

PN News

Yolo County

VOL. 13, No. 9

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www.quickscriptpharmacy.org



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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.

DAVIS

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

Program: DVD: Mims Cushing: *You Can Cope With Peripheral Neuropathy* and Discussion

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

WOODLAND

TUESDAY: NOVEMBER 10, 1:00 – 3:00 p.m.

Program: Sonia Wells, Pharmaceutical Intervention (part II)

Woodland Community and Senior Center
2001 East Street,
Woodland 95695
Call: Elizabeth Chaudhry (530) 661-3859

SACRAMENTO

TUESDAY, NOVEMBER 17, 1:30-3:30

**Program: Mae Denman, Yoga instructor
“Fall Prevention 101”**

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

MEETING RECAPS

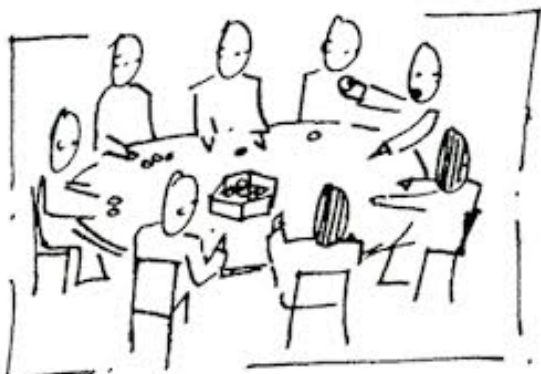


DAVIS OCTOBER NOTES

By Mary Sprifke

Summarizing a rich round-table discussion is difficult, especially the nuances, interplay and 'ah-ha' moments we all had. What can be shared are some specific suggestions and ideas:

- A reminder that two pneumonia shots now exist, and boosters can be supplemented with a flu shot to help PN'ers.
- Compounding pharmacies seem to have about 4-5 RX options. One is Ketamine, an anesthetic controlled substance that in small quantities (10%) may help with PN symptoms. Davis Compounding Solutions at 1205 Drake Dr. # E, Davis, CA 95616 Phone: (530) 756-1255 is a possible source.
- One mentioned the online **Quick Script Pharmacy**. Online at www.quickscriptpharmacy.org notes it "is a guaranteed lowest price prescription provider. We accept most health insurances and offer supplemental assistance programs as well. Pharmacist consultation and home delivery services are provided at no additional cost. A seamless and trouble-free continuum of care is guaranteed with every visit." Several locations exist nationally and there is a Facebook address as well.
- For our feet: consider foam inserts for sports shoes
- To abate pain cycles try Topricin or Neuragen topicals; use a radio with ear buds when going to bed
- Spinal stenosis is a diagnosis one is dealing with through use of Anodyne external electrode therapy; TENS unit with 4 pads; acupuncture and acupressure where energy is blocked
- Atria Covell Gardens features a woman who specializes in joint exercises (Sara)
- Supplement provider Sundown Co. is one's choice for vitamins D and C liquid in capsules; also 1200 units of calcium and D3, 1000 I.U.
- Look for sleep study opportunities or check out Sutter sleep programs
- Keep active at Get Fit in Davis (formerly Davis Athletic Club) – good options there
- Pay attention to balance– standing stance with one foot slightly behind the other helps with good ergonomics
- Consider using support hose to improve circulation



SACRAMENTO OCTOBER NOTES

By Joyce Greenleaf

The Sacramento Peripheral Neuropathy Support Group met on October 20, 2015. Twenty-two people were in attendance. The presenter was Dr. Brian McDowell, podiatrist, of McDowell Podiatry. Dr. McDowell has practiced podiatry in the Sacramento area since 1975. He is one of two Mayo Clinic certified podiatry surgeons in Northern California.

His podiatry service offers a "Neuropathy Care Center," which is described in one of the useful handouts that Dr. McDowell made available. A PN patient can expect a thorough examination on one's health history upon visiting the Care Center.



Dr. Brian McDowell

Brian@mcdowellpodiatry.com

Dr. Brian McDowell, board-certified podiatrist provides foot and ankle care in Carmichael, CA.

Dr. McDowell's talk used a PowerPoint presentation that was tightly organized and quite easy to follow. His technique listed topic, which he then elaborated upon verbally, rather than reading a detailed script aloud.

