Dr. Donovan is a retired physician who specialized in pain management. He plans to give an overview of neuropathy from a physician’s perspective but also from personal experience as he also has neuropathy. He has a regular column in NEUROPATHY HOPE. You’ll get to meet this doctor that reads articles and refers ones of special interest to us. The Conference will be held at the Shrine Event Center, 170 Lindbergh Ave., Livermore. It is near the 580 Freeway. The cost will again be $10. This year the lunch will be catered and served by a local restaurant known for its good food.

Program Schedule
9:30 AM Registration & Exhibits, Food and Beverage
10:00 Opening Announcements and Introductions
10:15 Keynote Speaker – William “Bill” Donovan, M.D.
11:00 Break
11:15 Dominick Spatafora, President, Neuropathy Action Foundation, Specialty Tiers and Out of Pocket Costs: Advocating Techniques We Can Use
12 Noon Lunch
1:30 PM Group Leader Reports and Ideas
2:15 Guest Speaker: Occupational Therapist Sabrena McCarley, MBA-SL, OTR/L, will talk about and demonstrate assistive devices that help make you more independent around the house or simply make your life easier. You’ll have the opportunity to try out a few for yourself.
3:00 Door Prizes, Closing Announcements

To Register: Call 888-556-3356 or e-mail donnad@pnhelp.org or register via our website at www.pnhelp.org to let us know you are coming. Please plan to pay the $10 at Registration if you don’t register via the website.

Activities and accomplishments in 2013
This shows each activity in a place that it accomplishes one or more goals in our 2013-2015 Strategic Plan.

I. Board Development,
   A. Engage members in the work of the association.
   Several new support groups were established this year, including in Oregon. Several groups added people to their Leadership Teams.
   B. Facilitate support groups in obtaining and keeping member data.
   Donna Dawson, our part-time clerical help, has developed lists for each group from what she receives from any source. It is best to send your list in at least in April and October. If you don’t have someone who can handle your list electronically and she has your lists, she can send out an e-mail reminding people who have e-mail. The Leadership Team can find people to call just those that don’t have e-mail.
   C. Provide more resources to groups and members
   This is ongoing and some will have been done in 2013, but it is a goal every year and we hope to have more in the hands of group leaders in 2014.
   D. Build the Board to at least nine members with opportunity for additional Board members if there are people with needed skills willing to serve.
   All the PCNA policies and Standing Rules were reviewed and brought up to date. They were still listed as NCCNA so were definitely in need of attention.

Our office is in the Association Resource Center (ARC) offices along with a sizable number of other nonprofit organizations. The Occupational Therapy Association of California has facilitated our presence there and we are housed with OTAC.
Roster of Our PCNA Information and Support Groups

**CALIFORNIA**

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

**Antioch-Brentwood**
3rd Wednesday, 2 PM
Call for location
Bev Anderson 877-622-6298

**Auburn**
1st Monday, 11:00 AM
Woodside Village MH Park
12155 Luther Road
Sharlene McCord (530) 878-8392

**Bakersfield**
3rd Wednesday, 1:30 PM
Stockdale Moose Lodge
905 S. Stine Rd.
David Wollard (661) 663-9406

**Berkeley**
For information call
Johnetta Smallwood (510) 841-0239

**Carmichael**
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

**Carmichael**
3rd Thursday, 6 PM
Atria El Camino Gardens
2426 Garfield, Ave.
Tanysha Kaye (916) 488-5722

**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**
Call Bev Anderson for information
(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**
3rd Monday, 10:00 AM-odd numbered months
Journey Church
450 Blue Ravine Rd.
Bev Anderson (877) 622-6298
Vicky White (916) 817-8616

**Fort Bragg**
For information call:
Betty Adams (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
Salli Hearn (530) 268-1017

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

**Lakeport**
4th Friday, 10:30 AM
Lakeport Senior Center
507 Konocti Ave.
Grace Gault (707) 274-9999

**Lincoln**
Call Bev Anderson for information
(877) 622-6298

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

**Madera**
For information call
Leo Trzepowski (559) 673-4388

**Merced**
2nd Tuesday, 1:30 PM
Central Presbyterian Church
1920 Canal Street
(The Hoffmeiser Center across the street from the church)
Larry Frice (209) 358-2045

