



Neuropathy Hope

Hope Through Caring and Education

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

March 2009
Volume 4, Issue 3

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Hazardous Zinc

Contributors

Diablo Clinical
Research

Alpha Lipoic
Acid

Health Cautions

Neuropathy 101

Research
Breakthrough

UC Davis
Nursing School

NCCNA
PO Box 6985
Auburn, CA 95604
530-389-2416
877-622-6298
info@pnhelp.org
www.pnhelp.org

NCCNA'S Annual Meeting: Monday, April 27, 2009

You want to be at this event! The Woodland, Davis, and West Sacramento PN Support Groups, along with the NCCNA Board, are co-hosting this year's meeting with the Woodland Community and Senior Center. They have a lovely new building with lots of free parking. This is a free event for all members and prospective members as well as caregivers.

Registration is 9-9:30 AM - Woodland Community and Senior Center, 2001 East Street, Woodland. Woodland is on I-5 a few miles north of Sacramento also easily reached by Highway 13 from I-80 at Davis. A Continental Breakfast will be provided by our Woodland, Davis, and West Sacramento PN Support Groups.

Our speakers are Dominick Spatafora, President, Neuropathy Action Foundation, and Scott Fishman, MD, Chief of the Division of Pain Management and Professor of Anesthesiology and Pain Medicine at the University of California, Davis. Mae Denman, Gentle Yoga therapist, assisted by Sandra Vinson who spoke to several of our groups with enthusiastic response, will lead in basic, low impact exercises and send us home with handouts so we can share the information with others. We'll give the Annual Report. The NCCNA Board has some exciting things to announce and present. Those in attendance will have opportunity to ask questions and give input.

PLEASE REGISTER BY SENDING THE REGISTRATION FORM ON PAGE 7 TO NCCNA, PO Box 6985, Auburn, CA 95604 by April 17 so we can plan the seating and food.

Neuropathy Action Foundation Conference Comes to Sacramento on Thursday, June 25, 2009

For the past two years, NCCNA members have hopped a bus to travel to San Francisco for Neuropathy Action Awareness Day. This event, full of informative speakers, product providers, and even entertainment, has been highly appreciated by those who could make the trip. This year, the 3rd Annual Neuropathy Action Awareness Day comes to Sacramento.

Dominick Spatafora, President of the Neuropathy Action Foundation, announced that this year's conference will be Thursday, June 25, 2009, at the Sheraton Grand Hotel, 1230 J Street in Sacramento. Details on speakers and the schedule are still pending. Check both the Neuropathy Action Foundation website (www.neuropathyaction.org) and ours (www.pnhelp.org) for particulars on the program as it develops, as well as information and photos of the past events. If you live in the greater Sacramento area, be sure to take advantage of having this event locally.

NAF is providing up to 15 free, one night stays in the Sheraton Grand for the night of June 25 for people coming from the San Francisco Bay Area, first come first served. More details will be included in next month's newsletter.



NCCNA Has a New MAMA

The wonderful growth the NCCNA has experienced the last couple years—and last year especially—means many things. It means more influence and more effective advocacy when we talk to health care providers, policy makers, insurers, and government officials. It means greater financial support so we can tackle bigger projects. It means more hope, more education, more caring through additional support groups and other resources. It also means, however, that the logistics of running the organization become more challenging.

In the past, NCCNA has managed its membership and accounting through various spreadsheets. We were able to put in some automation, and other improvements, but there was a lot of room for error. After failing to find an existing application that met the organization's needs, board member Penni L. Smith wrote a custom program, the Membership Accounting Management Application (MAMA), for the NCCNA. This is a web-based application that handles all the management needs the organization has.

What this means for our members is better service. The group list on the website will soon be generated from MAMA's database, so it will always be current. Also, there will be more efficiency in handling payments and member issues. There is far less chance of a payment being mis-applied, or for a membership status to be wrong. For example, under our old system, we had a dozen people marked as having paid their dues, which, it turns out, they hadn't. They didn't get a reminder letter because of the error. That also meant

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**2009 NCCNA
Board of Directors**

**Bev Anderson
President**

**Laura Niznik
Vice President**

**Suzanne Lieban
Secretary**

**Dick Ward
Treasurer**

**Penni L. Smith
Technology Director**

**Michael Green
Director**

**Sandra Vinson
Director Emeritus**

**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

Call Judy Briener
For current information
(530)233-4733

Arcata

3rd Thursday, 12:30 PM
Senior Resource Center
Of Humboldt
321 Community Park Way
Martha Bolt (707)825-9454

