



# Neuropathy Hope

## Hope Through Caring and Education

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

December 2009

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Volume 7

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NCCNA  
PO Box 6985  
Auburn, CA 95604  
Tel: 530-389-2416  
info@pnhelp.org  
www.pnhelp.org

## FINK DVDs AVAILABLE MID-JANUARY

Did you miss Dr. Fink's excellent presentation on small fiber neuropathy given on October 20? We have videoed his message, and will be sending DVDs of it to every support group early in January. Contact your support group leadership to find out if they are going to show it at a meeting or if you can borrow it for personal viewing.

If you would like your own copy, you may order one for \$5, which covers our materials and shipping. Order by sending a check for \$5 per DVD to NCCNA, PO Box 6985, Auburn, CA 95604.

More DVDs will be coming soon. Watch this newsletter, or check out the list of available DVDs on our website at <http://www.pnhelp.org/resources/audiovideo.html>.

### DON'T MISS...

A single copy of Neuropathy Hope, or the chance to be heard as a supporter of our cause. Make sure you renew your membership. Dues are \$30. If you haven't done so yet, please mail your check to NCCNA, PO Box 6985, Auburn, CA 95604 right away.

## DRIVING WITH NEUROPATHY – SHOULD YOU BE DRIVING?

*Information adapted with permission from the author, William B. Donovan, M.D.*

During the holidays many of us drove to visit family and friends. For those of us with peripheral neuropathy, this is a concern since peripheral neuropathy can impair our ability to drive safely. We must honestly confront the question – does my neuropathy interfere with my ability to control the car? As with any impairment, it may be necessary to leave the driving to others.

### Neuropathy patients frequently have difficulty controlling their lower

**extremities,** not knowing whether the foot is on the gas or on the brake, not being able to feel when the foot touches the pedal or not appreciating how much pressure is being applied. Becoming aware of the

problem can help us to be more deliberate in your handling of the controls.

**Help for Patients** – There are adaptive devices certified driving rehabilitation specialists can recommend. Keeping our muscles in good tone with an exercise program and wearing sensible shoes can also help. Modifying the pedals so that there is adequate separation between the brake and the accelerator may be necessary. However, the installation



of hand controls may be required for those of us who are unable to safely operate the foot controls within the limitations of our disability. If we suspect this to be the

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Explore NCCNA's website for more information: [www.pnhelp.org](http://www.pnhelp.org)

## Affiliate News

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

### 2010 NCCNA Board of Directors

**Bev Anderson**  
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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

1<sup>st</sup> Monday, 1:30 PM  
Woodside Village MH Park  
12155 Luther Rd.  
Sharlene McCord (530) 878-8392

### Berkeley

3<sup>rd</sup> 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  
**Come to meeting in January**

### Brentwood (Forming)

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

### Castro Valley

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

### Clearlake

2<sup>nd</sup> 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

3<sup>rd</sup> 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

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

### Elk Grove

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

### Eureka

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

### Folsom

1<sup>st</sup> 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

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

### Garberville (Forming)

For information call:  
Patti Anderson (707) 923-2864

### Gilroy (Forming)

For information call:  
(408) 842-2178

### Grass Valley

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

### Jackson

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

### Lakeport

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

### Lincoln

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

### Livermore

4<sup>th</sup> 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

2<sup>nd</sup> Thursday, 1 PM  
Central Presbyterian Church  
1920 Canal Street  
(The Hoffmeister Center across  
the street from the church)  
Bev (877) 622-6298

**Be sure to come to January Meeting**

**Speaker: Bev Anderson, NCCNA Pres.**

### Modesto

3<sup>rd</sup> Monday, 10:30 AM  
Trinity United Presbyterian Church  
1600 Carver Rd., Rm. 503  
Noreen Jones (209) 846-0954  
**Speaker: Bev Anderson, NCCNA Pres.**

### Monterey

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

### Napa

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

### Oakland

1<sup>st</sup> Thursday, 1 PM  
Grand Ave. 7<sup>th</sup> Adventist Church  
278 Grand Ave.  
Kathleen Nagel (510) 653-8625

