



Neuropathy Hope

Hope Through Caring and Education

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

December 2009

Issue 12

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N C C N A

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Auburn, CA 95604

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www.pnhelp.org

ARE THESE TREATMENTS WORTHWHILE?

Several people have called the NCCNA board's attention to ads from chiropractors and others that are targeting people with peripheral neuropathy. The advertisements mention a variety of procedures, and are usually accompanied by glowing testimonials.

One ad we've received says, "I use a patented adjusting instrumentation that is highly researched, low-force, and computerized." Another mentions this same approach and that "it frees the nerves, and the damage caused by old herniated discs or arthritis." He says, "We also use Low Level Light Therapy (LLLT) it's a newly developed tool that's very safe. The non-invasive healing light uses pulsed infrared light that has been proven to work on peripheral neuropathy symptoms." The Sacramento Bee recently had a full page color ad. Except for the several testimonials, the description of the approach used is almost identical to the other ads. It mentioned the LLLT, but called it Low Level Laser Therapy instead of Low Level Light Therapy.

We believe that these practitioners may be using Healthlight devices. The meta-description on one Healthlight web page says, "Healthlight is a photomodulated (pulsed light emitting diode) device also known as low-level LLLT or soft laser therapy." Healthlight uses pulsed infrared light. It is similar to the more familiar device from Anodyne Therapy, which also uses infrared light, but is not pulsed. Many people in our support groups have used these therapies and found them helpful, but others have had no benefit. (As with all treatments for neuropathy, it seems, what helps one greatly does little or nothing for another.) Also, the effect of these treatments

does not last. For continued benefit, treatment must be ongoing at some level. Healthlight (<http://www.healthlight.us/>) and Anodyne Therapy (<http://www.anodynetherapy.com/>) devices may be purchased for home use, and that may be the best option if the treatment is helpful. People may want first to try a course of treatment (usually twelve frequent visits), and if it is helpful for them, consider purchasing a unit. Such treatments are available from various podiatrists and chiropractors.

The advertised treatments are expensive. We have heard from some members that they usually want multiple thousands up front before you begin. The highest we've heard is \$5,100, the lowest \$1,500. Please note that the doctors advertising may be offering additional care besides the LLLT that may justify the great cost—we don't know. If you consider going to one of them, find out exactly what is involved, and compare the cost of getting just the LLLT elsewhere, or purchasing a machine for your own use. As always, let the buyer beware. If these treatments really did help most people to the degree in the testimonials, there would likely be news stories and more about them.

Many of the doctors state that they are part of the Neuropathy Treatment Centers of America. This appears to be simply an organization of affiliated doctors, not a coordinated type of practice. You may check it out for yourself at www.neurotca.com/.

One of our members attempted to contact them through their website. The questions she wrote are ones anyone considering this treatment might want to ask. This is her e-mail:

I am a neuropathy patient, and have seen advertisements from several of your doctors in our local paper. I would like some more information.

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Please let us know of you experience with these or other treatments.

Send a note to NCCNA, P.O. BOX 6985, Auburn, CA 95604, send an e-mail to info@pnhelp.org or call 877-622-6298. If it works and the help lasts, we want to know it. If you tried it and it didn't help, we want to know as well. If something does come through that is really making a difference, we don't want to miss it.

Affiliate News

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

2009 NCCNA Board of Directors

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

Newsletter Design by
Diane Blakley
Designs

Alturas

Call Bev for information
(877) 622-6298

Auburn

1st Monday, 1:30 PM
Woodside Village MH Park
12155 Luther Rd.
Charlene Amos (530) 823-1504
Sharlene McCord (530) 878-8392

Berkeley

3rd Monday, 6-8 PM
1st Month of each quarter
Lutheran Church of the Cross
1744 University Ave.

