



WESTERN NEUROPATHY ASSOCIATION
Hope through caring, support, research, education, and empowerment
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.

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PERIPHERAL NEUROPATHY INFORMATION RESOURCES

Because “every cell of our body has a nerve component,” peripheral neuropathy can affect many parts of our bodies, literally from head to toe. For that reason, this listing includes many types of neuropathies you may never have heard of, but may in fact, actually be experiencing. The more you know about neuropathy, the better will your chances be for improving your diagnosis and care.

As one-third of us are diabetic, there are more articles about DPN than other PN types. However, many of the treatments specified for DPN are effective with other neuropathies. Pain is problematic for most of us so there are numerous articles about pain management products and strategies.

As you begin to assume more and more responsibility for your own treatment plans, in partnership with your medical providers, you will learn about more resources and we hope you’ll share them with the leadership of the Western Neuropathy Association so they can be passed on to others in future publications of this resource.

PUBLICATIONS

All of these books can be obtained through local stores by order, Barnes and Noble, Amazon, and other online bookstores. These are books people have found helpful. They are for educational and information 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 Western Neuropathy Association does not endorse any treatments, medications, articles, abstracts or products discussed herein. You are strongly encouraged to consult a neurologist with any questions or comments for you may have regarding your condition. The best care can only be given by a qualified provider who knows you personally.

BOOKS

PERIPHERAL NEUROPATHY: WHEN THE NUMBNESS, WEAKNESS AND PAIN WON’T STOP,
by Norman Latov, MD, PhD.

A guide for patients and families that defines neuropathy, the function and organization of the nerves, understanding the symptoms, evaluation and diagnosis, causes of neuropathy, management of neuropathy and sharing stories and experiences. This book will help you to speak the same medical language as your physician. (If you can afford it, buy one for your primary care doctors or any other doctors you visit.)

YOU CAN COPE WITH PERIPHERAL NEUROPATHY: 365 WAYS TIPS FOR LIVING A FULL LIFE This small volume was written as a “coping book” by author Mims Cushing, a “PNER”, with supplementary chapters by Norman Latov, M.D., a recognized expert on the subject. The author shares numerous “tips” on how to live a full life, understand the illness, develop healthy attitudes about it, and engage in activities that lessen the impact of neuropathy on one’s life. A number of case histories are shared which serve as models for healthy adaptation. <http://www.youcancopewithneuropathy.com>.

THE NUMB FOOT BOOK: HOW TO TREAT AND PREVENT PERIPHERAL NEUROPATHY

Naturopath Alexander McLellan Bs.C, ND and Podiatrist Marc Spitz, DPM, continuing the legacy of the Numb Toes Book series by John Senneff, while offering even more practical solutions than ever before.

NUMB TOES AND ACHING SOLES: COPING WITH PERIPHERAL NEUROPATHY by John Senneff.

This first volume of the author's published in 1999 covers the entire subject of peripheral neuropathy in 300 pages: causes, pain medication, other medical therapies, alternative treatments, nutrients, unapproved drugs, diabetes and HIV, and coping. The facts are well referenced, but unselected, including studies with weak evidence for effectiveness. The author deliberately intended to be all-inclusive, realizing that a treatment may help one person and not help many others. As with any textbook, new information soon outdates the material presented, forcing the informed reader to keep up with the current literature.

(See www.pnhelp.org , check Resources tab and click Medical Literature Review)

NUMB TOES AND OTHER WOES: More on Peripheral Neuropathy. Written as his second volume on the subject, this exhaustive, well-referenced summary of research on the multiple possible treatments of neuropathy is the product of John Senneff an attorney who suffers with the disease. It would take a lifetime to try all the treatments reviewed.

NUTRIENTS FOR NEUROPATHY by John A Senneff (2002). There is an excellent forward by neurology professor, Laurence J. Kinsella, M.D., listing supplements, which enhance and those that harm nerve function. The author's introduction discusses the need for double blind, randomized, placebo-controlled studies of supplements used for peripheral neuropathy, despite the economic barriers to pharmaceutical companies scientifically investigating these agents, which cannot be patent-protected. The author attempts to review the many vitamin and mineral substances that have been tried with PN. There is a section describing the ALADIN study of alpha lipoic acid with PN.

