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The mission of the Yolo Neuropathy Groups is to insure, through Information, Empowerment and Mutual Support, that all may have hope and no one faces their peripheral neuropathy alone.

"Coming together is a beginning; keeping together is progress; working together is success." Henry Ford

Martha Chandley, Editor, 916-371-1125, kairoschandley@yahoo.com

Yolo Neuropathy Hotline: 888-893-1125

For information about Neuropathy and PN Group Meetings

October Neuropathy Support Group Meetings

Davis: Wed. Oct. 8 at 2 pm at 1460 Drew Ave, Institute for Restorative Health, Suite 300, 530-758-4474

Speaker: Eric Hassid, MD, Neurologist, CEO and Medical Director of IRH
"VST Myodynamic Stimulation: Demonstration of a New Treatment for Neuropathic and Other Chronic Pain."

Woodland: Mon. Oct. 13 at 2 on at Woodland Senior Center. 2002 East St., 530-661-5890 – check at the front desk for the room assignment

Speaker: Sandra Vinson, PNER and Yoga Practitioner
"Gentle Yoga for Pners and Other Seniors"
Come dressed casually for movement and become revitalized!

West Sac: Tues. Oct. 14 at 2pm at West Sacramento Senior Center, 646 Cummins Way, 916-373-5819

Speaker: Sandra Vinson, PNER and Yoga Practitioner
"Gentle Yoga for Pners and Other Seniors"
Come dressed casually for movement and become revitalized.

Sandra led the September meeting of the Yuba City group in a 90 minute introduction to gentle yoga. Participants didn't want to quit, reported that they were so revitalized, de-stressed, relaxed and able to really sleep for the first time in ages! Come and yoga with Sandra!

WHAT DOES AND DOESN'T WORK FOR US PNers?

This is an ongoing topic of our discussions and internet research efforts. It was a particular focus of the Davis and West Sacramento meetings in September and some of the exciting highlights of that sharing will be found below. But there are two new local developments we want you to know about that seeks to establish and confirm objective and subjective measures of effectiveness on a variety of old and new clinical treatments for neuropathic pain. .

VST Myodynamic Stimulation Treatments

We've been in conversation with **Daneka Keith** with **VCARE (you may reach her at 888-924-2260 and www.vcarehealth.com)** for the last couple of months about an exciting new electronic stimulation treatment that might be made available in our area. She provided us with informational flyers about the VST technology that were then distributed at the September Yolo PN meetings, shared with some of our area colleague Support Group Leaders, and some doctors known to be dealing with PNers, including Dr. Kayvan Haddadan at Woodland HealthCare, which might also offer the treatments..

Neurologist Eric Hassid, MD is pleased to announce that the Institute for Restorative Health has acquired the VTS system for use at the Institute, his staff has now been trained on the technology's protocol and procedures, and IRH will begin treatments for PN and other chronic pain patients in October using the VST equipment. Dr. Hassid will demonstrate the product and explain the science behind the NASA inspired technology at the Oct. 8 Davis meeting. **Everyone is encouraged to come learn about this very significant solution for many of our problems.**

The treatment program will include 2-3 one hour sessions per week for a total of 20-40 sessions, varying with individual patient conditions. **After a consultation with Dr. Hassid, those accepted for the protocol will need to commit to complete the entire course of visits.** Traditional EMG and NCV diagnostic tests for confirming neuropathic damage, may also be needed for some patients. Protocol expenses should be covered by Medicare and PPO programs, beyond the usual visit co-pays. IRH hopes to clarify whether HMOs will cover the protocol in time for the Oct. 8 demonstration meeting.

If you are already an IRH patient and are interested in learning more, call for a follow-up appointment with Dr. Hassid or Kathy Robinson, his Physician Assistant at 530-758-4474. If you'd be new to IRH services, a referral to Dr. Hassid from your primary doctor would be preferred.

Thanks so much, Dr. Hassid, for committing to pioneer use of this exciting new treatment option in our region to help us PNers!

In the meantime, if you want further information about the VST science and treatment outcomes, here are two very informative resources. A recent issue of **Podiatry Today** (<http://podiatrytoday.com/article/4860>) featured an article by two podiatrists, entitled “*Diabetes Update: Waveform Stimulation: Can It be Another Option for Painful Neuropathy?*” including **Jaret Walker, DPM**, of Denton, TX, who sent us a personal testimony about his extraordinary results with his patients (see below). If you’d like to learn about the company behind the VST waveform technology, go to www.VCAREShealth.com. Another great resource is “*Understanding neuromuscular stimulation properties of VST MyoDynamic Device* “ by **Richard Heitsch, MD and David Markovich, PT, CMDT**, which explains the science behind a variety of electrotherapies and the very unique and powerful effectiveness of the VST technology for treating the kinds of neuromuscular damage that is common with PNeers. It is available in PDF form and can be accessed via your search engine.