Alan Dampsey (510) 527-3568
adampsey@comcast.net

No meeting in December

Brentwood (Forming)

Will meet in January
For information call:
Bev Anderson (877) 622-6298

Castro Valley

2nd Wednesday, 1:30 PM
First Presbyterian Church
2489 Grove Way (next to Trader Joe)
Judson Leong (510) 331-6697

Clearlake

2nd Thursday, 10:30 AM
Rosebud Community Library
14785 Burns Valley Rd.
Barbara Dryden (707) 994-2202

Colusa

Joining with Yuba City until further notice

Concord

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

Crescent City (Forming)

Sutter Coast Hospital
800 E. Washington Blvd.
Judy Wolfe (707) 464-3008

Davis

1st Tuesday 3:30-5:00 PM
Davis Senior Center
646 A Street
Mary Sprifke (530) 756-5102

Elk Grove

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

Eureka

3rd Wednesday, 10 AM
Humboldt Senior Resource Ctr.
1910 California Street
(707) 268-8937

Folsom

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

Fort Bragg (Forming)

For information call:
Bev (877) 622-6298

Fresno

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

Gilroy (Forming)

For information call:
(408) 842-2178

Grass Valley

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

Jackson

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

Lakeport

2nd Monday, 10:30AM
Lakeport Senior Center
507 Konociti Ave.
Grace Gault (707) 274-9999

Lincoln

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

Livermore

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

Madera (Forming)

Madera United Methodist Church
500 Sunset Ave.
Carolyn David (559) 674-8611

Merced

2nd Thursday, 1 PM
Central Presbyterian Church
1920 Canal Street
(The Hoffmeister Center across
the street from the church)
Bev (877) 622-6298
No meeting in December

Modesto

3rd Monday, 10:30 AM
Trinity United Presbyterian Church
1600 Carver Rd., Rm. 503
Noreen Jones (209) 846-0954

Monterey

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

Napa

1st Thursday, 2 PM
Napa Senior Center
1500 Jefferson St.
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.
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.
Bev Anderson (877) 622-6298
No meeting until further notice.

Roseville

2nd Tuesday, 7 PM
Sierra Point Sr. Res.
5161 Foothills Blvd.
Mary Lou Ward (916) 772-5598
No meeting in December.

Sacramento

3rd Tuesday, 1:30 PM
Northminster Presby. Church
3235 Pope Street
Anne Fletcher, (916) 391-3317
Myke Taylor (916) 487-2903
No meeting in December.

Sacramento - Central

2nd Thursday, 2 PM
The Chateau on Capitol Ave.
2701 Capitol Ave.
(starting in January 2010)
For information call:
Bev Anderson (877) 622-6298
No meeting in December.

San Francisco

Call to be sure of meeting day & time.
UC-San Francisco Med Ctr.
400 Parnassus Ave.
Amb. Care Ctr. 8th Flr., Rm A888
Rowena Mah, RN (415) 502-5064
Rowena.mah@ucsf.edu

San Jose

3rd Saturday, 10:30 AM
O'Conner Hospital,
2105 Forest Ave.
SJ DePaul Conf. Rm.
Stan Pashote (510) 490-4456
No meeting in December.

San Mateo

3rd Wednesday, 1 PM
St. Andrews Lutheran Church
1501 S. El Camino Real
Bev Anderson (877) 622-6298 (toll free)
No meeting in December.

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San Rafael

3rd Wednesday, 1 PM
Lutheran Church of the Resurrection
1100 Las Galinas Ave.
Scott Stokes (415) 479-5659

Santa Cruz

3rd Wednesday, 1PM
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

Sonoma

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

Sonora

3rd Tuesday, 2:30 PM • Jan., Mar., May
Sonora Regional Medical Center
Conference Room 1 & 2
L.D. Wright (209) 533-2887

Stockton

3rd Tuesday, 4 PM
St. Andrew Lutheran Church
4210 Claremont Ave. (at March Lane)
Bev Mallette (209) 944-7815

Susanville (To be announced)

