



NEUROPATHY NEWS

The Newsletter of The Northern California Chapter of The Neuropathy Association

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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.

Vol. 2, No. 7

Hope through caring and education

July, 2007

Neuropathy Awareness Evening At the Sacramento River Cats Baseball Game Raley Field, West Sacramento Tickets Are Available

We have 10 of our 20 tickets for Sunday evening, August 5, 2007, our first Neuropathy Awareness Event and purely social occasion, left. The game starts at 6:05 p.m. Tickets are \$15.



Raley Field in West Sacramento is especially

designed for handicap access. The handicap parking spaces are up close with a shuttle, if needed, to the elevator just inside the gate that goes to the upper concourse. There are insets for wheelchairs or scooters with companion seats next to these. We have tickets on this row and the row just in front. All this is on the third base side.

Normally, the tickets are \$17. We planned to sell them for full price with our \$2 discount going to The Neuropathy Association for neuropathy research. One person gave \$40 to cover the 20 tickets so we are charging \$15. Anyone that wants to contribute over the price of the ticket is welcome to do so with the amount going to research.

As a group seating, we will be in the program and on the information board that flashes news of who is there during the game. We hope to be able to display our new bus poster.

The Sacramento River Cats are part of the Oakland A's organization. For tickets, send your check for the number of tickets requested to NCCNA, P.O. Box 6985, Auburn, CA 95604. Be sure to indicate if you need a space for a wheelchair or scooter.

Did You See Bev and Mike On KCRA - Channel 3?

On Tuesday, May 29, KCRA-Channel 3 (NBC channel in Sacramento) aired a Health Watch segment on neuropathy featuring Bev Anderson, NCCNA President, and Mike Colozzi, Leader of the Elk Grove PN Support Group. It was re-aired on Saturday morning, June 2. Google also picked it up in their Neurology Alert for May 29. If you want to see it, you can go to <http://www.kcra.com/health/13407929/detail/html>

We had been in contact with Chyresse Lowther of KCRA for several months. She arranges for the interviews and video taping as well as preparing the script for Health Watch. On several occasions information about peripheral neuropathy was mailed or delivered personally. Energy was given when Sue Gerard of our Roseville PN Group called and talked to her about friends that found out they had PN. Their doctors had not told them but they got the information from Sue who got it from us. So Sue urged Chyresse to feature peripheral neuropathy on Health Watch.

When they were ready to tape the interview, Bev was called and asked "What about tomorrow? It would be a good day for us." She called Mike, and both came at the appointed time. The interview was about 40 minutes. Then the photographer took pictures of their feet followed by taping them walking up and down the hall so the camera could "see" their "neuropathy walk."

One special benefit and impetus for following through on our request was that Chyresse visited her grandmother. Her grandmother told Chyresse about how her feet felt and the pain she was experiencing. Armed with the information we gave, Chyresse knew it was likely peripheral neuropathy and could help her grandmother.

AFFILIATE NEWS

Listed below is information about upcoming meetings and where to learn more about them.