### Placerville

4<sup>th</sup> Wednesday, 1 PM  
Placerville Senior Center  
937 Spring St.  
Frank Ruscoe (530) 647-0777

### Redding

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

### Reno, NV

2<sup>nd</sup> Tuesday, 6:30 PM  
Fire Station #11  
7105 Mae Anne Ave.  
Bev Anderson (877) 622-6298  
**No meeting until further notice.**

### Roseville

2<sup>nd</sup> Tuesday, 7 PM  
Sierra Point Sr. Res.  
5161 Foothills Blvd.  
Mary Lou Ward (916) 772-5598  
**Speaker: Bev Anderson, NCCNA Pres.**

### Sacramento

3<sup>rd</sup> Tuesday, 1:30 PM  
Northminster Presby. Church  
3235 Pope Street  
Anne Fletcher, (916) 391-3317  
Myke Taylor (916) 487-2903

### Sacramento - Central

2<sup>nd</sup> Thursday, 2 PM  
The Chateau on Capitol Ave.  
2701 Capitol Ave.  
(starting in January 2010)  
For information call:  
Bev Anderson (877) 622-6298  
**Speaker: Sandra Vinson, Gentle Yoga**

### 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

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

### **San Mateo**

3<sup>rd</sup> Wednesday, 1 PM  
St. Andrews Lutheran Church  
1501 S. El Camino Real  
Bev Anderson (877) 622-6298 (toll free)  
**Speaker: Dr. James Stavosky,**  
**Nationally recognized Diabetic Foot Expert**

### **San Rafael**

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

### **Santa Cruz**

3<sup>rd</sup> Wednesday, 1PM  
Trinity Presbyterian Church  
420 Melrose Ave.  
Mary Ann Leer (831) 477-1239  
maleer@comcast.net

### **Santa Rosa**

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

### **Sonoma**

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

### **Sonora**

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

**Come to the January meeting.**

### **Stockton**

3<sup>rd</sup> 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**

2<sup>nd</sup> 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**

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

### **West Sacramento**

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

## **President's Message**

By Bev Anderson



Here we are in 2010. A new start, a new beginning – **HAPPY NEW YEAR!**

A few months ago we sent out a survey in the newsletter and on line and asked that each member fill it out. Many of you did. We got some excellent information and some good ideas that were woven into the strategic planning document that is taking shape. There were some responses, however, that told me that there are misunderstandings or lack of information on the part of some. I'm going to take at least some of these and hope to clear up the confusion involved.

All neuropathy is peripheral in that the AMA definition says "Neuropathy: a term for all disorders of peripheral nerves." So there is no difference between calling it neuropathy or peripheral neuropathy. The peripheral nerves are sensory, motor, and autonomic. Some, called sensory nerves, give sensory feelings of heat, cold, and pain. Motor nerves relate to balance and flexibility. Autonomic nerves are responsible for the functioning of all the organs in our body. All kinds of illnesses are associated with neuropathy of the autonomic nerves.

The majority of people with neuropathy seem to have it start in their feet, so that is what we emphasize. If, however, a person has an injury in the upper spine, it may start in the hands first or there may be other symptoms. We've just become acquainted with ocular neuropathy. It is important in groups to be aware of the different kinds of neuropathy each has and learn from the experience of these people.

As in the past, speakers and group discussions or talking to others about neuropathy were about equal in popularity. It is important that even meetings with speakers allow some

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### **Affiliate Listing – continued**

#### **Woodland**

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

#### **Yuba City-Marysville**

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

#### **Yreka**

2<sup>nd</sup> Thursday, 2 PM – Odd numbered months  
Meadowlark Assisted Living Center  
Terry Rees (530) 842-1577  
Gene Arnold (530) 842-7744

**Come to the January Meeting**

### **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](http://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".

## ■ INFORMATION ABOUT CURRENT SUIT

*(This letter of information is being provided so you are aware of this action and if you use either of these products be warned of the findings relating to neuropathy.)*

Parker Waichman Alonso LLP Files Suit Against the Manufacturers of Super PoliGrip® and Fixodent® on Behalf of a Victim of Denture Cream Zinc Poisoning

Great Neck, NY – November 2, 2009 - Parker Waichman Alonso LLP announces that they have filed a lawsuit against GlaxoSmithKline and Proctor & Gamble on behalf of an Iowa woman who was diagnosed with neuropathy attributed to the use of Super PoliGrip® and Fixodent® denture adhesive creams.