Susan Ellen Houston (530) 257-3864

Truckee

Call for schedule : April thru October,
Bev Anderson (877) 622-6298

Turlock

2nd Wednesday, 10 AM
Covenant Village Adm. Bldg.
2125 N. Olive St.
Dee Muhlenbruch (209) 667-0042

Ukiah (Forming)

Ukiah Senior Center
499 Leslie Street
For information call
Bev Anderson (877) 622-6298

Walnut Creek

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

West Sacramento

2nd Tuesday, 1:00 PM
Arthur F. Turner Comm. Library
Community Room
1212 Merkley Ave.
Sandra Vinson (916) 372-6093
slvins11@charter.net

Woodland

1st Monday, 3:30 PM
Woodland Comm. & Senior Center
2001 East St.
Delia Genera (530) 661-3238

President's Message

By Bev Anderson



Here it is December. Where has 2009 gone? To me, it seems like it was just yesterday we were anxious about 2000 opening the door to a new century and worrying what would happen to our computers. Does anyone still have some of the food you stockpiled in case you needed it?

NCCNA is now a family of 50 support groups formed and forming. I thought I'd tell you about at least some of these. You read about Modesto's health fair activities last month. In October, Clearlake held its first official meeting. Barbara Dryden is the Leader there. In November, she helped Lakeport with their first meeting and even found Grace Gault who is ready to lead the group with helpers already in place. Patti Anderson is the new leader in Garberville that will soon have its first meeting. Sharon Kaekel plans to have the first official meeting of the Gilroy PN Group in January. Carolyn David is ready to get the Madera group started early in the year. Brentwood is due to start in January; it needs a leader. All of the above got started with an information meeting or more in previous months.

Judson Leong is leader of the new Castro Valley PN Group which is doing well with many good reports coming my way. Ken Lux is doing an excellent job of leading the Yuba City PN Group which has moved to a day meeting. He is assisted by Nancy Gilbert. Sandra Vinson is the new leader in West Sacramento where they are meeting in the newly rebuilt library. Sharlyne McCord started 2009 leading the Auburn PN Group. She is making it so much fun that the group is growing steadily. Earlier in the year, Mary Sprifke took leadership of the Davis PN Group assisted by Retta Gilbert. Scott Stokes became the Leader of the San Rafael PN Group. Numerous other groups have outstanding Leadership Teams that have done a great job encouraging people with neuropathy in their area. You may belong to one of those.

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Affiliate Listing – continued

Yuba City-Marysville

2nd Tuesday, 10:30AM
St. Andrew Presbyterian Church
1390 Franklin Rd. (next to Winco Shopping Center)
Ken Lux (530) 673-3479

Yreka

2nd Thursday, 2 PM – Odd numbered months
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 the one listed 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, (916) 551-2100. www.hrh.org.

•••

HMO Help Center

Assistance 24 hours a day, seven days a week. (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".

PROFESSIONAL MEMBERS

Dr. Raymond M. Stephens
Neurology Medical Group of Diablo Valley
Walnut Creek, CA
925-939-9400

...

AIDS TO FALL PREVENTION

- Have grab bars in the bathroom. There needs to be a grab bar where you enter and leave the tub or shower. They should be solidly made and preferably not slick. Usually a vertical one works well.
- Install an ADA-compliant toilet (one that has a 17-18 inch bowl height, excluding the seat, and an elongated bowl). Getting up from a lower position can upset your balance.
- Do not use throw rugs as the edges can catch your foot or if they slide, you are likely to fall. Also, watch your slippers to be sure they are not slick on the bottom and stay on your feet.



- Lift chairs can help you get up from a chair if this is difficult for you in the living room.
- Put a handrail on both sides of a stairway and use them. Include non-slip strips on the stairs as well.
- Use plenty of light including night lights. Don't walk into a dark room without turning on the lights. You may know your house, but something may have changed, especially if you have a pet.

