



Neuropathy Hope

Hope Through Caring and Education

*A newsletter for members of the
Northern California Chapter of the Neuropathy Association (NCCNA)*

November 2008
Volume 3, Issue 11

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President's Message *by Bev Anderson*

WE ARE 10 YEARS OLD THIS MONTH

We are at a milestone in the development of NCCNA. On the first Monday of November, 1998, the first meeting of the Auburn group was held. On November 3, 2008, the Auburn Peripheral Neuropathy Support Group will celebrate its 10th Anniversary. Actually, NCCNA was not incorporated as The Northern California Chapter of The Neuropathy Association until May, 2001, but the first seed sprouted in November 1998.

Many of you know how we started but many of you probably do not. I was Secretary of the Board of the Auburn Interfaith Food Closet. We were asked to move the food closet from one building at the county center to another. The President of the Board and I were asked to check it out to see if it would work. She brought her husband, Grant Whitney, along. He is a retired architect, so he could measure it out.

I had been diagnosed with hereditary neuropathy several years before this and carried a cane in my car, as I still do, for when the terrain was uneven or covered so it couldn't be seen well. I parked at the building where we were to move. The grass hadn't been mowed. It and looked like it might be hiding uneven ground so I got out of my car saying, "I use a cane because I have peripheral neuropathy." I thought they'd ask me what peripheral neuropathy was.

Instead, Grant said, "I do, too, have you joined The Neuropathy Association?" I'd not heard there was such a thing so I joined on line that night and sent my dues in. The TNA newsletter started coming. In the back, they listed the support groups across the country but there were none near us. I asked Grant if he was game to give starting a group a try. He agreed. Bakers Square let us use their backroom. We thought maybe a few would come but we decided to make 12 copies of several handouts.

Our local paper, the Auburn Journal, has been very helpful from the beginning. They put our announcement on their front page FYI column. 33 people came to the first meeting. I started the meeting. Grant went to make more copies. At the end of the meeting, several asked, "We're meeting next month too, aren't we." We checked and found the room was available so we continued meeting each month. After some years, we moved to Sutter Auburn Faith Hospital and split into two groups – the evening group at Sutter Auburn Faith Hospital and the day group at Woodside Village Mobilhome Park. Attendance has been large at some meetings and few at other times. It is fascinating how things happen. If someone had mowed the grass, this organization may never have started.

The 10th Anniversary Celebration will be at Woodside Village Mobilhome Park, 12155 Luther Road, Auburn, at 1:30 p.m., on Monday, November 3. It will also celebrate the two groups coming back together as one day-time group. Fewer people were coming in the evening, especially in the winter. Also being celebrated is that the group will be having new leadership as Sharlene McCord s introduced as Leader. She, like Bev, is a retired teacher. Charlene Amos, who worked



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NCCNA
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www.pnhelp.org

**2008 NCCNA
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**NOVEMBER 11
VETERANS DAY**

We honor all of those men and women who have given their lives for our country. We also honor those who have served in our Armed Services, especially those that were wounded.

**Please contact
your group
leader or check
your local
paper to find
out about the
topic/speaker
for the
upcoming
meeting.**

Affiliate News

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

Alturas

Forming
Contact: Bob Maxwell (530) 233-3366

Auburn-Day

1st Monday, 1:30 PM
Woodside Village MH Park
12155 Luther Rd., Auburn
Charlene Amos, (530) 885-9865
Celebrating our 10th Anniversary

Berkeley

3rd Monday, 6-8 PM
1st Month of each quarter
Lutheran Church of the Cross
1744 University Ave., Berkeley
Alan Dampsey, (510) 527-3568
adampsey@comcast.net

No Meeting in November

Concord

3rd Tuesday, 1:30 PM
First Christian Church
3039 Willow Pass Rd., Concord
Ernette Rivera, (925) 689-2464

Crescent City

Forming
(877)622-6298 (toll free)

Davis

2nd Wednesday 2 PM
Institute for Restorative Health
1460 Drew Ave.
Martha Chandley, (916) 371-1125
kairoschandley@sbcglobal.net

Elk Grove

2nd Tuesday, 2 PM
Elk Grove Senior Center
8830 Sharkey Ave, EG
Michael Colozzi, (916) 421-8103