Auburn

1st Monday, 1:30 PM
Woodside Village MH Park
12155 Luther Rd., Auburn
Charlene Amos, (530) 885-9865
Sharlene McCord (530)878-8392

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

Concord

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

Crescent City

Forming
Bev Anderson (877)622-6298 (toll free)

Davis

2nd Wednesday 2 PM
Institute for Restorative Health
1460 Drew Ave.
Mary Sprifke (530) 756-5102
Delia Genera, Speaker

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
1910 California Street
(707) 268-8937

Folsom

1st Thursday, 1 p.m.
Journey Church
450 Blue Ravine Rd., K-2
Cheryl (916)985-4914
Lorraine (916) 983-4023
Beverly (916) 984-4302

Fort Bragg

Forming
Bev Anderson (877) 622-6298

Fresno

3rd Tuesday, 11:15 AM
Carrows Restaurant
1484 E. Shaw Ave.
Maria Chavez (559)437-9787

Grass Valley

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

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
Brian Keller, Podiatrist

Livermore

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

Merced

2nd Thursday, 1 PM
Central Presbyterian Church
1920 Canal Street
(in The Hoffmeiser Center
across the street from the church)
Susan Baldasano (209)617-6283

Modesto

3rd Monday, 10:30 AM
Denny's Restaurant
1525 McHenry Ave.
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
Come to the meeting in March

Napa

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

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
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
Pain and Its Management

Roseville

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

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 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

3rd Wednesday
Trinity Presbyterian Church
420 Melrose Ave.
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
Bev Anderson, NCCNA Pres.

Sonoma

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

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President's Message

by Bev Anderson

During 2009, I'm trying to visit active support groups, encourage ones just starting, and start new groups. This entails travel which requires preparation. If it is a new group, this includes finding the place to meet and publicizing the meeting. In February, I enjoyed being with Mike and Laura Colozzi and their friendly group in Elk Grove. Mike presented some low impact exercise equipment and I talked about NCCNA and neuropathy. Mike runs an enthusiastic and uplifting meeting.

From Elk Grove, we went to Turlock for their first official meeting ending with a Leadership Team that will do well. Then, we went on to Madera for an information meeting to see if there is interest in having a support group. A sizable number came. Those present chose to carpool to the Fresno group until they are ready to launch a meeting in Madera, which they hope to do soon. Getting home afterward was a major problem for me. I was snowed out for 10 days.

I'm looking forward to seeing many of you at this year's Annual Meeting, Monday, April 27, at the Woodland Community and Senior Center, 2001 East Street in Woodland. Please see details on the front page of this newsletter. This gathering in April and the 3rd Annual Neuropathy Action Conference, this time in Sacramento, on June 26 will make this an exciting spring. You are not alone as a person, but your support group is not alone either. As we work together and build our membership, we make a greater and greater impact on educating the general public and the medical community. This should produce better treatments and ultimately a cure.

Future Travel Plans. Looking ahead these are the areas where I am projecting to be in April and May. April: Yuba City, Colusa, Red Bluff, Redding, Yreka, and Weed. These will be the first meetings in Colusa, Red Bluff, and Weed to see if there is interest in starting a support group in these communities. May: Lakeport, Ukiah, Fort Bragg, Eureka, Arcata, Crescent City, and Garberville. Lakeport and Garberville will be first meetings. If you know anyone in any of these areas, please let me know.

Announcement for Members and Group Leaders

If anyone is not receiving their newsletter, please let us know. Call the toll free number (877) 622-6298 or send an e-mail to info@pnhelp.org. There are several reasons a person might not receive a newsletter. We sometimes have problems with those who have asked for the newsletter by e-mail, due to various problems with the address. While we try to contact members when we get a delivery failure, we are not always successful. Also, those who have not paid 2009 dues are now not listed as active members to receive the newsletter, and so may wonder what happened to it. Let us know and we can correct the problem if we are at fault or advise the person of what is needed.

New MAMA...

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extra time for someone to resolve the situation. These sorts of things should not happen with MAMA.

In addition, because MAMA is web-based, all anyone needs to use it is access to the internet (and appropriate security clearance, of course). The NCCNA hopes to train at least one person in each group to use the system. This will enable group leaders to have up-to-the-minute information about their membership. They can also use the system to track contacts and manage their other needs.