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NEW TYPE OF ALPHA LIPOIC ACID

by Stan Pashote, Leader of the San Jose PN Support Group (South Bay Neuropathy Support Group)

People have been asking me more about the “Stabilized” form of Alpha Lipoic Acid, a natural antioxidant known to help with diabetes and nerve problems. Not all ALA is the same! Of course, I am not an expert on this, just a curious and investigative patient and consumer. I read from websites, as you probably do. There are a lot of sites discussing this supplement. When you have spare time, try entering ‘Alpha Lipoic Acid, Stabilized’ in the search line and click ‘search.’

The issue of “dosage” of the “stabilized” ALA is of interest by a number of people. From what I understand, the stabilized form is TWICE as effective as the unstabilized form, so I would take LESS of it. Perhaps 300 mg daily, and see how it goes. Remember that with stabilized ALA, you don't have to take it with meals, or you can. One site recommends a maximum of 450 mg. per day for neuropathy patients. Please ask your Primary Care Provider, pharmacist or a nutritionist for their advice. You don't want to overdose!

Here are 2 sources for purchasing Stabilized ALA at 300 mg. doses:

<http://www.vitacost.com/Geneceutic-Naturals-R-Lipoic-Acid?csrc=NTDC-896245001052>

<http://store.nexternal.com/shared/StoreFront/default.asp?CS=geronova&StoreType=BtoC>

PLEASE REPORT ON ALPHA LIPOIC ACID

by Bev Anderson

This is not a scientific study, but I'd like to have feedback from anyone who is taking alpha lipoic acid. It was of major help to me as many of you have heard me say, and we do mention it fairly regularly. Several European studies have reported that it is the first substance given upon diagnosis of neuropathy and it is effective with a sizable number of people. Please let us know your experience. If you have diabetes, have you noticed if it helped stabilize your blood sugar? Has it helped reduce pain? Have you noticed any other improvement? Have you had side affects that caused you to discontinue use? If so, are you sensitive to sulfur compounds? Did you take it for more than two months and didn't think it helped you? Did you continue or stop taking it if you saw no difference?

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NEW MEDICATION FOR AUTONOMIC NEUROPATHY

Horatio Kaufmann, M.D., speaking on behalf of Chelsea Therapeutics Phase III Trial of Droxidopa Orthostatic Hypotension, presented positive findings at the 20th Annual International Symposium on the Autonomic Nervous System held this year in St. Thomas, U.S. Virgin Islands. This is Droxidopa Study 302. This medication is currently available in Japan. FDA has put this medication on the Fast Track to see if it can gain approval in the United States.

This medication is specifically for orthostatic hypotension, a type of autonomic neuropathy. If you know someone whose blood pressure drops dramatically when they stand up so they may have balance problems until it normalizes, this could be of help to them if and when it is approved. Blood flow as well as heart function is regulated by peripheral nerves in the autonomic system.

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VIETNAM VETS FACE NEUROPATHY FROM AGENT ORANGE

The list of diseases attributed to Agent Orange is growing. The Veterans of the Vietnam War's website www.vvnw.org lists 23 diseases. Vietnam veterans should check this list frequently because of the changes. Once a disease is on the list, it means it is recognized as a known cause of the disease, so veterans who have it don't have to prove that it was caused by their service. Neuropathy is one of the diseases for which free treatment is available if the person served in Vietnam. There is legislation currently working its way through Congress to also include those at sea and otherwise that handled Agent Orange or were present when it was being dropped.

Agent Orange was named for the orange stripe on its label. It was a compound consisting mainly of two weed killers in common commercial use at the time. The U.S. military used it from 1962-1971. Millions of gallons of Agent Orange and other herbicides were sprayed over millions of acres of Vietnam to remove leaves from trees that provided cover for enemy forces. Most anyone in Vietnam was exposed as it was in the air and water. Some diseases that showed up in veterans have also been found in their children and grandchildren. If your father or grandfather served in Vietnam, your neuropathy may possibly be attributed to Agent Orange. Primary care physicians can check with the Veterans Administration on how this might be tested.