In most neuropathy presentations, the emphasis is upon medications to deal with neuropathic pain; Dr. McDowell focused less on medications and more upon other means of improving life with neuropathy, including what seemed like minor surgical adjustments. He demonstrated a thorough knowledge of the causes of neuropathy and of possible treatments.

There were many useful suggestions during the talk, including an emphasis upon reducing sugar in one's diet. Dr. McDowell pointed out that if you are consuming commercially prepared foods or drinks, you might do well to pay attention to the nutritional analysis. Specifically, you might check the amount of carbohydrates in the prepared food or drink. If the list shows carbohydrates at, for example, 28 grams, you can figure that you are getting 7 teaspoons of sugar. That is, **divide the number of carbs by 4 to figure the amount of sugar present.**

I would note that Dr. McDowell was particularly adept at answering numerous questions that the group posed. He revealed that he was clearly conversant with PN and with possible treatments. We are hoping that Dr. McDowell will be willing to return to talk to our group again in the future. Dr. McDowell's contact info: 916-961-3434

WOODLAND OTOBER NOTES

By Elizabeth Chaudhry

Sonya Wells, pharmacist, presented a detailed look at **Pharmaceutical Intervention in PN.** Living with PN herself, her insight and experience were most helpful. Time allowed only for a short presentation; however, she is willing to speak to our group again at the November meeting. She provided handout materials.

It's To Laugh . . .

1. Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.
2. A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."
3. A dyslexic man walks into a bra.
4. A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."
5. Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"
6. "Doc, I can't stop singing 'The Green, Green Grass of Home.'"
"That sounds like Tom Jones Syndrome."
"Is it common?"
Well, "It's Not Unusual."
7. An invisible man marries an invisible woman. The kids were nothing to look at either.
8. Deja Moo: The feeling that you've heard this bull before.
9. I went to buy some camouflage trousers the other day but I couldn't find any.
10. A man woke up in a hospital after a serious accident. He shouted, doctor, doctor, I can't feel my legs!" The doctor replied, "I know you can't, I've cut off your arms!"
11. I went to a seafood disco last week... and pulled a mussel.
12. What do you call a fish with no eyes? A fsh.



How is Neuropathic Pain Treated?

By LtCol Eugene B Richardson, USA (Retired) BA, MDiv, EdM, MS

Pain signals from an external stimulus like a cut or from an internal broken bone are treated with many well-known treatment options for pain.

Pain signals from damaged nerves which send *real, but faulty signals* to the brain must be treated with other options which currently are limited until research provides more options at the clinical level.

FACT: Neuropathic pain does NOT respond to 'normal' pain medications.

Options

The majority of patients with neuropathic pain are currently treated *with two classes of medication*. The *anti-depressants* and the *anti-seizure medications* either alone or in combination work for many patients to reduce such pain.

Some of these options would include Nortriptyline in the first class and Lyrica in the second class. Speak to your doctor about the options, but recommend that you first consider the anti-depressants as these may have fewer side effects. Both the anti-depressants and anti-seizure medications reduce neuropathic pain, even if medicine is not totally sure why they work.

This information is from the book by Norman Latov, MD PhD of Weill Medical College, Cornell University. Most patients get about 85% relief and a few are lucky with 100% relief, but until there are better medications developed by research, we are fortunately to have these options.

Dr. Latov speaks of these and other medications and they do help many neuropathy patients. However, like all medications sometimes the side effects are worse than the symptoms.

Each patient must decide if they are worth using if the pain is only at the nuisance level. The dosage and the combinations of these medications must be worked through by the patient with the doctor in a patient doctor partnership of trial and error. As of now, I know of no other way to find what works for you.

Other patients have been prescribed Lidocaine patches for burning pains as noted by Dr. Latov and patients report that these help reduce the burning.

I have found that the burning sensations respond best to compounded topical creams and not to the oral medications. Compounded topical creams are being prescribed more often by doctors 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 neurologist Corey Hunter.

For patients with an immune mediated neuropathy the use of intravenous immune globulin (IVIg) has been very effective in reducing pain in sensory neuropathies while providing more muscle strength in motor neuropathies and protecting the nerves from more damage. It works! See patient IVIg experience [click here](#).