Group/Date/ Time	Place	Program	Contact
Auburn-Day 1 st Monday, 1:30 PM	Woodside Village MH Park 12155 Luther Rd., Auburn	Neuropathy Help (special handouts)	Terri Stennes, 916-663-3108 bridget@infostations.net
Auburn-Eve 1 st Monday, 7 PM	Sutter Auburn Faith Hospital 11815 Education Street, Auburn	Neuropathy Help (special handouts)	Bev 530-389-2416 bj@foothill.net , Grant 530-887-9881
Berkeley 3 rd Monday, 6-8 PM 1 st Month of each quarter	Lutheran Church of the Cross 1744 University Ave., Berkeley	Neuropathy Help	Alan Dampsey, 510-527-3568 adampsey@comcast.net
Concord, 3 rd Tuesday, 1:30 PM	First Christian Church 3039 Willow Pass Rd., Concord	Neuropathy Help	Ernette Rivera, 925-889-2484 ernette5712@sbcglobal.net
Davis 2 nd Wednesday 2 PM	Institute for Restorative Health, 1460 Drew Ave. across from Kaiser	Ilona Ireland Caring for the Caregiver	Martha Chandley, 916-371-1125 kairoschandley@sbcglobal.net
Elk Grove 2 nd Tuesday, 2 PM	Elk Grove Senior Center 8830 Sharkey Ave, Elk Grove	Diane Craig Celiac Sprue/Gluten Intolerance Sacramento Area Leader	Michael Colozzi, 916-421-8103 Susie Watson 916-354-0483
Folsom 2 nd Tuesday, 3:15 PM	Creekside Oaks Retirement Residence 1715 Creekside Drive.	Neuropathy Help	Lorraine 916-983-4023, Beverly 916- 984-4302
Grass Valley 2 nd Monday, 1:30 PM	GV United Methodist Church 236 S. Church St., Grass Valley	Neuropathy Help	Bev 530-389-2416 Betty Gears 530-432-7774
Jackson 3 rd Tuesday, 10 AM	Amador County Senior Center 229 New York Ranch Rd. Jackson	Neuropathy Help	Laurie 209-223-0442 Darlene 209-296-1760
Lincoln 3 rd Tuesday, 1 PM	Raley's Event Center 765 S. Hwy 65, Lincoln	Neuropathy Help	Joe Facha 916-408-2007 Lavern 916-408-2007
Livermore 4 th Tuesday, 10 AM	Heritage Estates 900 E. Stanley Blvd.	Neuropathy Help	E. Lorene Stack 925-447-6158
Monterey 3 rd Wednesday, 10:30 AM of odd numbered months	First Presbyterian Church 501 El Dorado St.	Neuropathy Help	Don & Ann Trout 831-372-6959
Napa 1 st Thursday, 2 PM	Napa Senior Center 1500 Jefferson St., Napa	Neuropathy Help	Ron Patrick 707-257-2343 bonjournapa@aol.com
Placerville 4 th Wednesdays., 1:30 PM	Placerville Senior Center 937 Spring St., Placerville	Neuropathy Help	Arlene Middlebrook, 530-626-1098
Redding, Restarting soon			Bev Anderson (530)389-2416
Redwood City, 1 st Tuesday, 2 p.m.	Bakers Square Restaurant 949 Veteran's Blvd., Rwdw Cty	Neuropathy Help	Annette Devost 650-595-2478
Reno, NV 2 nd Tuesday, 6:30 PM	Fire Station #11 7105 Mae Anne Ave., Reno	Neuropathy Help	Marsha Campbell 775-851-0499 LadyJane2b@sbcglobal.net
Roseville 2 nd Tuesday, 7 PM	Point West Sr. Res., 5161 Foothills Blvd., Roseville	No Meeting in July	Marilyn Larson 916-771-8435
Sacramento 3 rd Tuesday, 1:30 PM	Northminster Presby. Church 3235 Pope Street, Sacramento	Excellent Speaker Expected	Anne Fletcher 916-391-3317 Myke Taylor 916-487-2903
San Francisco - Call Amy Mahoney to be sure of the meeting day and time.	UC-San Francisco Med Ctr. Amb. Care Ctr. 8th Flr. , Rm A888, San Francisco	Neuropathy Help	Amy Mahoney, 415-353-2312 amy.Mahoney@ucsfmedctr.org

Group/Date/ Time	Place	Program	Contact
San Jose 3 rd Saturday, 10:30 AM	O'Conner Hospital, 2105 Forest Ave, SJ DePaul Conf. Rm., San Jose	Bev Anderson NCCNA President Speaking Helpful handouts	Stan Pashote (510)490-4456
Santa Cruz - Call Mary Ann for date and time.	Life Oak Senior Center, 1777 Capitola Rd., Santa Cruz	Neuropathy Help	Mary Ann Leer. 831-477-1239 MALEER@SURFNETUSA.COM
Santa Rosa, 1 st Thursday, 10:30 AM	Santa Rosa Senior Center 704 Bennett Valley Rd, SR.	Neuropathy Help	Ginger Minnich, 707-829-2934
Sonora. Meeting Last Monday, 2-4 PM	Sonora Regional Medical Center Conference Room	Neuropathy Help	Ed Minium (209)586-3702
Stockton 3 rd Tuesday, 4 PM	Central United Methodist Church 3600 Pacific Avenue.	No Meeting in July or August	Mary & Case Klooster (209)463-5985
Walnut Creek	Rossmoor, Hillside Clubhouse Las Trampas Room, Walnut Creek	First meeting under new leadership was held on June 22. Call Sigrid or watch Rossmoor News for the next meeting info.	Sigrid Lott (925)935-2031
West Sacramento 3 rd Wednesday, 2:00 PM	AF Turner Branch, Yolo County Library, 1212 Merkley Ave. WS	Ilona Ireland Caring for the Caregiver	Sandra Vinson, 916-372-6093 slvins11@charter.net
Woodland 1 st Monday, 4:30 p.m.	Woodland Senior Center 610 Lincoln Ave, Woodland	Ilona Ireland Caring for the Caregiver	Delia Genera 530-661-3238
Yuba City 2 nd Monday, 7 PM	Sutter Estates 1230 Plumas Street, Yuba City	Neuropathy Help	Nancy Escudero, 530-673-3608 nancychristina1@yahoo.net