President's Message - *Cont. from page 3*

Our family needs some help in several places. If you happen to know someone who can help, please let me know. Both Ukiah and Fort Bragg are still leaderless in spite of several information meetings with good attendance. Darlene Jarnigan has had to take a leave of absence in Jackson. Someone is needed to step in until she can return from taking care of family matters. Sue Moreno, the leader in Merced, is having back surgery so is unable to continue. Someone is needed for this position. Reno needs a leader as Marsha Campbell had to step aside due to health concerns. I am temporarily leading the new Central Sacramento PN Group. We also very

much need a leader in San Mateo. Please add your positive thoughts and prayers to mine that we have some breakthroughs. Surely there are people with leadership skills who would like to make a difference in their community.

I hope you had a good Thanksgiving however you spent the day. I wish you a Merry Christmas, Happy New Year, and greetings for any other holiday you celebrate or don't celebrate during this time of the year. We are diverse, but united in our concern about the neuropathy most of us spend our days and nights fighting. May its cure come in 2010.

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DISCOUNTS FOR NCCNA MEMBERS

The following companies or individuals have agreed to give NCCNA a discount to NCCNA members. Give them 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
www.footpathshoes.com
NCCNA Discount:
10% off the regular price shoes.

Elk Grove

Shoes That Fit

8649 Elk Grove Blvd.
Elk Grove, CA
(916) 686-1050
NCCNA Discount:
20% off the regular price shoes.

Fortuna

Strehl's Family Shoes & Repair

Corner of 12th & Main
1155 Main Street
Fortuna, CA 95540
(707) 725-2610
Marilyn Strehl, C.PED
is a Certified Pedorthic.
NCCNA Discount:
10% off the regular price shoes.

Sacramento

Shoes-n-Feet

4740 Natomas Blvd.
Suite 130,
Sacramento, CA 95835
(916) 419-0040
NCCNA discount:
15% off the regular price

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HANDY HELP TO FIND SHELF LIFE OF FOOD & BEVERAGES - OPENED & UNOPENED

Is that suspicious green lump in the container at the back of the fridge ready to walk on its own, or is it still fit for your tummy? Is the expired milk really no good, or can you survive another bowl of cereal?

To find out, visit <http://stilltasty.com>

DISCOUNTS FOR NCCNA MEMBERS

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West Sacramento Beverly's Never Just Haircuts and Lilly' Nails

2007 West
Capitol Ave., West
Sacramento, CA
Hair – (916) 372-
5606 Nails – (916)
346-8342

NCCNA discount:
10% off the regular
price

Additional Discounts

Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call (877) 622-6298 or e-mail info@pnhelp.org. We'll mail an agreement form to the business, and once we have it, we'll get them on this list.

INTRODUCTION FROM THE NUMB FOOT BOOK

by Alexander McLellan, N.D. and Mark Spitz D.P.M.

(We are excerpting this to give you an idea of the way the book is written and its scope. Used by permission of Origin Biomed, Inc., Publisher)

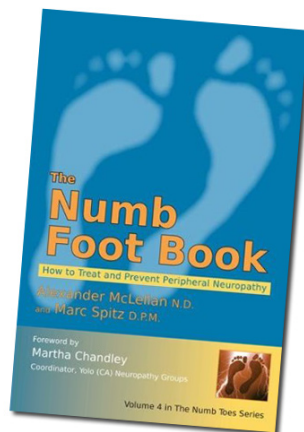
Peripheral neuropathy affects 20 million Americans, yet most people have never heard of this condition. In fact, peripheral neuropathy continues to be under-diagnosed, under-treated, and under-researched – a frustrating situation for sufferers, their families and doctors.

