongoing preparations.

No longer will ACA-related legislation working its way through the state Capitol have to be qualified with constitutional questions of “what if” from opponents of reform.

Perhaps more importantly, the ruling also confirms that the $45 billion to $55 billion that California is slated to receive from the federal government in order to fund the Medicaid expansion called for under the ACA is no longer in jeopardy.

With those funds, California is expected to cover an additional 1.2 million to 1.6 million residents, according to recent estimates.

While last week’s ruling will almost certainly be remembered as one of the most significant Supreme Court decisions in recent memory, in California, it continues to be business as usual.
INSIDE THIS ISSUE:

• Forebrain Gabaergic Neuron Precursors Integrate Into Adult Spinal Cord And Reduce Injury-Induced Neuropathic Pain

• The Affordable Care Act

METHADONE WARNING

A number of those in our support groups are using Methadone as a pain management tool. A warning came out this past month to be very careful with dosage and to not take more than prescribed. It is said that Methadone is risky in regards to chronic pain if someone is taking it and thinks that more might be better without consulting their doctor or doesn't remember taking it and takes it again. Dosage is specific and must be handled with care.

STATINS MAY LESSEN ENERGY

Statin drugs may leave users, especially women, feeling drained and tired on exertion, a recent clinical trial suggested. It is one of those times when a decision needs to be made as to what is most important. If you are taking statins, it is a good idea to talk to your doctor if you are feeling more tired and drained since you started taking them.

If you are on Facebook, be sure to check out www.facebook.com/NeuropathyAssociation