Affiliate News...

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Sonora.

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

Stockton

3rd Tuesday, 4 p.m.
Service First of Northern California
102 W. Bianchi Rd.
Bev Mallette (209)944-7815

Susanville

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

Truckee

April thru October
3rd Monday, 1 PM
Truckee Pines Apartments
10100 Estates Dr.
Bev Anderson

Turlock

Forming
Ken Selee (209)632-5509

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
Delia Genera (530) 661-3238

Yuba City

Reforming
Bev Anderson (530)389-2416

Yreka

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

Help With Health Care Challenges
If number not in your area,
call this one and ask for the right number.

HICAP

Health Insurance Counseling for seniors and people with disabilities. Call Seniors First/ SeniorLink at 1-800-878-9222 to make an appointment.

Health Rights Hotline

Serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage. Tollfree (888) 354-4474 or TDD (916) 551-2180. In Sacramento, call (916) 551-2100. www.hrh.org.

HMO Help Center Assistance 24 hours a day, seven days a week. Call (888) HMO-2219 or (877) 688-9891 (TDD).

DRA's Health Access Project

Free publications about the health care and insurance rights and concerns of people with disabilities and serious health conditions. For more information, go to <http://dralegal.org/>, and click on "Projects".

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

Recent Mailing Information

In a recent mailing that went to members and others, there were check off boxes to be anonymous and not be listed in a list of contributors. We hope we caught all of these. If you are listed in this month's newsletter and you didn't wish to be, we apologize. Likewise for those who look for your name and don't find it. Just those that sent a contribution other than their dues are listed. In the same mailing, there were some boxes indicating you could choose not to receive fundraising letters and basic information. This should not have been on the card sent to members, as we do need to keep in contact with members. Fundraiser letters go out twice a year. You can respond or not. November we remind people their dues are due by Jan. 1.

Legislative Task Force on Peripheral Neuropathy Established to Improve Patient Care

Neuropathy Action Foundation President Dominick Spatafora, NCCNA President Bev Anderson, and NCCNA Board Member Emeritus Sandra Vinson were appointed to the California Legislative Task Force on Peripheral Neuropathy. There are 19 others, including doctors, leaders of organizations representing people who are apt to have neuropathy, legislators and others. The Neuropathy Action Foundation sponsored the resolution to establish the task force. Laura Niznik, NCCNA Vice-President, gave testimony in support of the bill. Dominick sent us the following announcement:

"Assembly Concurrent Resolution (ACR) 87, sponsored by the Neuropathy Action Foundation (NAF), introduced by Assemblymember Mary Hayashi (D-Hayward), was chaptered by the California Secretary of State on Friday, September 18, 2008. This measure establishes the Legislative Task Force on Peripheral Neuropathy and 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.

PN is a disorder that results from impairment or damage to nerves peripheral to the brain and spinal cord.

PN can result from various causes including metabolic disease, viral and bacterial infection, physical injury, poisoning, malnutrition, and genetic disorder. An estimated 20 million people in the United States suffer from peripheral neuropathy, but for many people, the disease often goes undiagnosed.

The task force shall submit its report of findings and best practices for treatment and public awareness to the state legislature on or before March 31, 2009".

Question of the Month

Socks: Just after the last newsletter was printed, Carol Lipe of the Sonora PN Group called with the information that she buys her socks at Walmart. She said they were Dr. Scholl's brand. They are \$7 a pair for ankle and calf styles. Carol Roten, At Large Member in Dotham, AL, reports that she buys Medi-Pads at Walmart. She only finds them in white.

Beverly Kaupanger, Auburn PN Group, sent this note: After reading the question in the NEUROPATHY HOPE November 2008 Volume 3, Issue 11, "Does your skin itch?" I thought of my sister-in-law. She does not have Neuropathy, but she has some very itchy places on her arms the doctor said was from a pinched nerve in her neck. (called Brachial Radialpuritis). Neurontin (the drug) helped quite a bit at first but not as much now. She also swears by a product called SARNA a lotion of camphor and menthol. This lotion also helped a lot with the pain of shingles which I'm just getting over. (Some people have reported that their head itched. Neuropathy can cause itching.)

We hear bits and pieces from groups about what they have found helpful. If you have something you think should be on the Alternatives & Complementary Treatment list, please send a note to the PO box, or e-mail info@phnelp.org.