Eureka

3rd Wednesday, 10 AM
Humboldt Senior Resource Center
(707) 268-8937

Folsom

2nd Tuesday, 3 PM
Journey Church
450 Blue Ravine Rd., K-2
Lorraine, (916) 983-4023
Beverly, (916) 984-4302

Fort Bragg

Forming
Contact: Bev Anderson (877) 622-6298

Fresno

3rd Tuesday, 11:15 AM
Carrows Restaurant
1484 E. Shaw Ave.
Contact: Jim Hansen ((559) 297-4309

Grass Valley

2nd Monday, 1:30 PM
GV United Methodist Church
236 S. Church St., Grass Valley
Sally (530) 268-1017

Jackson

3rd Tuesday,
10 AM of odd numbered months
Amador County Senior Center
229 New York Ranch Rd. Jackson
Laurie, (209) 223-0442
Darlene, (209) 296-1760

Lincoln

3rd Wednesday, 1 PM
Raley's Event Center
765 S. Hwy 65, Lincoln
Diana Borg (916) 408-7017

Livermore

4th Tuesday, 10 AM
Heritage Estates
900 E. Stanley Blvd.
E. Lorene Stack, (925) 447-6158

Merced

Forming
Bev Anderson (877) 622-6298

Modesto

3rd Monday, 2 PM
Baha'l Center
1100 Carver Rd.
Noreen Jones (209) 846-0954

Monterey

3rd Wednesday,
10:30 AM of odd numbered months
First Presbyterian Church
501 El Dorado St.
Don & Ann Trout, (831) 372-6959
Meeting in November

Napa

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

Oakland

1st Thursday, 1 PM
Grand Ave. 7th Adventist Church,
278 Grand Ave.

Kathleen Nagel (510) 653-8625

Placerville

4th Wednesday, 1 PM
Placerville Senior Center
937 Spring St., Placerville
Contact: Frank Ruscoe (530) 647-0777

Redding

2nd Wednesday, 1:30 PM
Neighborhood Church of Redding,
777 Loma Vista
Bill Morehouse (530) 221-3082
Carol Reeves (530) 549-4351

Reno, NV

2nd Tuesday, 6:30 PM
Fire Station #11
7105 Mae Anne Ave., Reno
Marsha Campbell
(775) 851-0499
LadyJane2b@sbcglobal.net

Roseville

2nd Tuesday, 7 PM
Sierra Point Sr. Res. 5161 Foothills Blvd.,
Roseville
Mary Lou Ward, (916) 772-5598
Marilyn Larson, (916) 771-8435

Sacramento

3rd Tuesday, 1:30 PM
Northminster Presby. Church
3235 Pope Street, Sacramento
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.
400 Parnassus Ave.
Amb. Care Ctr.
8th Fl. , Rm A888, San Francisco
Amy Mahoney, (415) 502-5064
amy.mahoney@ucsfmedctr.org

San Jose

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

San Mateo

3rd Thursday, 1 PM
St. Andrews Lutheran Church
1501 S. El Camino Real, San Mateo
Bev Anderson (877)622-6298 (toll Free)

San Rafael

3rd Wednesday, 1 PM
Lutheran Church of the Resurrection
1100 Las Galinas Ave., San Rafael
Barbara Webb (415) 453-9678

Santa Cruz

Call Mary Ann for date and time.
Life Oak Senior Center,
1777 Capitola Rd., Santa Cruz
Mary Ann Leer, (831) 477-1239
maleer@comcast.net

Santa Rosa

1st Thursday, 10:30 AM
Santa Rosa Senior Center
704 Bennett Valley Rd.
Willie Quarante, (707) 544-3236

Sonoma

1st Friday, 10:30 a.m.
Vintage House
264 1st Street
Joann Bertolucci (707) 996-8336

Sonora

4th Monday, 2 PM
Sonora Regional Medical Center
L.D. Wright (209) 533-2887

Stockton

3rd Tuesday, 4 p.m.
Service First of Northern California
102 W. Bianchi Rd.
Naomi Demby (209) 474-3312

Susanville

1st Saturday
10:30 A.M.
Jackie Woodson (530) 257-4693

Truckee

3rd Monday, 1 PM
Truckee Pines Apartments
10100 Estates Dr.
Marsha Campbell (775) 851-0499