Here’s Dr. Walker’s personal statement to us:

“Over three years ago, I was approached by a rep from VCare about treating patients using this new NASA technology. They stated many conditions I see frequently would be helped. I was very skeptical, **BRUTALLY** skeptical, but being a new practitioner, I had the time to see if this new technology for many musculoskeletal conditions and my patients were grateful. It was then recommended that this might assist patients with PN.

A man came to my office begging for help for his diabetic PN, just like most patients do. He couldn’t sleep, was depressed, suffered from immense pain, loss of sensation, fear of falling, and was desperate for help. Reluctantly I offered him VST therapy and he said “I’ll try anything.” Three months later his improvement, in his own word, was as follows: **Pain** improved 90%, **Sleep** improved 95%, **Balance** improved 100%, **Overall quality of life** improved 99%. I saw him recently and he looked like a totally different person. He smiled, looked healthy, and stated none of his symptoms had returned.

I have now treated over 100 patients producing varying high levels of success ranging from 60-100% (averaging approximately 85-90%), not one failure, and of course so many life changing stories. I still can’t believe it, but the VST really works . People need help and I want to get this information to them. I hope you have already read the study a friend of mine and I published. The results are real!”

Thanks so much for your testimony and the published article, Dr. Walker. And thanks for being part of our Yolo/Northern California advocacy for bringing effective new treatments for us PNeers.

People with Diabetic Peripheral Neuropathy and Post-Herpetic Neuralgia Are Needed for Study

If you have DPN or PHN, you are encouraged to call the **Sutter Institute for Medical Research** at 916-4554-9539, to speak with **Kimberly Olsen-Wilson** to

see if you might qualify for the **SAINT Study**.

We are used to clinical trial studies concerned with testing the effectiveness and/or safety of new medications or technologies to cure or manage a variety of medical issues. As for medications for neuropathy, recent reports have indicated there some 80 different new medications in development or trial processes for a variety of neuropathies. Although the focus is usually on diabetic neuropathy, we know FDA approved meds are usually prescribed for other neuropathies as well. While there may be substantial clinical trial data on past product developments, there are few if any post-marketing studies that look at patients' experiences with a variety of medications within a broader perspective.

The SIMR and GlaxoSmithKline's **SAINT Study** is an eight week "observational" study that asks DPN and PHN patients to complete "palm pilot" diary questionnaires on the effectiveness of their existing or changing medications for neuropathy covering one's overall health status, medication use, healthcare system utilization, pain intensity and ability to do daily activities, etc. **Participants will be compensated at the end of the study with stipends of \$50 to \$200, depending on the number of questionnaires completed.** At the beginning and end of th study period, participants will meet with Ms. Olsen-Wilson at the SIRM office at 2801 Capitol Ave. in midtown Sacramento.

This is a terrific opportunity for area DPNers and HPNers to make a very real and valuable, no risk contribution to medical knowledge about the **real effectiveness** of the **OTC and prescribed medications** we are using. **Do please participate if you qualify!**

The Numb Foot Book: How to Prevent and Treat Peripheral Neuropathy is arriving!

Thanks to our great and generous friends at Origin BioMed and MedPress, we will be receiving 50 donated copies of the **terrific new neuropathy book** by **Alexander McLellan, BSc, ND** and **Marc Sptiz, DPM**, for sale to Yolo Group related PNers, beginning at the October group meetings.. **Please come early if you want to purchase the books at the discounted price of \$15 each.** (The retail store price will be \$25 and will be available via Amazon for \$19, plus shipping).

We recognize that not all our members and friends are able to attend our meetings, so we are willing to mail the books to the local area for an additional \$3. Mail orders from outside the Sacramento metropolitan region will require an additional \$5 for a total of \$20.. Checks should be made out to **NCCNA-YCSG** for deposit into our Yolo groups' account. Please send a note with your request and check for mail orders to Yolo Neuropathy Groups at 1399 Sacramento Ave., Unit 108, West Sacramento, CA 95605 for speedy shipments. .

Proceeds from the sales will help underwrite some planned public awareness and patient education projects for Yolo County and with NCCNA for the regional network in the coming months. We are also delighted to announce that OBM is also donating eight sets of the new neuropathy and diabetes (see the MedPress order form is last month's ***Pn News***) books to be placed in the six Yolo public libraries, and the medical libraries of the Sutter West Hospital and Woodland HealthCare Hospital. These placements are another way we are working to serve the needs of Pners in our Yolo communities and beyond. And how about buying an extra copy for your personal doctor, as well? There's a lot of really helpful information that will benefit both you and your doctor in finding the best treatments for your own unique neuropathy. One of the special aspects of the book is that there are numerous personal Pner stories about their experiences and what has worked for them.

A bazillion thanks to OBM CEO and President, Robert Cervelli, and all the company team members involved in producing and distributing Neuragen, NeuroHelp and the Neuropathy and Diabetes books for our better health. We really appreciate all your generosity in helping us support and educate many more Pners in Yolo.