Zinc Can Be Hazardous

A report is out from Schmidt & Clark, LLP, a nationally recognized products liability law firm, that says an overabundance of zinc in the body can be hazardous. Like many nutrients, some is necessary, but a lot can hurt you. The amount of zinc can be regulated when it is in calcium, magnesium, and zinc combinations. Some use zinc supplements at other times. If you use denture cream like Fixodent or Poligrip, you may be overdosing. Too much zinc can cause hyperzincemia (zinc overdose, zinc poisoning, zinc toxicity). This causes hypocupremia (lower levels of copper in the body) which can cause neuropathy. For more information, access <http://www.prleap.com/pr/131091/>.



Contributors Keep Us Going

As a non-profit organization, the NCCNA survives by the generosity of those who support our mission through their finances. Given the challenging times we face, we know that every dollar is a sacrifice, and we are so thankful. Almost 55% of our members were able to contribute a little bit extra, along with forty-four people who don't belong, but do believe in what we are doing. How wonderful!

We are very grateful to all of the following people who gave money beyond their dues in 2008

Stephen Adams, Davis
Florence Allen, Eureka
Spencer Allen, Whitmore
Bev Anderson, Colfax
Jan Anderson, Larkspur
Janet Andre, San Jose
Ulla Ansten, St. Helena
Jacqueline Arbaugh, Auburn
Gene Arnold, Yreka
Indira Aslan, Carmel
Vera Atteberry, Susanville
K. Bailey, Orangevale
May Baker, Auburn
Tracy Basso D.P.M., Davis
Richard Bastear, Stockton
Jane Belcher, Stockton
Irene Bellon, Modesto
Peggy Beman, Sunnyvale
Jane Bennett, Davis
John Berger, Sacramento
Randall Berger, Piedmont
Valerie Beyrouthy, West Lafayette
Dorothy Bickett, Penn Valley
Betty Binford, Fair Oaks
Doris Blank, Rocklin
Sally Boetger, Cameron Park
James Bonnell, Merced
Gayle Bonzi, Modesto
Arlene Bouman, Meadow Vista
Jamie Boynton, Stockton
Florence Bradley, Elk Grove
Laura Brennwald, Oklahama City
Kathleen Brock, Santa Rosa
Patricia Brooks, Jamestown
Jean Brown, San Rafael
Esther Bruno, Pittsburg
Joan Bubenheimer, Napa
Joan Buckman, Sacramento
Pam Buikema, Sacramento
Joseph Burgard, Sierra City
Heimke Buse, Santa Cruz
Fred Cain, Stockton
Dolores Campbell, Sacramento
Marsha Campbell, Reno
Lynne Carlsen, Fortuna
Judy Caron, San Jose
Carolyn Cash, Orinda
Carol Cessna, Santa Rosa
Ernest Chann, Oakland
Maria Chavez, Fresno
Anne Chiles, Roseville
Lynn Chilimidos, Carmichael
Lorraine Chiochios, Saratoga
Einer Christensen, Sacramento
Richard Christensen, Grass Valley
Michael Cisson, Walnut Creek
Roy Clansky, Roseville
Frank Clapp, Walnut Creek
Carolyn Clarke, Roseville
Michael Colozzi, Sacramento
Jacquelyn Conine, Placerville
Robert Conners, Carmichael
Lorraine Contreras, Copperopolis
Doris Cootes, Livermore
Barbara Corrin, Livermore
Bart Costerus, Pleasanton
Bud Crank, Modesto
Geri Craver, Davis
LaVerne Crenshaw, Fresno
Chuck Currey, Rocklin
Carol Curry, San Andreas