Turlock

Forming
Bev Anderson (877) 622-6298

Ukiah

Forming
Claudia Douglass (707) 468-8174

Walnut Creek

4th Friday, 10 AM
Rossmoor, Hillside Clubhouse,
Las Trampas Room, Walnut Creek
Nancy Ostrander, (925) 930-9524

West Sacramento

3rd Tuesday, 2 PM
West Sacramento Senior Center
664 Cummins Way
Sandra Vinson, (916) 372-6093
slvins11@charter.net

Woodland

1st Monday, 3:30 PM
Woodland Comm. & Senior Center
2001 East St., Woodland
Donna Russell, (530) 661-3705

Yuba City

2nd Monday, 7 PM
Sutter Estates
1230 Plumias Street, Yuba City
Nancy Escudero, (530) 673-3608
nancychristina1@yahoo.net

Yreka

2nd Thursday, 2 PM
Meadowlark Assisted Living Center
Terry Rees, (530) 842-1577
Gene Arnold, (530) 842-7744

2009 Cal Neuro Alliance Conference, April 27-28, 2009

If you would like to look at legislative issues affecting us and then talk to legislators about them, you want to come to this conference. Monday, April 27, is spent hearing speakers on specific topics. Tuesday, April 28, teams visit every legislator to bring information about how people with neurological diseases can be affected.

CalTrans Disability/Diversity Fair

Sandra Vinson (West Sacramento) and Bev Anderson (Auburn) represented all of us at the CalTrans Disability/Diversity Fair in Sacramento on Tuesday, Oct. 7. Over 1,000 people visited the fair. Many of these received literature about neuropathy. We had a great time. If you would like to bring information about neuropathy at a health fair in your area, please do so. If you need information for your local area or you would be able to help in the Sacramento area, please call 877-622-6298. If you want to borrow our banner for a local health fair booth, please call.

Possible Breakthrough in M.S. Research

Researchers in multiple sclerosis may help PN. The Mayo Clinic in Rochester, MN, have found that a human antibody administered in a single low dose in laboratory mouse models can repair myelin, the insulating covering of nerves that when damaged can lead to multiple sclerosis and other disorders of the central nervous system.

The article emphasizes this being true for the central nervous system but the large axon fibers of the peripheral nerves are also myelin covered. It says that the antibody which was genetically engineered from a single cell, binds to myelin and the surface of cells in the brain and spinal cord, then it triggers the cells to begin the repair process called remyelination. This antibody is the first known reagent designed to induce repair by acting within the central nervous system at the damage sites on cells responsible for myelin synthesis.

This gives us hope that there are treatments yet to be discovered and developed. The contact person on this is Amelyn Reyes, newsbureau@mayo.edu or 507-284-5005.

Chronic Cough May Be Neurological

Dr. Peak Woo, an otolaryngologist, at Mount Sinai School of Medicine found that in some patients with chronic cough, the cause may be an injured nerve. In a new study, doctors tested for the condition called laryngeal sensory neuropathy. Then, they gave patients the antiseizure drug gabapentin. Sixty-eight percent of them improved. He said, "It made sense to me that if you're having a throat that is irritated or firing uncontrollably, that's triggering cough, use seizure medication to suppress the firing of this nerve."

President's Message...

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in a bank, will Assist in various ways and Bob Nelson, businessman, will continue as Treasurer. Additional people will be added to this Leadership Team. After 10 years as Leader of this group, the Board has asked that I not lead any one group but be available to encourage and facilitate the work of all of the groups, totaling over 40 currently.

The Sacramento Peripheral Neuropathy Support Group started in December 1998 so they, too, have an anniversary to celebrate. Over the years they have had several leaders. Currently, Charles Moore and Myke Taylor co-lead this group. Charles was a professor at Sacramento State University and Myke recently quit leading Cultural Arts Tours (CAT) Tours.

DISCOUNTS FOR NCCNA MEMBERS

Give a call or visit. If you chose to purchase the service or wares of any on this list, pull out your NCCNA Membership Card and claim the discount.

Auburn

The Footpath, 825 Lincoln Way, Auburn, CA 95603 (530)885-2091 Fax (530)885-3074 Mon.- Fri. 9-5:30, Sat. 9-5, Sun. 11-4 www.footpathshoes.com They carry SAS, Dansko, Merrell, Finn, MBT, Keen, Naot, Reiker, Ecco, Teva, Clark, Wolky, Mephisto, and Earth shoes. 10% off the regular price. Bev Anderson is a regular customer for shoes and slippers.