**Modesto**
3rd Monday, 10:30 AM
Trinity United Presbyterian Church
1800 Canal Rd., Rm. 503
Monte Schnader (209) 531-3838

**Monterey**
3rd Wednesday, 10:30 AM-odd numbered months
First Presbyterian Church
501 El Dorado Street
Don & Ann Trout (831) 372-6959

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

**Oakland**
1st Thursday, 1 PM
Grand Ave. 7th Adventist Church
729 Grand Ave.
Kathleen Nagel (510) 653-8625

**Oxnard**
For information call:
Tila Estrada (805) 984-1360

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

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

**Redwood City**
4th Tuesday, 1 PM
Sequoia Hospital Health and Wellness Center
749 Brewster Avenue
Stan Paschote (510) 490-4456

**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
325 Pope Street
Charles Moore (916) 485-7723

**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 n e e) Duong
Y-nhy.duong@ucsf.edu

**San Jose**
3rd Saturday, 10:30 AM
O’Conner Hospital
2105 Forest Avenue
SJ DePaul Conf. Rm.
Stan Pashote (510) 490-4456

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

**Santa Barbara**
4th Saturday, 10 AM-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
Mary Ann Leer (831) 477-1239
maleer@comcast.net
PCNA Information and Support Groups – continued from page 2

Santa Maria  
2nd Tuesday, 12:00 Noon  
Elwin Mussel Senior Center  
510 Park Street  
Wanda (805) 938-1086  
Mary (805) 344-6845

Sonoma  
For Information call  
Bev Anderson (877) 622-6298

Sonora  
For Information call  
Bev Anderson (877) 622-6298

Stockton  
Friday, May 21, 1:30 PM  
Call Bev at 877-622-6298 for location.

Susanville  
For Information call:  
Bev Anderson (877) 622-6298

Truckee  
For Information call:  
Bev Anderson (877) 622-6298

Tulare-Visalia  
Thursday, March 20, 10 AM  
Tulare Senior Center  
201 North “F” Street  
Bev Anderson (877) 622-6298  
Esther Hoover (559) 936-6586  
Speaker: Bev Anderson, PCNA President

Turlock  
Monday, March 17, 1:30 PM.  
Call Bev at 877-622-6298 for location.

Ukiah  
Last Tuesday, 5:30 PM  
North Coast Opportunities (NCO)  
413 N. State St.  
Shirley Blattner (707) 621-0208  
Carole Hester (707) 972-2795

West Sacramento  
No meeting until new leader is found  
Sandra Vinson (916) 372-6093

Woodland  
1st Tuesday, 1:30 PM  
Woodland Comm. & Senior Center  
2001 East Street  
Elizabeth Chaudhry (530) 661-3859

Yreka  
For Information call  
Bev Anderson (877) 622-6298

OREGON

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

Grant's Pass  
3rd Wednesday, 10:30 AM  
First Christian Church  
305 SW H Street  
Carol Smith (541) 955-4995

Medford  
3rd Friday, 2 PM  
Rogue Valley Medical Center  
2825 E. Barnett Rd.  
Carpenter Center, Rm. 1  
Mike (714) 866-2954

Portland  
2nd Saturday, 8:30 AM  
St. Andrews Presbyterian Church  
8228 SW Sunset Blvd., Portland  
Joe Mozena (503) 505-0692

Salem  
3rd Monday, 6:30 PM  
Community Health Education Center  
Salem Hospital Campus, Bldg. D  
890 Oak Street SE  
Michael (503) 857-3508

NEVADA

Reno-Sparks  
For Information call  
Bev Anderson (877) 622-6298

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

President’s Message  
By Bev Anderson

In this issue, we are publishing our Annual Report for 2013. It provides an overview of the goals accomplished and how the board utilized the funds entrusted to us.