Toni Curtis, Sacramento
Percy Cutler, Danville
Joy Darcey, Roseville
Rosemarie Darm, Napa
Mehdi Davalou, Citrus Heights
Jeane Davidson, Sacramento
Mary Dehennis, Eureka
William Deitsch, Danville
Ann Delaney, San Francisco
Sanford Demain, Chatsworth
Myrl Despot, Sausalito
Shirley Dhillen, Newcastle
Marilyn Dodds, Walnut Creek
Frank Dompe, San Jose
Audrey Drynan, Eureka
Dennis Duerre, Rocklin
Bonnie Dunlap, Lincoln
Dolores Eisner, Carmichael
Kirt Ekstrom, Sacramento
Donna Ellett, Merced
Paul Erickson, Turlock
Gladys Esterkyn, Sacramento
Heidi Evers, Los Gatos
Sandra Exelby, Stockton
Bella Feldman, Berkeley
Tracy FerragamoDPM, Davis
Robert Ferrario, Los Gatos
Mildred Finke, Livermore
George Fisher, Placerville
Marjorie Fisher, Carmel
Anne Fletcher, Sacramento
Royce Fogleman, Chico
Ruth Fontana, Concord
Betty Francis, Berkeley
Catherine Fulton, Vacaville
Paul Funston, Napa
Dorothy Gallaty, Galt
Charlayne Gallinatti, Greenbrae
Rae Garbero, Elk Grove
Louise Gaughan, Atlanta
Betty Gears, Penn Valley
Sue Gerard, Granite Bay
Pat Gibbany, Napa
Alfaretta Gilbert, Davis
Nancy Gilbert, Wheatland
Edna Godfrey, Meadow Vista
Eleanore Gorby, Napa
Charlotte Grady, El Dorado
Elspeth Granucci, Soulsbyville
Michael Green, Carmel
Joan Griffin, Orangevale
Betty Grimm, Las Vegas
Jim Gundelach, Placerville
Kay Gunter, Santa Rosa
Patrick Haggarty, Oakland
Herb Hamby, Modesto
Jacquelyn Hamilton, Moraga
Yolanda Hamlow, Stockton
Claire Hampton, Fresno
Anne Handel, Anderson
Miriam Hansen, Roseville
Peggy Hartman, Colfax
Patricia Haselwood, Roseville
Michael Hayden, Saratoga
Sally Hearn, Grass Valley
Bill Heisinger, Rancho Cordova
Doris Hendrickson, Pleasant Hill
Jeanne Henry, Auburn
Carol Heuermann, Groveland
Jan Hilder, Chester
George Hill, Merced

Robert Hill, Columbia
Shirlee Hill, Auburn
Jessie Hiltbold, Livermore
Leo Hoefler, Fair Oaks
Ruth Holderman, Carmichael
Charlotte Hunt, Lincoln
Helen Huys, San Diego
James Jackson, Redlands
Joan Jackson, Walnut Creek
Norma Jessup, Greenbrae
Mike Jewett, Fremont
Jean Johnson, Santa Cruz
Marie Johnson, San Rafael
Fern Johnston, Tracy
Noreen Jones, Modesto
Martin Jordan, Antelope
Davene Kaplan, Reno
Doneva Kaserman, Auburn
Beverly Kaupanger, Foresthill
Donna Kelez, San Jose
Eleanor Kelly, Lincoln
Gayle Kernick, Carmichael
Dan Kimball, Folsom
Lee Kimberlin, Grass Valley
Patricia King, Walnut Creek
George Kinsey, Sebastopol
Jeanne Kirsch, Davis
Gayle Kmetovicz, Verdi
Frank Knowles, Sacramento
Harry Kolander, San Ramon
Robert Korn, Redding
Ginger Kossow, Kneeland
Charlotte Krale, West Sacramento
Velma Lagerstrom, Davis
Becky Lake, San Jose
Patsy Larkin, Henderson
Ann Laye, Livermore
Cheryl Leber, Folsom
Mary Ann Leer, Santa Cruz
Judson Leong, Castro Valley
Suzanne Lieban, Benicia
Al Lilleberg, Napa
William Lowell, West Sacramento
Josephine Lundberg, Moraga
Carole Lundquist, Anderson
Ken Lux, Yuba City
Ernest Maag, Lincoln
Bev Mallette, French Camp
William Marr, Sacramento
Jack Martin, Carmel
Kennon Martin, Paradise
Beverly Matteoli, Woodland
Maxine Matthews, Fresno
Irene Mayo, Walnut Creek
Barbara McArn, Davis
Sharlene McCord, Meadow Vista
William McFadden, Corning
Donna McFall, Stockton
Stuart McFarland, American Canyon
Donna McKinnon, Fair Oaks
Ed McKinnon, Shasta Lake
Robert McLaskey, Placerville
Dolores McSweeney, Newcastle
Faith Meling, Stockton
Shirl Merz, Folsom
Arlene Middlebrook, Placerville
Albert Miller, Rough and Ready
Genevieve Miller, Concord
Orville Millhollin, Jamestown
Edward Mock, Roseville