Please realize that even though a speaker is not listed, it doesn't mean there won't be one. It is hard to know far enough ahead to meet the deadline for this publication. Some of the best meetings, however, are sharing and discussion meetings. Local e-mail, news flyers, newspaper, and phone calls may be used to inform you more about the meeting but any time the group meets, it is worth being there.



PRESIDENT'S REPORT by Bev Anderson

We keep adding new groups to our network with a goal of having a group within driving distance of everyone in Northern California. Oakland-San Leandro is due to start soon. A Leadership Team is developing. On June 22, a group is due to form in Truckee.

One of the ways I'm judging how we are progressing toward this goal is to follow highways to see what we need to add in order to have groups at steady intervals along the particular highway. For example, Highway 49 is basically complete from Grass Valley through Auburn, Placerville and Jackson to Sonora. I-80 needs a group in Vacaville or Fairfield and one in El Sobrante or San Pablo to be complete from Reno to Oakland.

Basically, we need one every 50 miles as 25 miles is drivable to get to a meeting. However, in more populated areas, it is more appropriate to have groups closer together. Then, there is Auburn, with a day and an evening group.

If you or a group of you want to help start a support group in a city that does not have one, please let me know. We can provide literature and some funding.

Let's Go to the Old Ball Game

If you live in driving distance of Sacramento, do think seriously of coming to the River Cats game. Order your tickets today - \$15 each.

Script of Health Watch Spot

KCRA.com

Pain in Feet Could Be Nerve Damage

Estimated 20 Million Americans Have Condition That Causes Feet To Tingle, Sting, Burn

SACRAMENTO, Calif. - Imagine feeling tingling, numbing or burning every time you took a step and even your doctor didn't know what was wrong with you.

An estimated 20 million Americans don't have to imagine it. They live with it every day and for them, it's caused by nerve damage.

"I have toes that feel like someone has a lighter on them," said Bev Anderson, who lives with pain in her feet.

She said it's a kind of burning that water can't cool.

But Anderson's feet don't feel like they are burning all the time. She said, sometimes, she can't feel her feet at all.

"It's one of those mysteries. How can your feet be so numb and yet have so much feeling," Anderson said.

Anderson has peripheral neuropathy, a long name that basically means the nerves are damaged. Experts said the long nerves in a person's feet or hands are most often affected.

Peripheral neuropathy is not a commonly known condition. Some patients said their doctors didn't know anything about it.

One reason: Neurologist Dr. Eric Hassid with the Institute for Restorative Health in Davis points out that his is a condition in many forms, with many causes.

"Many can be hereditary, many can be from diabetes, others can be from heavy metal exposures," Hassid explained.

Anderson's was hereditary, but doctors say it's diabetes that's at the root of Mike Colozzi's neuropathy. Low levels of insulin and high blood glucose numbers can damage nerves.

And therein lies the catch-22, when it comes to treating the pain that Colozzi and other diabetes said they feel in their feet.

"The medication given to reduce their pain, it makes it a little more bearable, but plays havoc with their numbers," Colozzi said. The more meds you take, the higher your numbers go up."

But Hassid says there are other options. "Anti-depressants, anti-seizure meds, and others, so we do have an opportunity to help with the pain," Hassid said.