COPING WITH PERIPHERAL NEUROPATHY, HOW TO HANDLE STRESS, DISABILITY, ANXIETY, FATIGUE, DEPRESSION, PAIN, AND RELATIONSHIPS by Scott I. Berman MD, CIDP (He is a physician, specializing in psychiatry, who suffers from chronic inflammatory demyelinating polyneuropathy, a severe form of peripheral neuropathy), 2007. Dr. Berman tells the story of his illness from the perspective of a doctor, in his case, facing a particularly grim prognosis. Detailed medical information is provided. The author shares helpful advice with anyone coping with the many challenges of this chronic illness.

HEALING DIABETES: COMPLEMENTARY NATUROPATHIC AND ALLOPATHIC TREATMENTS by Alexander McLellan, BSc, ND, and Michael Friedman, BSc, ND. This is a self-help book for diabetics, written by two naturopaths, that reviews dietary control of the disease. The authors recommend that patients "consider weaning themselves off any prescription drugs they may be taking for their condition." (Page 15) Although there seems to be much useful documented nutritional information, any treatment of diabetes needs to be coordinated with competent medical supervision.

THE ALPHA LIPOIC ACID BREAKTHROUGH by Burt Berkson, M.D., Ph.D.. Evidence is referenced regarding the benefits of ALA as a powerful antioxidant, which neutralizes free radicals and can protect against cell damage from toxins, chemotherapy, ageing, diabetes, and atherosclerosis. Specific references involve ALA's role in the treatment of cataracts, diabetic retinopathy, peripheral neuropathy, nerve degeneration and mushroom poisoning. The book was written in 1998 before the publication of more pessimistic studies of many of the vitamins he covers. Subsequently, however, the ALADIN and SIDNEY studies have been completed reaffirming the role of ALA in preventing the progression of nerve degeneration in peripheral neuropathy. (www.pnhelp.org>resources>medical literature review)

(See www.pnhelp.org , check Resources tab and click Medical Literature Review)

NEUROPATHY AND PAIN MANAGEMENT ORGANIZATION WEBSITES

www.pnhelp.org Website of the **of the Western Neuropathy Association (WNA)** for regional information about the growing network of support groups, profiles of the PCNA Board of Directors, news about **WNA** regional activities, general news about neuropathy issues and developments. On the site are some archived copies of the WNA's *Neuropathy Hope* monthly newsletter and *PN News*, the monthly newsletter of the **Yolo Neuropathy Group**.

www.foundationforpn.org Website of The Foundation for Peripheral Neuropathy They have an emphasis on research but also have a wealth of information for individuals and support groups.

www.neuropathyaction.org This is the web site of the **Neuropathy Action Foundation**, a California-based non-profit organization committed to insuring that neuropathy patients have access to individualized medications, IVIG and other treatments through patient empowerment and advocacy. NAF increases awareness among physicians, appropriate institutions, the general public and public policy officials that neuropathy can potentially be a serious, widespread and disabling condition, which may be treatable when appropriate medical care is available.

www.NeuropathySupportNetwork.org The **Neuropathy Support Network** is the organization that Gene Richardson has developed in support of and as an outgrowth of his popular DVD, **COPING WITH CHRONIC NEUROPATHY**, Tips and Techniques on Living with Neuropathy. There is a great deal of helpful information on this website with a special emphasis on the needs of veterans

www.ahrq.gov Website of the US Department of Health and Human Services. Neuropathy or any health concern may be entered into the search bar to obtain a listing of articles pertaining to that subject.

www.diabetesincontrol.com A commercial website that advertises products for diabetes. Summaries of scientific articles as well as popular articles of interest to diabetics are provided.

www.theacpa.org website of the **American Chronic Pain Association**, which grew out of a support group for patients with chronic pain, and now serves these groups around the country. Extensive information is provided on various painful conditions, analgesic medications, pain management techniques, and excellent videos, including a relaxation exercise guide.

www.ncbi.nlm.nih.gov/sites/entrez As William B. Donovan, MD, outlines in his column in *NEUROPATHY HOPE*, this link accesses **The National Library of Medicine (NLM)** where information on peripheral neuropathy (PN) can be found. There are over a hundred medical articles a month written on PN. Click on this link to open PubMed. Then choose Search.. You can enter article numbers (PMIDs) listed in the newsletter that he has previously checked- out, or you may search on your own. The vast world medical literature can be accessed here.

Current as of Junel, 2015