Frederick Mohr, Auburn
David Morini, Redding
Lorraine Morosi, Folsom
Barbara Morris, Carmel
Bill Morris, San Carlos
Richard Morris, San Francisco
Judy Moss, Palo Alto
Harry Murphy, Davis
Ihlys Murray, West Sacramento
Robert Murray, Newcastle
Frances Mussotto, Merced
Charles Muth, Murphys
Claudia Myers, Sacramento
Mireille Neef, Switzerland
Gillian Nelson, Crescent City
Glenn Newman, Livermore
Richard Nickles, Sacramento
Loretta Nielsen, Scotts Valley
Laura Niznik, Antelope
Gene Nored, McKinleyville
Norma North, Clayton
Kay Nunes, Napa
Joan Oakley, Roseville
Ellamae Oliver, Sacramento
Williard Olsen, Sunnyvale
Ginny Olson, Walnut Creek
Sharon Opsal, Livermore
Linda Ostermiller, Sacramento
Albert Ottinger, Walnut Creek
Betty Palkowski, Santa Rosa
Patricia Palm, San Rafael
Harriet Pappas, Los Altos
Mary Parker, Sacramento
Virginia Parker, Meadow Vista
Nancy Pascale, Castro Valley
Ron Patrick, Napa
Eileen Peckham, Auburn
June Pellinen, Sacramento
Katherine Pennywit, Santa Rosa
O. Pezoldt, San Rafael
Walter Pilgrim, Roseville
Joann Pourroy, San Juan Bautista
Eugene Powers, Sacramento
Sam Price, Sacramento
Carolyn Pryor, Monterey
Mavin Pugh, San Rafael
Robert Putman, Auburn
Paulette Quam, West Sacramento
William Quarante, Santa Rosa
Frances Quinn, Stockton
Shri Ram, Orangevale
Lee Ramsey, Sacramento
Virginia Randall, Auburn
Jane Rasmussen, Napa
Janice Reilly, Stockton
Lois Revak, Sacramento
Frank Rhodes, Napa
Georgia Richardson, Sacramento
Tom Ricks, Carmichael
Richard Ringe, Portola Valley
Ernette Rivera, Concord
Lee Robbins, San Francisco
Brad Roberts, Reno
Dorothy Roberts, Walnut Creek
Gerry Roberts, Merced
David Rogers, Sacramento
Genevieve Rollins, Auburn
Teofla Rosa, Carmichael
Franklin Roscoe, Placerville
Carol Roten, Dotham
Benegene Rudiger, Walnut Creek

Avley Runnels, Foresthill
Jackie Russell, Stockton
Marcia Russell, Pollock Pines
Michael Rutty, Soulsbyville
Dorothy Sainsbury, Penn Valley
Gloria Sarvis, Mill Valley
Alice Schafer, Grass Valley
Sharon Schauf, Saratoga
James Schuyler, San Carlos
Dianne Schwarz, Foster City
Carol Sebastian, Novato
Sharon Sessions, Lakeport
Glenn Shakal, Sparks
Edward Shaw, Carmichael
Olga Shearer, Livermore
Sheng Shen, Pleasanton
Bernard Shoor, Atherton
Donald Sloat, Reno
Georgia Smiley, Roseville
Marilyn Smith, Sonora
Penni Smith, Foresthill
Dominick Spatafora, Scottsdale
Bernice St. Augustine, San Rafael
E. Stack, Livermore
Terry Stennes, Newcastle
Dorothea Stephenson, Martinez
Dorothy Stockwell, Concord
Chris Strachwitz, Berkeley
Larry Straight, Auburn
Stefanie Strickley, Carmichael
Elizabeth Sundberg, Riverbank
William Swanson, Redding
Sally Tanner, Ferndale
Myke Taylor, Sacramento
Diane Teague, Auburn
Mary Thibault, Orangevale
Alma Thomas, Auburn
Joseph Thomas, Lincoln
Julie Thomas, Reno
Dorinda Thompson, Gazelle
Nancy Thompson, San Jose
Alice Thornton, Grass Valley
Marilyn Timpe, Riverbank
Diana Treadway, Woodland
Gary Trenchard, Fairfax
Tom Utzig, Auburn
Mark Vessels, Sacramento
Sandra Vinson, West Sacramento
Shannon Vinson, West Sacramento
John Wagner, Alamo
Dave Walden, Stockton
Helen Wallace, Modesto
Ellen Warburton, Berkeley
James Ward, Castro Valley
Mary Lou Ward, Roseville
Mike Warner, Alameda
Barbara Watkins, Rocklin
Marrena Weathers, Auburn
Aalljen Webb, San Mateo
Louise Webber, Napa
Vera Wehling, Fair Oaks
John Weinbrock, Santa Clara
Marian Wells, Grass Valley
Fred Wentz, Placerville
Alice Wheeler, Redding
Dorothy Wheeler, Ukiah
Sue White, Sacramento
Grant Whitney, Auburn
Robert Wickstrom, Roseville
Janice Williams, San Jose

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**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.