Hassid is also a proponent of diet and lifestyle changes, or alternative therapies, like acupuncture.

"You would be amazed at how effective these can be if you are open-minded," Hassid said.

Anderson and Colozzi are champions for the neuropathy cause, and urge patients to find support groups.

"When you have this kind of disease, and you're in pain, you want answers," said Colozzi, who runs the Elk Grove neuropathy support group. "But, you also want the social type with other people who have this disease. There is a comradie."

Peripheral neuropathy is often felt in the hands and feet. The symptoms are tingling, numbness or burning. Feet may feel weak. People with peripheral neuropathy may have trouble walking or feeling the ground beneath them.

If you have these symptoms, check with your primary care doctor, and you may want to request a referral to a neurologist. (Following this, on the KCRA website, they put links to our website, pnhelp.org.)

HOW TO DISPOSE OF OLD PILLS

Don't flush meds you can't use, mix them with coffee grounds, kitty litter, or other such garbage that will dissolve them into a nonedible substance and put them in the garbage using nondescript containers, not pill containers. Flushed pills survive treatment and pollute the water supply.



MARTHA'S CORNER

News from Martha Chandley, PN resource
extraordinaire

Bowen Therapy for Neuropathy and other Chronic Conditions

**Raymond Augustyniak, Ph.D., Bowen
Therapy System**

5525 Dewey, Fair Oaks, CA 95628, 916-
966-2693 www.bowentherapysystem.com

Dr. Augustyniak became involved with Bowen after three brief treatments saved his life some 14 years ago following a near fatal exposure to an industrial toxin. His restored life led to his commitment to learning, practicing and training others in this remarkable, low-cost, natural healthcare solution for many problems, including neuropathic pain. He is founder of the Bowen Healing System™ Centers in California. His fascinating and engaging book, **Awaken the Doctor Within**, asserts that the body is its own best physician, and explains how and why that is so.

Much of what Dr. Augustyniak says in his book and his presentations, made infinitely more sense after reading a line from the cover article by Mary Carmichael in the latest *Newsweek*, "The brain keeps a diary of the injuries the body receives, writing each entry by reconfiguring certain neurons into new, interconnected patterns." Or, as Dr. Augustyniak says:

Bowen naturally promotes physiological, mental, emotional and energistic adjustments and corrections throughout the entire body, prompting it to re-establish wholistic (whole body) balance. It does this by fully utilizing the body's own nervous system pathways to reflexively jump-start and awaken the preoccupied brain. The brain, the regulator of all body functions, uses a variety of electro-chemical signals through the nervous system to stimulate change and regulate the body as a whole. Bowen directly uses the Central Nervous System and the Autonomic Nervous System to activate the healing response, thereby assisting the body to re-calibrate and more properly regulate all its functions. (p. 85 and 98)

While the peripheral nervous system is not specifically discussed in depth, as is often the case in the neuropathy literature, it is implied in many passages of the book. Dr. Augustyniak reports a great deal of success in relieving, even eliminating neuropathic pain for many of his neuropathy patients. One of the reasons quite familiar to us is that Bowen increases circulation of blood and oxygen through the cells allowing repair and rejuvenation of damaged cells.

The Bowen Process It is through the incredibly simple, gentle movements of the Bowen practitioner's fingers and thumbs applied on identifiable activation points, that the body begins to receive instructions for new interconnected neuronal patterns. Bowen reintegrates the communication systems between the body and the brain that have broken down for whatever reason, so that the body can have clearer communications with itself, as with the electrical charges communicating through the axons of our peripheral nerves. Indeed, Bowen is highly viewed as a unique and original form of physical, neuromus-cular, chemical and energetic re-patterning that naturally cuts off unneeded and reoccurring cycles of pain or illness in the body.

Imagine the process as rolling back the clock, as it were, to a time and place before a pain causing trauma or disease attacked the body. The brain, so long preoccupied with that assault, is newly stirred by Bowen techniques to let the body restore itself to renewed, pain-free vitality and energy, or toward what Dr. Augustyniak calls "optimum health."