2015 Update on Promising Research:

“VM202 contains human hepatocyte growth factor (HGF) gene. Growth factor is a naturally occurring protein in the body that acts on cells, in this case nerve cells – to keep them alive, healthy and functioning. Future study is needed to investigate if the therapy can actually regenerate damaged nerves, reversing the neuropathy.

“We are hoping that the treatment will increase the local production of hepatocyte growth factor to help regenerate nerves and grow new blood vessels and therefore reduce the pain,” said Dr. Senda Ajroud-Driss, associate professor in neurology at Feinberg, an attending physician at Northwestern Memorial Hospital and an author of the study.

“A future, much larger phase three study will soon be underway. To read the full article [Neuropathy: Relief for diabetics with painful condition.](#)”

Mims on Music . . .



Excerpted from ***You Can Cope with Peripheral Neuropathy***/365 Tips for living a full life (pg.102)

By Mims Cushing

Listening to music can calm you down or pick you up. Playing the piano or an instrument you played as a child is a great way to spend time, but your hands may not work as well as before. If your inner child has always wanted to play an instrument, try one. If you are musically gifted and have a good voice, join a choir or a music group.

The respected founder of The Center for Integrative Medicine, Andrew Weill, MD, recommends that you turn off the news once a week. He calls it a “news fast.” Listen to music, buy flowers, read inspirational books, volunteer. These ideas come from a Harvard Medical School graduate, a renowned doctor, who believes that wellness results when you make time for art, keep in touch with nature, and take deep relaxing breaths. If you believe in alternative medicine, hunker down with one of his books.

So yes, when your neuropathy is annoying you, turn off the news on TV for a day and stop those yammering newscasters. Put on some music, and the atmosphere in your house will change. In *How to Talk With Your Doctor*, by Ronald Hoffman, MD, he writes about the value of calming patients with music – pre-surgery, during surgery, and post-surgery. He says music reduces pain, lowers blood pressure and heart rate, and lessens anxiety and stress.

- If your neuropathy wakes you up and you are unable to relax at night, which is often the case, choose calming music, such as a soft classical piece. If you need livelier music to pick you up during the day, choose something like jazz or rock.
- It makes sense to listen to sounds you love, but once in a while experiment with change-of-pace music.
- Get your favorite CD's, divide them into categories – calming or lively – and keep them together in a special spot, so that you won't have to hunt for them.
- Hospice recommends that if you are feeling down or depressed, leave music on in your home most or all of the time. Sometimes too much silence can be deafening, unless you are meditating.



UPCOMING MEETINGS

Davis

2nd Tuesday, December 8, 3:30-5:00

(Mary Sprifke (530-756-5102))

Davis Senior Center

246 A Street, Davis



Sacramento

3rd Tuesday, December 15, 1:30-3:00

(Charles Moore 916-485-7723)

Northminster Presbyterian Church

3235 Pope Avenue, Sacramento

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 will face their peripheral neuropathy alone.

Woodland

2nd Tuesday, December 8, 1:00-3:00

(Elizabeth Chaudhry (530-661-3859))

Woodland Community and 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***
2. Harry J. Gould, III, M.D., and Ph.D. – ***Understanding Pain: What It Is, Why it Happens and How It's Managed***
3. Alexander McLellan N.D. and Marc Spitz D.P.M. – ***The Numb Foot Book***
4. Mims Cushing & Norman Latov, MD – ***You CAN Cope With Peripheral Neuropathy 365 Days a Year***
5. John Senneff – ***Numb Toes and Aching Soles: Coping with Peripheral Neuropathy***
6. John Senneff – ***Numb Toes and Other Woes: More of Peripheral Neuropathy***
7. John Senneff – ***Nutrients for Neuropathy: How to use natural supplements to treat the severe pain of PN***
 - **The Foundation for Peripheral Neuropathy-** www.foundationforpn.org (a national organization)
 - **Western Neuropathy Association (WNA)** (formerly PCNA) – www.pnhelp.org or toll-free (877) 662-6298
 - www.neuropathyjournal.org
 - www.neuropathysupportnetwork.org
 - **Neuropathy Journal** at www.neuropathyjournal.org
 - **Eugene B Richardson MDiv, MSM, EdM, MS, Patient Educator in the DVD "Coping with Chronic Neuropathy"**

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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