Fortuna

Strehl's Family Shoes & Repair, Corner of 12th & Main, 1155 Main Street, Fortuna, CA 95540 (707)725-2610 Fax (707)725-0192 Strehl's carries the brands of shoes most kind to neuropathic feet. Marilyn Strehl, C. PED is a Certified Pedorthic. Discount of 10% given. A sizable number of the Eureka PN Group buy shoes here. Marilyn attended a recent meeting and joined NCCNA. She was welcomed.

Sacramento

Dr. Tracy Basso, one of our medical advisors and a member of NCCNA, is happy to offer NCCNA members a 15% discount on purchases at Shoes-n-Feet during 2008. Shoes-n-Feet specializes in comfort shoes, many that are stylish, and carries such brands as Actrix, Aravn, Brooks, Dansko, Naut, Finn, Comfort, and New Balance among others. Most, if not all their shoes, accommodate orthotics. Store employees provide great customer service ensuring the shoes you purchase fit properly, provide good support and feel comfortable. Shoes-n-Feet is at 4740 Natomas Blvd, Suite 130, Sacramento, CA 95835 (916) 419-0040

Mutation May Cause Inherited Neuropathy

ScienceDaily (Desc. 26, 2007) – Mutations in a protein called dynein, required for the proper functioning of sensory nerve cells, can cause defects in mice that may provide crucial clues leading to better treatments for a human nerve disorder known as peripheral neuropathy, which affects about three percent of all those over age 60.

Peripheral neuropathy results from damage to the nerves and nerve process that are located outside the brain and the spinal cord. Symptoms include pain in the hands and arms, legs and feet—sometimes constant and quite severe—as well as progressive numbness and weakness in the arms and legs. Despite its prevalence, little is known about the precise causes of the disease or how to prevent or treat it.

In the December 26, 2007, issue of the Journal of Neuroscience, however, researchers at the University of Chicago Medical Center show that mice with mutations in only one copy of a gene coding for one part of the dynein protein have severe defects in proprioception, the ability to perceive the spatial orientation of body parts.

These defects caused a significant reduction in the number of sensory nerve cells in affected mice. They also caused early-onset locomotion problems in the mice's hind legs, a defect that appears to be quite similar to some human neuropathies. (More at <http://www.sciencedaily.com/rele.../071226003821.htm>.)

Legislative Task Force Established

LOCALLY: We've received word from our good friend, **Dominick Spatafora, Executive Director of the Neuropathy Action Foundation**, that NAF's maiden advocacy effort before the California legislature has succeeded very well indeed! As previously reported, ARC 87 had been carried by Assemblywoman **Mary Hayashi (D-Hayward)**. NCCNA board members were among others testifying at the hearings that helped bring about this historic groundbreaking victory.

The **Legislative Task Force on Peripheral Neuropathy** has now been established to improve patient care for PNers in California. The task force will be made up of legislators, representatives from related health associations and other medical interests, and private neuropathy patient advocates. Its vital mission is to suggest ways to promote public and physician awareness of peripheral neuropathy, promote understanding of the importance of early diagnosis and proper treatment and management, create programs to promote public and physician awareness of the use of intravenous immune globulin (IVIG) and other treatments to improve patient care, and determine how many people are affected by each type of PN. The task force is to submit a report of its findings and best practices recommendations for treatment and public and physician awareness campaigns to the state legislature on or before March 31, 2009.

Hooray for Dominick, NAF, representatives from NCCNA and other related health issue associations, and Assemblywoman Hayashi (whom some of us met at the June NAF conference), for this wonderful achievement! It may very well be the first in the nation!

Exercise & Diet May Help

Peripheral neuropathy is damage to the peripheral nerves. Peripheral nerves are the nerves that connect your spinal cord to the rest of your body, says Wisconsin nurse and freelance writer Debra Wood.

According to the National Institute of Neurological Disorders and Stroke, causes of acquired peripheral neuropathy include physical injury or trauma to a nerve (often from repetitive motion or pressure from a cast or crutches), tumors, toxins (exposure to poisons), autoimmune responses (such as lupus and rheumatoid arthritis), nutritional deficiencies (especially vitamin B), alcoholism and vascular and metabolic disorders (such as diabetes). The condition can also be due to genetics.