Please be sure to check your feet daily and note anything that is not exactly the way it was the day before. I usually look, but I didn’t respond to the small, raised spot on the bottom of my left foot. I noticed my foot getting pinker, but when it was darker and the foot swollen, finally, I went to my podiatrist.

“Bev, that’s a trip to the ER,” my podiatrist said after one look at my foot. She immediately drained what was an abscess and sent me off to the ER at U.C. Davis Medical Center in Sacramento. They introduced two antibiotics – one that took 30 minutes and another 60 minutes – and looked to see if there was a change in my foot. It provided great relief – the color faded quite a bit.

I hated to admit that I had not done well with my own advice. I missed the little red spot. I evidently didn’t know what I was looking for. I thought I had gotten a spider or scorpion bite. This is to alert you not to do as I did. Be sure to look and evaluate what you see. Go immediately to your podiatrist or primary care doctor if there is anything at all suspicious.

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– Continued on page 5
PCNA Annual Report For 2013 - continued from page 1

It costs $1,000 a month for this housing and service of a headquarters office. It is a major fundraising goal to cover this cost.

Mary Hoffar and Johnathan Istitart joined the Board in July, 2013. Brad Livingood joined in September. After Wayne Hewlett resigned due to the time schedule at work, Johnathan was elected Treasurer. He has a degree in accounting and an MBA. There are currently seven members on the Board.

The Board chose to spend a good part of a day finishing up the review and revision of the policies and other business so we met 10 AM – 3 PM on Saturday, Nov. 16, 2013, with lunch brought in. Every member of the Board was present.

We again had the January meeting at a restaurant. We ordered our meals and then waded into the business at hand. When we were finished with the meeting, the dinner was served. It is an enjoyable time and very productive as it builds the Board into a team rather than being a group of individuals.

II. Support Groups

A. Continue to establish new support groups as indicated by interest and emergence of leaders.

Bev Anderson, with her friend Ginny Henderson driving, went to Oregon, April 17-30. A sizable number of people learned more about neuropathy and several support groups formed. Bev Anderson and Sandra Grafrath traveled to Southern California to attend the Neuropathy Action Foundation Conference in Hollywood. On the way and on the return trip, they held informational meetings. All looked promising, but no new groups formed as of yet. Sometimes it takes another time or even more for a group to come together.

T-Shirts with the PCNA logo on them were available at the conference in April and can be ordered at anytime.

The Los Angeles Neuropathy Support Group lost its meeting place at UCLA. They found an excellent meeting room at a library in Hollywood. They considered becoming a part of PCNA. Their leader was retiring so a new leader was to be chosen. Bev and Sandra went down for their meeting. All positions were filled except for the Leader, the one that coordinates the work of the others. The group chose to disband. There were several areas where people wanted to see if a group could form. They still wanted a group, but one closer to where they live.

C. Develop regional groups

This has begun but we need more Regional Coordinators such as Stan Pashote – San Jose, Castro Valley, Redwood City, San Francisco Dr. Bill Donovan – Monterey, Santa Cruz, Salinas (The leader here had to resign due to illness and there is none yet to take his place.) Sandra Grafrath – Livermore, Walnut Creek, Concord, Antioch-Brentwood. We need more people to do this. People are needed who can lead a support group meeting and have concern for people with neuropathy but especially group leaders as they serve as an encourager, mentor, consultant and sometimes speaker or substitute leader.

III. Increase membership 25% each year.

A. We have employed a number of approaches including the addition of new groups. Our membership has grown from 725 to 735. Many people participate in groups that don’t join. We regularly lose members through death, illness, or moving away without a forwarding address. We highly value our ongoing members. Thank you for being one of those.

In January, the Board started planning the Annual Conference. It was decided to move it to Livermore from Woodland this year which will encourage people from that area to come. After the conference, we decided to go one more year in Livermore, but at a different location.

A newsletter was printed and sent by standard or e-mail to every member each month.

IV. Fundraising

A. Develop a funding resource plan.

We continue our twice a year mailing to our entire data base and are seeing more people give donations above their dues and some in larger amounts. This helps greatly. Currently, in 2014, we will be talking about the Big Day of Giving coming up on May 6, 2014. We started the lead up to this in 2013. There are other portions of long range planning for increasing funds.