Bowen addresses the whole body, rather any one particular condition, but in the process of a series of treatments, individual conditions are resolved. Indeed, some patients may present with a long list of acute or chronic conditions, as enumerated on a simple assessment form, and find that 50% of their problems may be resolved with the first session. And some 90% of all Bowen patients are restored back to health within an initial three to five sessions, which may range from 10-60 minutes, depending on what the body is able to productively receive in any given session.

A Treatment Session Using very simple, gentle and specific soft tissue movements over

precise activation points on the body, beginning along the spine, the Bowen practitioner performs the activations needed by the body to revive core healing mechanisms throughout all the systems and organs of the body, inducing changes even down to the cellular level. A treatment will involve a series of movements across the body interspersed with periods of inaction as the body adjusts and communicates its further needs to the practitioner. Indeed, the quiescent periods are as much a part of the total treatment as the active periods. Bowen opens once dormant pathways so the physical and neural-chemical changes can begin to radiate out to various systems, organs and muscles throughout the body.

These changes may be experienced as a form of heat, tingling or vibrating sensation, or physical shifts from muscle realignments, some of which were experienced by those receiving just 15 minute treatments at the May Davis meeting. Some of the responses were so marked that those present began to make plans for group trips to the Fair Oaks office for individual treatments, and four are already making arrangements for their second visits. Patients commonly report they can feel their minds calm down and their bodies' begin to rebalance and let go as stress, tension and pain simply disappear. These physical releases are often accompanied by a sense of peaceful well-being as the body relaxes. Just as the presence of stress, anxiety and tension are the greatest indicators that the body is out of balance, we can also predict that by regaining balance we will, through the Bowen treatments also see the disappearance of stress, anxiety and tension.

(My own first treatment at the office eliminated chronic leg pains (probably related to neuropathy) that have not returned, while also significantly reducing a chronic allergic cough. For the first time in ages, I felt good and free of pain and distress!)

A Bowen session initially concentrates on addressing the body as a whole, getting it to relax and quickly let go of whatever it can - generally the most recent problems. The rest of the treatment is then tailored to whatever the body is communicating as needed. Consecutive treatments address specific areas or conditions, while building upon previous sessions, moving toward removing the core problem of disease or injury. It's as though the body and brain actually remembers what was done before and then welcomes and receives the new or upgraded

healing programs from the work the practitioner does in each and every new session.

Can Bowen heal all health problems? Not necessarily, says Dr. Augustyniak, "but if the body can heal, it will heal with Bowen.... Many physicians and health care professionals who have seen or experienced the superior and consistent results of Bowen are convinced of its profound effectiveness in addressing a long list of difficult-to-treat pain and health-related issues. "

Is Bowen for you? Quite probably so. Especially if traditional medical care has left you in pain and distress. While other therapies relieve pain, Bowen has the capacity to eliminate it! Is Bowen afford-able? Yes, for most of us. Initial treatment sessions with Dr. Augustyniak's trained colleagues throughout the week cost only \$39, followed by \$50 for succeeding treatments. Sessions with "the master" on Thursdays and Fridays cost \$75. Those interested in training to become a Bowen practitioner are encouraged to contact the office for costs and training schedules at the new Bowen school.

And if you want to know more, be sure to visit www.bowenhealingsystem.com and/or order the book, available for \$32.88, including tax and postage. Reading the book will increase your understanding of how the body works, as well as how both traditional and non-traditional treatment modalities have a role in your health and healing.

Researchers Find Protein that Determines Nerve's Fate (TNA website - www.neuropathy.org)

Researchers at the Skirball Institute of Biomolecular Medicine, New York University (NYU) School of Medicine, have found that a protein (neuregulin-1 type III, or NRG1-III) essential for the protective wrapping around a nerves central wiring or axons, also determines its fate.

Just as plastic coatings insulate electrical wires, myelin coats nerve fibers. This fatty substance also accerates message-carrying impulses that travel along the nerve fibers and frees them from interference. For more than a decade, scientists have known that never cells make neuregulins, growth proteins that promote blial cell growth. However, the delicate interaction between nerve cells and the glial cells (Schwann cells) that produce them remain a mystery.

It has been shown that growth factor protein NRG1-III triggers glial cells to make myelin. This knowledge should lead researchers to develop more effective treatments for several neurological diseases, including peripheral neuropathy.