Diablo Clinical Research Needs You

If you have neuropathy because of diabetes, Diablo Clinical Research offers clinical trials in a variety of approaches to treating neuropathy. You would make periodic trips to their office and receive free medical care as it relates to the clinical trial. If you are interested, contact Diablo Clinical Research, 2255 Ygnacio Valley Rd., Ste. K-1, Walnut Creek, CA 94598 (925) 930-7267

Alpha Lipoic Acid

We received a number of positive comments about the article in last month's newsletter about Alpha Lipoic Acid. One aspect of the article should be addressed more fully. We had several questions about the author's statements about the R and S forms. She recommended the R form which is natural and disdained the S form which is synthetic. Those of us that are taking 300 mg. in the morning and 300 mg. in the evening are taking the S form and it has been found effective. The S form, as is true in other preparations, is as good as the natural and can be produced more uniformly as well as be tested with consistent responses. Here is the information in the handout most of you have received listing Alternative and Complementary Treatments suggested by people in our groups.

Alpha Lipoic Acid - ALA is a universal anti-oxidant. It works in all types of cells to put down free radicals. It also helps to refresh other antioxidants like Vitamin E and C, CoQ10, and glutathione. ALA has been used in Europe many years to treat diabetes by reducing blood sugar levels and diabetic neuropathy reducing DPN symptoms. (It has been found effective with other types of neuropathy.) Recommended dosage: 600 mg. - 300 in the morning and 300 at night. It can be obtained in pharmacies and health food stores but possibly at a lower cost at Vitacost: 1-800-793-2601 or www.Vitacost.com. Two bottles of 120 (240 total) \$8.88 each plus \$4.95 for shipping no matter the size of your order is \$22.71. The recommended choice when asked is NSI Alpha Lipoic Acid, 300 mg. - 120 caps. Swanson: 1-800-437-4148 Item #D4SWU136. This is for bottles of 60 of the 300 mg. capsules. Each bottle is \$9.89. You save on shipping and handling by ordering more. So it is $\$9.89 \times 3 = \$29.67 + \$4.95 (S/H) = \34.64 total. The Vitacost product is reported to be a smaller, easier to swallow capsule. It is important to take the capsules with food and best to **not** lie down immediately after taking it. Like other vitamins or supplements, you want to let it begin digesting before changing its environment.



Health Cautions

Many seniors take low-dose aspirin. If you're one of them, avoid ibuprofen, which can cancel out the aspirin's antiplatelet effect and cause catastrophic stroke. A new study at the University of Buffalo and the Dent Neurologic Institute in Buffalo is the first to show the stroke danger. (by permission from the Peripheral Neuropathy News - LA).

Diabetics aged 30 and older are a similar risk of cardiovascular disease as nondiabetics with a history of myocardial infarction, say Danish investigators. Compared with non diabetic men with no prior myocardial infarction, the odds of cardiovascular death were 2.42 times higher for men with diabetes-nearly the same as the risk for nondiabetic men with a history of myocardial infarction (2.44) For women the same odds ratios were 2.45 and 2.62. Medical Economics: 2008, 117:1945-1954 (April 15,2008) (Used by permission)

WE ARE INTERNATIONAL!

Mireille Neef, NCCNA member since 2008 who lives in Geneva, Switzerland, announces that she has started a support group. Their first meeting was November 17, 2008. We will keep you informed of their progress. Mireille was taking hours on a train to get to a group in the German section of Switzerland to see what it was like.

Then she decided to start a group near home in Geneva.
Hurrah for Mireille!



Contributors...

continued from page 5

Robert Williams, Lafayette
Jane Willis, Gualala
Darlene Willoughby, Jackson
Gaylord Wilson, Loomis
Merida Wilson, Woodland
Robert Wilson, Burlingame
Dorothea Winslow, Placerville
John Wright, Round Mountain
LD Wright, Sonora
Nancy Wright, Marysville
Donald Zerwer, Lincoln

We are also thankful for the twenty-six people who contributed, but who declined to be listed. You know who you are. Know as well that you are appreciated, and your contributions are very helpful.