The first Step Up for Neuropathy Walk held in May was advertised from February on. It was sparsely attended, but it was a start and these things usually take time. We learned how it should work and hope that we will have many more walkers in 2014.
UNDER THE RADAR: A PHYSICIAN-PATIENT’S EXPERIENCE WITH SJÖGREN’S SYNDROME

Dr. Sarah Schafer recently shared her complex diagnostic journey in “The Rheumatologist,” the official publication of the American College of Rheumatology. She writes, “As a medical student, I was not prone to diagnosing myself with the ‘disease du jour.’ A distance swimmer and triathlete, I imagined myself to be one of the least likely people to develop a chronic disease in the prime of my life. But it happened. Sicca symptoms are important. I know this firsthand, having severe dry eye disease, including a painful neuropathic component. However, what impacts my life the most is the disabling flu-like fatigue that is seen in 70% of primary Sjögren’s patients…” - The Rheumatologist

PCNA Annual Report For 2013 - continued from page 4

We received a grant in 2012 from Placer Community Foundation to pilot several Telephone Support Group Meetings. There were two groups in Placer County – one chiefly of Auburn people and the other people nearer Roseville. We could do more if we have people to lead them. In 2013, we applied for funds to develop this idea further on a wider basis but it was not funded.

V. Publicity-Promotion
A. Coordinate with other PN related groups for publicity and promotion.

We coordinate with the Neuropathy Action Foundation to attend the annual conference that group puts on for neuropathy patients. We also coordinate with The Neuropathy Association.

VI. Health Care Providers
A. Maximize communication between neuropathy patients and health care providers.

Bev and Pam had a table at Medical Matters breakfast sponsored by Sutter Health and led by doctors and others from Sutter. Modesto and Napa participated in health fairs.

Contact was made with U.C. Davis offering a small scholarship to a student there preparing to be a neurologist. There are 15 or more taking the training each year. We want them to know more about neuropathy.

We hosted a team of four Sacramento State University business students who want to explore a non-profit organization and give suggestions in certain areas. It is a major project that counts heavily on the grade they get for the course involved. We have done this one semester each year and sometimes two for several years. We are understanding their needs better and how we can mutually help each other.

VII. Research

Each year we send a portion of our income to The Neuropathy Association for their research program.

PCNA 2013 Financial Report

Beginning Cash Balance - January 1, 2013 $39,832

Income
- Membership Dues $20,479
- Donations $22,050
- Annual Meeting & Walk A Thon $1,575
- Books/DVD Sales $290
- Grants $100
- Support Group Dues $3,499

Total Income $47,994

Expenses
- Membership/Program Services
  - Group Development $20,410
  - Annual Meeting $2,230
  - Health Fairs $31
  - Walk A Thon $356
  - Advertising & Promotion $2,375
  - Grant $116
  - Products for Sale $193
  - Publications/Web (1) $12,893
  - Research $1,400

Total Membership/Program Services $40,004

- General/Administrative Expenses (2) $10,734
- Support Group Reimbursements $2,235

Total Expenses $52,972

Ending Cash Balance - December 31, 2013 $34,853

(1) includes newsletter, fundraising materials, membership brochures
(2) includes insurance, postage, office supplies, staffing

President’s Message - continued from page 3

I need your help to gather something we need very much. We want statements of how a support group has helped you or how PCNA has helped you.

We have a BIG EVENT this month. Our ANNUAL CONFERENCE is Tuesday, April 8, at The Shrine Event Center, 170 Lindbergh,
PERIPHERAL NEUROPATHY LITERATURE REVIEW

By William B. Donovan, M.D.