The Neuropathy Association reports more than 20 million Americans have the disease, causing failed or disrupted communication and stimulation via those nerves to the muscles, skin, joints and internal organs. This causes numbness, pain, weakness and poor coordination. It is important to contact a neurologist for diagnosis and treatment as soon as symptoms are noticed to avoid or slow permanent damage.

The staff at the Mayo Clinic recommends these steps:

- See your physician for medication and pain relievers, including lidocaine patches and possible anti-depressants.
- Eat a healthy diet. Be sure to include B-12 food sources (meats, fish, eggs, low-fat dairy and specially fortified cereals) in a diet rich in fruits, vegetables and whole grains. B-12 supplements may be required if you are a vegetarian.
- Take care of your hands and feet. Check every day for blisters, cuts and calluses. Do not wear tight shoes or socks.
- Exercise. Consistent and regular exercise can relieve pain and also keep weight under control, which will relieve pressure on the feet and improve circulation to the extremities.
- Reduce or eliminate alcohol consumption, which adversely affects circulation.
- Quit smoking. Smoking also adversely affects circulation.
- Massage hands and feet daily. Massage not only improves circulation but also stimulates the nerves and can temporarily relieve pain.
- Avoid prolonged pressure on hands and feet. Be careful with crossing your legs, standing for great lengths of time, or leaning on your elbows too long. This can make your current situation worse and cause new damage to the nerves.

As for exercise, the Chochrane Library, an independent database of medical research, reports there is some evidence that strengthening exercise improves muscle strength in peripheral neuropathy.

Most of the research on strength training for neuropathy is tested on those suffering from diabetics. Regardless, the research results have been consistent. Those who participated in the resistance training program improved muscle strength, reduced blood pressure, and increased their good (HDL) cholesterol. Also, improvements in being able to perform basic daily activities—such as walking to and from their cars—were also reported.

Other suggestions are walking a little every day (followed by massaging the feet), water exercise classes, yoga or other stretching regimens, ti chi and/or gigong, Pilates and exercising on a stationery bike. Start slowly and increase speed or intensity of any exercise cautiously. Squeezing a soft ball has been found to be helpful for hands; positive effects of warm baths and acupuncture have also been mentioned.

*By Linda Buch, a certified personal trainer
She appears on a program called Body Language*

DISCOUNTS FOR NCCNA MEMBERS (CONTD.)

West Sacramento

Beverly's Never Just Haircuts and Lilly's Nails, 2007 West Capitol Ave., West Sacramento, CA
Tues. - Fri. 9-5, Sat. 9-1, closed Sunday and Monday. Walk-Ins Welcome Hair - (916)372-5606 Nails (916)346-8342 The hairdressers and manicurist do great work and are real nice and accommodating. They have a number of older male and female clients, are familiar with neuropathy, and their prices are among the most reasonable around. 10% off the regular price. Sandra Vinson is one of their regular hair, manicure, and pedicure clients.

Additional Discounts

More discounts will be added when someone obtains the agreement of a business that they will offer a discount to members showing their cards. If you talk to someone, you can tell them that they will be listed each month in our newsletter so our members will know of their generosity and patronize their business. Call (877)622-6298 or e-mail info@pnhelp.org. An agreement form will be mailed to the business and upon its being signed and returned, their business will be added to the next newsletter.

DUES SALE

Be sure to pay your 2009 dues before January 1 and get in on the sale. As of January 1, NCCNA dues will be \$30.

Many members and people newly joining did this following the August letter. Just send your check for \$24 made out to NCCNA to NCCNA, P.O. Box 6985, Auburn, CA 95604.

Dropfoot Information

Gregor's report of developing **drop foot** reminded me of the illuminating article on that topic by our New York neurologist friend, **Dr. Nitin Sethi**. This is a brief summary of the article. Dr. Sethi explains that "foot drop" is characterized by a likelihood of catching one's foot on the ground while waking because of their inability to properly lift one's foot, and thus making one more prone to falls. There is also a condition known as "frail foot" in which one is unable to "plantar flex the foot" in which one is unable to pull up or push down their foot, as when pressing on the gas pedal, etc. Foot drop may occur suddenly or develop over time.