Remember, too, that simply being a dues-paying member provides financial and organizational support that is so crucial. Thanks to all who are a part of the NCCNA.

I AM REGISTERING FOR THE AWARENESS AND HOPE CONFERENCE, MONDAY, APRIL 27, 2009, AT WOODLAND COMMUNITY AND SENIOR CENTER.

Name _____ Phone _____

Address _____

E-Mail _____ Support Group _____

Do you need: a vegetarian lunch? _____ a gluten free lunch? _____

Are you diabetic? _____

Please send this to NCCNA, P.O. Box 6985, Auburn, CA 95604 or send the information to info@pnhelp.org. You can also call (877) 622-6298 and leave the information. You may also register on our website at www.pnhelp.org.

Neuropathy 101 - Part 1

by Jeffrey W. Ralph, MD

“Neuropathy” means “disease of nerve.” The term “peripheral” means that the disease is occurring to nerve tissue outside the brain and spinal cord. This includes injury of nerves to muscles (motor nerves), nerves from the skin (sensory nerves), and/or nerves to the gut and other internal organs (autonomic nerves).

Peripheral neuropathy is a very broad topic that demands classification for purposes of diagnosis, evaluation, and treatment. An initial distinction may be made between focal and generalized peripheral neuropathies.

A focal neuropathy means only one or, at most, a few nerves are injured. Pain, numbness, and weakness are confined to a single limb or a small region of the trunk or head. Focal neuropathies are typically caused by compression or trauma. Carpel tunnel syndrome, a common syndrome characterized by nighttime numbness and tingling in the hand, is an example of a focal neuropathy. Compression of a major forearm nerve called the median nerve causes this syndrome.

Generalized neuropathies present as pain, numbness, tingling, and, sometimes, weakness that affect both sides of the body. The feet and toes are commonly affected early in the course of a generalized neuropathy. Generalized neuropathies are often associated with general medical problems. Generalized neuropathies are also called polyneuropathies. I will use these terms interchangeably.

A physician may also classify a neuropathy as being predominately “axonal” or “demyelinating.” These are technical terms that refer to the microscopic component of the nerve that is being damaged. All nerves that supply muscles and the skin are comprised of microscopic fibers that carry the (electrical) information along the nerve. You may understand this by thinking of all the individual wires inside the main cable that goes to your computer printer. Within these fibers are cores called axons. These are analogous to the copper inside the wires. Most axons are ensheathed in fatty tissue called myelin. Myelin is required for the rapid transmission of signals along the axons. Myelin is analogous to the rubber insulation around wires.

Whether a neuropathy is axonal or demyelinating has implications for medical work-up and treatment options. Nerve conduction studies (NCS) are required to distinguish between these two types of neuropathies. Axonal neuropathies are more common than demyelinating neuropathies. In order to simplify the subsequent discussion of peripheral neuropathy, I will not distinguish axonal from demyelinating neuropathies, the discussion will apply to both types.



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 need help entering data from membership forms.

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)

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Exciting Research Breakthrough

If you have a computer and can check this out, it is worth seeing. The video from YouTube talks about and demonstrates tissue regeneration. Nothing is said about nerves in particular, but you know that is probably related to what you see. To see body parts grown in the lab and used for transplants is mind bending. Even more astounding is the compound used to trigger the re-growth of the end of a finger that had been cut off. It grew back including the fingernail. View the video at <http://www.youtube.com/watch?v=qxhi4Q8EDTU>.

UC Davis Starts School of Nursing

UC Davis will be opening the Betty Irene Moore School of Nursing in 2010 with masters and doctoral degree programs. Baccalaureate programs will start in 2011. The emphasis is on developing leadership in an academically challenging environment. If you know someone who might be interested, they may visit the website at <http://nursing.ucdavis.edu>, address the Office of the Vice Chancellor, Human Health Sciences, University of California, Davis, 4610 X Street, Sacramento, CA 95817 or call (916)734-7131. Bev Anderson, at the invitation of Laura Niznik, attended an informational meeting where input was gathered. She emphasized the need to include peripheral neuropathy in the curriculum.

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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 - \$30 a year
(prorated for new members at \$2.50
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.

This newsletter is designed for educational and informational 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 Northern California Chapter of the Neuropathy Association (NCCNA) 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 you may have regarding your condition. The best care can only be given by a qualified provider who knows you personally.