One of the frustrating aspects of peripheral neuropathy is the fact that peripheral neuropathy sufferers usually do not exhibit any outward signs of the disease, such as redness or swelling. Thus it is often difficult for outsiders to relate to the extreme discomfort brought about by peripheral neuropathy. Doctors, friends, and family cannot see your pain. It is, therefore, easy for others (including health insurance companies) to minimize the sometimes life-altering effects of the disorder. At the same time, the costs to society of peripheral neuropathy are staggering. Billions of health care dollars are spent every year managing this condition. The cost in terms of loss of mobility and lost productivity is even higher and more difficult to quantify. Even greater are the human costs such as loss of quality of life, difficulty maintaining valuable social and family relationships, and coping with the depression that often accompanies long-term pain and suffering.

Although testing for peripheral neuropathy has become more sophisticated and accurate, many questions and problems still confront the patient, even after the diagnosis is made. Two of the more commonly asked questions are: "What caused my condition?" and "What is my outlook?" That is will my condition improve, stay the same or worsen?

Current pharmaceutical treatment options may not adequately relieve the symptoms of peripheral neuropathy or may lead to worrying side effects. This also contributes to a great deal of concern, worry and stress for neuropathy sufferers and their loved ones.

If you have peripheral neuropathy, or someone close to you has it, you have



probably already experienced the frustration which can accompany his disorder. For many there is the initial frustration of getting an accurate diagnosis. Because symptoms can vary from mild tingling to excruciating pain, and may include unusual sensations or problems with balance, patients may go for months without proper treatment and care. Others may be diagnosed but lack an understanding of the condition, be unsure of

its alternative treatments, be unaware of simple self-care solutions or just hunger for information in general.

This book was created primarily as a guide for the person with peripheral neuropathy. Our main goal is quite simply to help you understand your condition and its treatments. You will find information in straight-forward language about how the nervous system works and how damage to nerves leads to neuropathy. It is our intention to help you understand how the diagnosis of peripheral neuropathy is made and which medical tests may help your doctor to make the diagnosis. There is also an extensive focus on treatment options, including the advantages and disadvantages of various drug treatments, physical treatments (infrared therapy, laser, TENS, etc.) and alternative treatments (massage therapy, nutritional supplements, acupuncture, etc.).

You will also hear from many peripheral neuropathy sufferers as they share their personal experiences and treatments that worked for them. For example, in an entire chapter devoted to diabetic peripheral neuropathy, you will find out how nutritional supplement and diet helped a person who had diabetes for more than 35 years. A chapter devoted to walking and balance problems includes, in the patient's own words, many personal experiences of how neuropathy affects daily life. And in the chapter dedicated to nutritional supplements for neuropathy, there is a case report detailing how an early-stage neuropathy was reversed.

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Introduction From The Numb Foot Book - Continued from page 6

Additionally, there's in-depth information on nutrients and vitamins commonly used to treat the various symptoms of PN.

We hope this book sheds light on peripheral neuropathy in many ways. By understanding peripheral neuropathy better, we hope you are better able to discuss your symptoms and options for treatment with your health care practitioners. Although there is no magic cure right

now for peripheral neuropathy, we encourage optimism and action. At best, you may be able to reverse your symptoms; at least, you may be able to slow or stop the disorder's progression.

Finally, we hope with this book to raise awareness of peripheral neuropathy, and to double the efforts of the peripheral neuropathy associations that work hard to support the community of neuropathy sufferers.

PERIPHERAL NEUROPATHY LITERATURE REVIEW

By William B. Donovan MD

So much of the information we receive in our support groups seems to be anecdotal personal testimony, hearsay or economically motivated. My bias in referencing what appear to be the most interesting articles from the current medical literature is to provide the PN sufferer with scientific data. Hopefully you will find pertinent articles you can share with your doctor or implement on your own.

As previously described, click on the following link, or enter it in the address bar of your browser: www.ncbi.nlm.nih.gov/sites/entrez to access PubMed. Type the PMID of the article

that interests you after the "for", click "Go" or press ENTER on your keyboard.