It helps to know a little about the leg anatomy to understand about foot drop. The muscle which helps us to properly lift our feet is the tibilis and is supplied by the tibial peroneal nerve, which comes off the sciatic nerve that is formed by lower lumbar and sacral nerve roots forming the lumbo-sacral plexus. The peroneal nerve in the knee area is quite superficial and is thus prone to compression. Foot drop problems can be caused by fractures, surgeries when peroneal nerve is transected, or by frequently crossing of one's legs or otherwise pressing against the leg against for a long period. Compression problems can also develop from a tumor or mass in the pelvis, thigh, or knee area. Lower lumbar disc herniation may also result in a drop foot. A variety of diagnostic studies may be needed and appropriate treatments will depend on the cause of the problem. Patients will usually need an angle foot orthosis or a foot drop splint in order to prevent falls. Thanks so much, Dr. Sethi for allowing us to share this information from your Weblog for our readers. For more info go to: <http://braindisease.wordpress.com/2008/06/11/foot-drop-making-sense-of-its-causes/>.

Questions Members Ask

Do you have an answer to either or both of these? If you have an experience of either of these, feel free to tell it. Send it to info@pnhelp.org or drop a note to NCCNA, P.O. Box 6985, Auburn, CA 95604.

Does your skin itch? Several people asked if this is a symptom of neuropathy. They were assured it can be. Have any of you experienced this?

Do your feet seem to reach out and hit something to the side as you walk? Some of us have what is known as the "neuropathy walk." Our toes go a bit to the side instead of straight when we walk. We catch things to the side that sometimes can cause us to fall. Bed covers are a problem for me. They have to be off the floor including the spread or my foot catches them, they grab my foot and it is easy to fall. Does anyone have this or something else that is caused by walking this way?

If you have a general question about how neuropathy may uniquely affect people, please send your question using the website and PO Box listed above. If it is suitable for the general population, you may see it here. The results of responses to questions of the previous month will be reported here.

Update on Anodyne

Ralph Snow, our former area rep for Anodyne reports: **1)** Anodyne home units are available locally at Smith Bio-Medical, Inc., Diabetic Foot Division, 1201 Andersen Drive, Suite D, San Rafael, CA 94901 415-256-1430 800-400-6538 Att: Janet Smith The cost is \$1349.00 The units are current production. **2)** Medicare no longer covers infrared therapy for neuropathy or wounds. They offer limited coverage for physical therapists to use infrared therapy for other conditions. Some home health agencies like Gentiva in Sacramento offer Anodyne therapy along with physical therapy if a patient is qualified for Medicare and has appropriate conditions. Such visits are completely covered by Medicare. Gentiva Home Health, Harold Kuphaldt, Rehab Director can be contacted at 916-929-0642, 2020 Hurley Way #490, Sacramento, CA 95825 **3)** Due to financial pressures Anodyne laid off all the outside salespersons including Ralph. He would be happy to chat and help if anyone calls his cell phone at 415-637-6641. **4)** Anodyne is still in business, although in a very condensed form due to Medicare's cutbacks.

Martha's Corner *by Martha Chandley*

The Numb Foot Book: How to Prevent and Treat Peripheral Neuropathy – The books are here! Thanks to our great and generous friends at Origin BioMed and Med-Press, and especially OBM's CEO and President, Robert Cervelli, we have received 50 donated copies of this terrific new neuropathy book by Alexander McLellan, BSc, ND and Marc Spitz, DPM, for sale to our Yolo Neuropathy Group related members and friends beginning at our October meetings.

Much of the neuropathy literature we find in medical journals and other internet resources is filled with difficult "medicalese" language that is largely incomprehensible for most of us ordinary patients. This McLellan and Spitz book is refreshingly different! While essential information is refreshingly thorough, its language neither obfuscates nor talks down to its readers. Whether you are a newcomer or an "old timer" with neuropathy, there's much helpful information for everyone.

The book is truly marvelous and everyone should want a copy for themselves and also to give to their primary doctors to help them better understand neuropathy. Book contents include chapters entitled Explaining Neuropathy, Symptoms and Diagnoses, Diabetic Peripheral Neuropathy, Treating Peripheral Neuropathy (with traditional medications, physical therapies and other alternative treatment options), Nutrients for Neuropathy (including a list of 16 essentials for neuropathy), East Meets West – Tai Chi and Acupuncture, Walking and Balance Problems, and Experimental Therapies.