This month’s PMIDs:
- 22028723 This is a case report involving the progressive addition of topical amitriptyline 5% cream, 10% ketamine cream, and DMSO 50% three times a day with reduction of pain from 26/45 to 6/25 on the McGill Pain Questionnaire.
- 22146780 A Hamburg Medical Centre study of chemotherapy-induced peripheral neuropathy showed improvement of nerve conduction velocity in 5 out of 6 patients treated with acupuncture for 10 weeks. Although not randomized, only one patient in the control group improved.
- 22307048 A review of itches that are neuropathic and not dermatologic in origin, resulting from lesions in the brain, spinal cord, and peripheral nerves. Itching due to small fiber neuropathy may respond to topical or systemically administered (mexiletine, Mixitil® local anesthetics, topical tacrolimus (Prograf®), or gabapentin (Neurontin®).
- 22313580 Neuropathic pain due to peripheral nerve injury as measured by pain rating scales at three months post block, responds much better to the combination of the corticosteroid depo-methylprednisolone (Depo-Provera®) and lidocaine (Xylocaine®) than lidocaine alone.

RESEARCHERS IN THE KU SCHOOLS OF MEDICINE AND HEALTH PROFESSIONS COLLABORATE TO BETTER UNDERSTAND DIABETES AND ITS COMPLICATIONS

University of Kansas Medical Center (1 of 15 Neuropathy Association-designated Centers of Excellence) researchers recently shared results from an important research study aimed at evaluating the effect of physical activity on nerve function in people who had been diagnosed with diabetic peripheral neuropathy. Dr. Patricia Kluding (associate professor of physical therapy and rehabilitation science) noted, “We were worried that if you take someone who has painful feet and painful legs and ask them to exercise, the pain would get worse or they wouldn’t do it.” In fact, the exercise helped the participants in the study. After 10 weeks, the participants reported fewer symptoms of pain. Skin biopsies showed changes in their nerve fibers that were consistent with improvements in the patients’ pain.

- The University of Kansas Medical Center

BRAIN IMAGING REVEALS HOW PAIN MEDICINES WORK

A study in the recent edition of the medical journal “Anesthesiology” suggests a role for brain imaging in the assessment and potential treatment of chronic pain. University of Michigan researchers used brain imaging procedures to track the clinical action of pregabalin, a drug known by the brand name Lyrica that is prescribed to patients suffering from fibromyalgia and neuropathic pain. “The significance of this study is that it demonstrates that pharmacologic therapies for chronic pain can be studied with brain imaging,” explains lead study author Richard Harris, PhD, assistant professor of anesthesiology at the University of Michigan. “The results could point to a future in which more targeted brain imaging approaches can be used during pharmacological treatment of chronic widespread pain, rather than the current trial-and-error approach.”

- Drug Discovery and Development

Scientists Identify Clue To Regrowing Nerve Cells

Researchers at Washington University School of Medicine (St. Louis, MO) have identified a chain reaction that triggers the regrowth of some damaged nerve cell branches, a discovery that one day may help improve treatments for nerve injuries that can cause loss of sensation or paralysis. The research findings were published recently in the medical journal “Cell.” Valeria Cavalli, PhD, assistant professor of neurobiology, senior author explains, “We knew several genes that contribute to the regrowth of these nerve cell branches, which are called axons, but until now we didn’t know what activated the expression of these genes and, hence, the repair process. This puts us a step closer to one day being able to develop treatments that enhance axon regrowth.”

- Washington University in St. Louis
STEP UP FOR NEUROPATHY
The Pacific Chapter of the Neuropathy Association
2014 Walk

It’s Easy! It’ll Be Fun! Come Join Us!

FUNDRAISING GOAL: $50 per person
Ideas: Get 1 personal sponsor @ $50; or 2 personal sponsors @ $25; or 5 personal sponsors @ $10, etc.

INSTRUCTIONS: 1) Ask friends, family, co-workers, church friends, etc. to sponsor you with a donation to support your effort to Step Up For Neuropathy. 2) Collect their donation in advance. PCNA will send them a thank you letter. 3) Put their money (and contact information) in an envelope for safe keeping. 4) Bring the envelope to the Walk. 5) Register in advance so that we know you are Stepping Up. Register on our website home page: www.pnhelp.org, or call 888-556-3356 or email us at donnad@pnhelp.org
(You will receive a participation pin and certificate of appreciation. We will also provide you with water and a light snack.)