To determine that NRG1-III is necessary for myelin production, the NYU research team grew two cell types together in lab dishes. The mix of unmyelinated nerve cells from embryonic mice, cells that don't produce NRG1-III, and glial cells from adult rats showed no myelination. However, when the nerve cells were altered genetically to produce and release NRG1-III, the glial cells quickly coated them with protective myelin.

The NYU research team reported in the September 2005 issue of Neuron magazine that the amount of NRG1-III produced by a newly developed nerve cell is directly related to the thickness of the protective myelin sheath provided the myelinate. That strongly suggests that nerve cells are significant in determining their own fate.

The team also discovered that lentiviral-mediated expression of NRG1-III rescues these defects and myelinates the axons of sympathetic neurons. Nerve fibers extending from these neurons are also disproportionaely unmyelinated, aberrantly sheathed, and hypomyelinated, with reduced conduction velocities.

Note: The Neuropathy Association has supported with research grants the work of Dr. Zarife Sahenk, Director of Neuromuscular Diseases at Ohio State University, on the nerve regeneration effects of the growth factor protein NT-3 (neurotrophin-e)

Pool Exercises for Peripheral Neuropathy

These exercises should be with the water between 94-86 degrees. The water should be between 4-5 feet deep (chest high depending on your height). In the pool you weigh about 1/5 f your land weight due to the buoyancy factor...which makes it easier on your back problems, such as stenosis or disc disease. The following factors can be accomplished by those exercises.

1. strengthen muscles weakened by the PN disease (due to nerve death)
2. maintain the health of the muscles not yet affected by PN
3. increase circulation to the entire body...bringing more nutrition and oxygen to the

diseased nerves and muscles...and removing the waste products (CO2 and others)

4. for those with motor nerve PN disease...to counter "foot drop" syndrome by strengthening the foot and ankle muscles

EXERCISE #1---After entering the water and acclimating to the temperature...WALK in place and RAISE your knees as high as they will go toward your chest. A "high-stepping movement"

EXERCISE #2—Go to the corner of the pool and hold onto the sides at the corner and do a "bicycle pedding" movement (This is more easily done in a corner but can be done anywhere in the pool while lying on your back.)

EXERCISE #3—Spring up and down using your toes and calf muscles.so easy in the water...so hard on land.

EXERCISE #4—If you can swim...do the breast stroke and "frog" kick...drawing your legs up and stretching the back at the same time...1-2 laps

EXERCISE #5—Similar to #1...but this time bring your heel as close to your thigh or buttocks as possible...A RUNNING MOTION

WHILE DOING THE ABOVE...SWING YOUR ARMS BACK AND FORTH THROUGH THE WATER WITH FINGERS OPEN...THIS PROVIDES BACK/HAND/ARM EXERCISE AS WELL. DO THE ABOVE FOR 5 Min Each ...TOTAL TIME 30 minutes approximately. START SLOWLY...DO NOT OVERDO ...DAILY IF POSSIBLE IS BEST.

(From Samuel N. Grundfast
PN Group Leader in Florida)

Research Participation Opportunities

One of the most painful forms of neuropathy is **post-herpetic neuralgia (PHN)**, the pain that commonly follows attacks of shingles. The **Northern California Research Corporation** is advertising for participants for a study of an investigational medication for PHN. Participants will receive exams, study medications and reimbursement for travel to the study site in south Sacramento. **Interested? Call 916-484-0500 or go to www.norcare.net for more information.**

**The Northern California Chapter
of The Neuropathy Association
P.O. Box 6985
Auburn, CA 95604**



**This is our new graphic that will
be seen on our new brochures
due to be printed this week.**

**The Northern California Chapter
of The Neuropathy Association (NCCNA)
(a California public benefit, non profit,
tax exempt corporation)**

P.O. Box 6985, Auburn, CA 95604
(530)389-2416 ncna98@foothill.net
www.pnhelp.org

Dues - \$24 a year (due each January)
(pro-rated for new members at
\$2 per each month left in the year)

***NCCNA reports but does not take responsibility
for the material printed in this newsletter.***

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We are supported by dues paying members,
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and, occasionally, small grants.