This month's PMIDs:

- **19160200** Cochrane Database—IVIg for CIDP
- **9252116** Mayo study of shingles prevention
- **19208243** Meta-analysis duloxetine vs. pregabalin for PN
- **18688212** UC Santa Barbara—cannabis for neuropathic pain
- **19224814** Topical lidocaine for PN

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BOOKS YOU CAN ASK SANTA TO BRING

Order through local bookstores or online book sellers.

Peripheral Neuropathy: When The Numbness, Weakness And Pain Won't Stop

by Norman Latov, MD, PhD. A guide for patients and families that defines neuropathy, the function and organization of the nerves, understanding the symptoms, evaluation and diagnosis, causes of neuropathy, management of neuropathy and sharing stories and experiences.

You CAN Cope With Peripheral Neuropathy: 365 Ways for Living a Better Life

Mims Cushing and Dr. Norman Latov, co-authors with specific, concrete ways to live well with neuropathy, emphasize many different kinds of treatment options and stories from neuropathy patients. www.mimscushing.com

The Numb Foot Book: How to Treat and Prevent Peripheral Neuropathy.

By Naturopath Alexander McLellan Bs.C, ND and Podiatrist Marc Spitz, DPM, continuing the legacy of the Numb Toes Book series by John Senneff, while offering even more practical solutions than ever before including extensive treatment of a great variety of treatment options. See the introduction excerpted in this issue. Also, **Origin is offering a special opportunity that beats the price of all other sellers – \$10 which also includes shipping.** Just call their phone number 1-888-234-7256, tell them you are in The Northern California Chapter of The Neuropathy Association, and place your order. It is a special price for us.

Are These Treatments Worthwhile? - Continued from page 1

Your website notes that you begin with an exam. "This exam is not a visual exam, but a complete clinical exam of nerve function like NONE you have EVER EXPERIENCED!" Could you please tell me the names of the tests you perform and provide any documentation about their effectiveness? I would like to know how they differ from the standard tests that are typically done, such as nerve conduction and nerve biopsy, and how their accuracy has been determined.

I am a bit puzzled by this claim, "While other clinics do not FOCUS on the CAUSE of your nerve damage, which is what we exclusively determine in your clinical evaluation." Neuropathy has over 100 identified possible causes, and most individual cases of neuropathy have an undetermined cause.

How is it that you are able to make such a determination? Do you have peer-reviewed research you can cite?

Besides the light therapy mentioned in the ads I have seen, what other types of treatment is involved? The website notes that they are "researched" and "effective." I am aware of the research and effectiveness of the light therapy--indeed, I have a Healthlight system of my own. Are you using a different type of light therapy? Also, please advise me of the research on the other types of treatment involved.

The response she received said she needed to call for more information.



The Northern California Chapter of The Neuropathy Association

A California public benefit, nonprofit,
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• 2010 DUES DUE ON JANUARY 1 •

Remember that your 2010 dues are due January 1. Don't miss a newsletter! You may already have received our mailing either reminding you that your dues are due, or thanking you for already renewing. We also ask that you consider giving a gift of membership to someone you know – friend or family. Dues are \$30 for the entire year, and are tax-deductible. We hope for a good response for renewals and new members. As we've noted before, expanding membership also expands our influence and ability to offer "hope through caring and education."

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NEUROPATHY NOW

If you are not receiving this free magazine from the American Academy of Neurology, here is how to sign up: Send a note to NEUROLOGY NOW, P.O. Box 1908, Lowell, MA 01853-9932. Say you are a patient with peripheral neuropathy or you are a caregiver, friend or family member of such a person. Say how long since you have been diagnosed with peripheral neuropathy, and that you would like a subscription to the magazine. List your name and address. They also ask for an e-mail address asking if you give your permission for them to contact you about your subscription. There is no problem if you don't have one or don't list the one you have.



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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 (due each January)
(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.