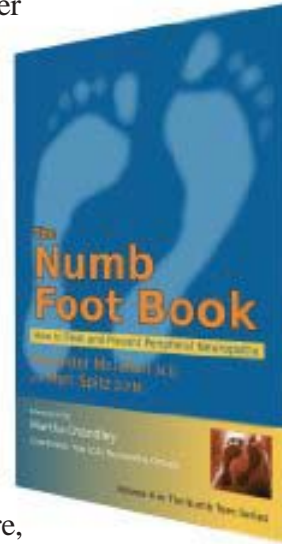
In her *Forward* to the new book, Chandley reflects on how difficult it has been in recent years for PNers to understand and get appropriate help for their troublesome conditions.

"And yet progress really is being made; many of us are getting effective help for our weird sensations, fears and confusion. Times really are changing, thanks to the hard work of many in the medical and neuropathy patient advocacy communities. The appearance now of this very marvelous volume, *The Numb Foot Book...* by Alexander McClellan, ND, and Marc Spitz, DPM, is the latest cause to celebrate these ever changing and more hopeful times."

Their unique expertise and sensibilities from the medical fields of naturopathy and podiatry bring very relevant perspectives we need to know and appreciate in our quest for comprehensive understanding. Their accumulated data and wisdom brings us exciting next levels of observations and synthesized models of new developments in research we need to know about. Their use of very identifiable personal stories from across the neuropathy experience spectrum reassures us that we really aren't alone and there really is cause for hope. These are very significant accomplishments for a small, but really quite excellent book that adds much needed clarity to the neuropathy literature.

For those who have read Dr. Latov's 2007 book (available via TNA for \$10+) or John Senneff's books (available via www.originbiomed.com), some of the materials will be familiar. But there are many new and very valuable segments with illuminating updated information. In many ways, the McLellan and Spitz book is superior to Dr. Latov's book because of its patient accessibility attributes and broader treatment content that will be especially helpful for many PNers.

The books will be available for sale at \$15 each at all three of the October meetings. Payment can be made by cash or check. For the latter, please make the check out to NCCNA-YCSG. All book proceeds will be deposited into the YNG account. If you want to purchase a book, please come half an hour early to one of the three meetings – first come, first served; as the donated inventory will be split between the three groups, anticipating that all copies on hand will be sold at the October meetings. Others may now order the book from Amazon at \$16.49 each, plus shipping, or free shipping on orders of \$25 or more. The book is now available at \$24.95 from <http://originbiomed.com/usa-en/origin-store.html#AnchorSales>



WE NEED YOUR HELP!
Here are current needs for help. If you or someone you know could help with any of these, please call us toll free at (877) 622-6298.

Newsletter layout:
We email the articles, the person using PageMaker (which we can provide) does the layout and emails it to our printer.

Enter data in an Excel form:
We want to enter the data from membership forms, but need help doing it.

Board members:
Special needs are in public relations, computer skills, and knowledge of nonprofit organization development, and accounting.



The Northern California Chapter
of The Neuropathy Association
(a California public benefit, nonprofit,
tax exempt corporation)

P.O. Box 6985
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Coenzyme Q10 May Be Helpful

Christy Casamassima writing about CoQ10 related to Charcot-Marie-Tooth Disease (a type of hereditary neuropathy) says that Coenzyme Q10 or CoQ10 can be a help to people with neuropathy, especially CMT. CoQ10 is a naturally occurring antioxidant found in a variety of foods, notably fish, fish oils, nuts, and meats. It is an important part of the energy production system in all cells, specifically in the mitochondria. CoQ10 levels peak by the age of 20 and then fall slowly thereafter, so levels decrease with aging in humans. It is found in highest concentrations in organs that have significant energy requirements, such as the heart. Tissue CoQ10 needs are primarily influenced by several factors such as aging, oxidative stress, diet and exercise.

Some evidence indicates that mitochondrial effects may play an important role in CMT. CoQ10 supplementation may improve mitochondrial metabolism. Based on metabolic pathways and results of previous studies in other neurodegenerative disease, daily supplementation with CoQ10 may reduce levels of weakness, fatigue, and pain. A research project is underway to further test this antioxidant.

The Northern California Chapter
of The Neuropathy Association
(a California public benefit, nonprofit,
tax exempt corporation)



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Hope through caring and education

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.

Dues - \$24 a year (due each January)
(prorated for new members at \$2
per each month left in the year)
All contributions are tax-deductible

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

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