PRIZES FOR THE 3 INDIVIDUALS RAISING THE MOST FUNDS.

FORM A TEAM:
Make it fun/honor someone you know with neuropathy.
EXAMPLE: “Walk for Nana” or “Bev’s Angels” -- You can even make your own t-shirts/wear the same color t-shirts.

WALK DATE/TIME/LOCATION/PARKING:
Sunday, May 18 - walk starts at 1:00pm (after you Walk, visit the mini-health fair)
Sierra College, Rocklin, CA - walk route is on the campus/no streets to cross - walk distance that is comfortable for you
You will walk on paved paths. It’s a relatively flat surface. Parking. There is plenty of parking and it’s free and close to the registration/walk route.

PCNA is a nonprofit charitable organization. Funds raised will be used for PCNA programs and for research.

QUESTIONS? Email us at donnad@pnhelp.org or call Donna Dawson at 888-556-3356

NOT ABLE TO JOIN US ON THE WALK THIS YEAR?
That’s OK. You can still support the effort. Enter your name, address, and donation amount and mail with your check to us at:
PCNA, PO Box 276567, Sacramento, CA 95827. OR, you can donate online at www.pnhelp.org.

MARK YOUR CALENDAR FOR PCNA’S 2ND ANNUAL WALK – MAY 18 By Karen Polastri, PCNA Vice President

Last year PCNA launched its first walk – Step Up For Neuropathy. We had two primary goals:
1) raise awareness about neuropathy, and
2) raise funds for PCNA so that we can continue to support our members. We want to add a third goal to raise funds for research.

Last year was a great start. We raised a little awareness and a little money, and learned a lot. This year we want to build on what we learned and raise more awareness and funds. To raise awareness we need the attention of the media. To get the media’s attention we need a mass of individuals participating in the walk. More walkers = more attention.

There are many ways that you can participate: walk, encourage your family and friends to walk, attend the mini-health expo, donate, encourage others to donate, and volunteer at the event. But we really do need a mass of people to come out and walk. You can walk whatever distance is comfortable for you. The ground is level and paved and there is a lot of shade, and plenty of convenient free parking as well as restroom facilities (not porta-potties). You are welcome to use any assistive devices needed including walking poles.

The event also makes a great family outing. For all you moms, dads, grandmothers, grandfathers, aunts and uncles, ask your family to participate as a Mother’s Day gift. All participants will receive a certificate of participation. It would be a great ‘show and tell’ topic for your grandchildren at school.

Make stepping up for neuropathy your new year’s resolution and start preparing and planning now. We need your participation to help raise awareness.

Visit the mini-health fair once you’ve completed your walk.
CENTIPEDE VENOM TOPS MORPHINE: THE SUBSTANCE TARGETS THE SAME ION CHANNEL THAT’S MUTATED IN PEOPLE WHO DON’T FEEL PAIN

An alteration in a sodium ion channel can leave people completely indifferent to pain, making the channel an appealing target for analgesic development. In a report published in the Proceedings of the National Academy of Sciences this past September, researchers characterize a newly discovered component of centipede venom that inhibits this particular sodium channel, NaV1.7, and works even better than morphine to dampen pain in rodents. “Centipedes worked out hundreds of millions of years ago the easiest way to catch prey was to paralyze them by blocking their NaV channel,” Glenn King, one of the authors of the study, told ABC. “We’re just lucky that of the nine NaV channels in humans, it hit the one we were after.” - The Scientist

NEUROTOXIN FIND KEY TO CHRONIC PAIN TREATMENT

Researchers at Purdue University and Indiana University School of Medicine have discovered that a known neurotoxin may cause chronic pain in people who suffer from paralysis. The neurotoxin, called acrolein, is produced in the body after nerve cells are injured, triggering a cascade of biochemical events thought to worsen the injury’s severity. New research shows hydralazine (which has been approved by the FDA for hypertension) is effective in reducing chronic pain in laboratory animals and potentially in people who have suffered neuromuscular trauma resulting in paralysis. The findings are detailed in a research paper published recently in the “Journal of Neurochemistry.” - Laboratory Equipment