According to her complaint, Shawn Renay Rankin, 48, received dentures several years ago, and has used Super PoliGrip® and Fixodent®. Ms. Rankin stopped using the denture adhesive creams in March 2009 after she was diagnosed with neuropathy. Ms. Rankin's lawsuit alleges that because of her use of Super PoliGrip® and Fixodent®, she ingested excessive amounts of zinc, which over time caused her to suffer copper depletion, as well as neurological and permanent injuries. The complaint further alleges that defendants failed to provide adequate warnings about the zinc in their products or provide adequate instructions to prevent deviation from accepted use. Ms. Rankin's lawsuit names GlaxoSmithKline, the maker of Super PoliGrip®, and Proctor and Gamble Manufacturing Corp., the maker of Fixodent®, as well as their subsidiaries, as defendants.

The complaint maintains that Super PoliGrip® and Fixodent® contain a form of zinc, which is bonded to an unknown formulation. A small amount of zinc is necessary for a balanced diet. However, being exposed to an excessive amount of zinc can result in copper depletion and serious negative adverse neurological effects. In August 2008, the peer reviewed journal "Neurology" reported on four patients suffering from neuropathy and other neurological symptoms typical of zinc poisoning and

copper depletion. It was determined that excess use of denture cream could have been responsible for their symptoms.

This lawsuit is the latest of many filed by Parker Waichman Alonso LLP on behalf of the victims of zinc-containing denture adhesive creams.

Ms. Rankin's lawsuit, along with dozens of others filed before it, has been consolidated for centralized and coordinated pre-trial proceedings in the Denture Cream Products Liability Litigation in the United States District Court for the Southern District of Florida, Miami Division, before the Honorable Judge Cecilia Altonaga (MDL No. 2051). Andres F. Alonso Esq., a partner with Parker Waichman Alonso LLP, was appointed Co-Lead Counsel to the Plaintiffs' Steering Committee in the litigation by Judge Altonaga in an order filed on July 13, 2009. On October 22, 2009, Mr. Alonso attended the most recent case management conference in the Denture Cream Products Liability Litigation.

Parker Waichman Alonso continues to offer free consultations to the victims of denture cream zinc poisoning. If you or a loved one uses or have used Super PoliGrip® or Fixodent® and now suffer from neurological problems, please contact our office by visiting [www.yourlawyer.com](http://www.yourlawyer.com). Free case evaluations are also available by calling 1 800 LAW INFO (1-800-529-4636).

For more information on Parker Waichman Alonso LLP, please visit: [www.yourlawyer.com](http://www.yourlawyer.com) or call 1-800-LAW-INFO (1-800-529-4636). Contact: Parker Waichman Alonso LLP, David Krangle, Esq., 111 Great Neck Road, Great Neck, NY 11021

*(The following article is being presented not only as news about a promising stem-cell research project but also to give an insight into the challenges of research on neurological diseases and the reason it takes so much time, effort, and funding to get to a treatment we hear about that is just entering its human clinical trials.)*

## STEM CELL TREATMENT FOR ALS. IS PN NEXT?

Used by permission of the University of Utah Health Sciences.

(Media-Newswire.com) April 17, 2009 – A team of Utahans is collaborating on a stem cell therapy to fight amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease.

With \$5 million dollars in funding from the National Institutes of Health (NIH), Linda Kelley, Ph.D., director of the University of Utah's Cell Therapy Facility, James Campanelli, Ph.D. of University of Utah spin-out Q Therapeutics, Inc. and Utah native Nicholas Maragakis, M.D. of The Johns Hopkins University School of Medicine, have teamed up to bring the cell based therapy to the point of human clinical trials to treat this deadly disease. The four-year NIH grant will enable critical manufacturing and testing requirements necessary to gain U.S. Food and Drug Administration approval for human clinical trials.

Kelley, principal investigator on the grant and professor of internal medicine at the University Of Utah School Of Medicine, said that the project is collaboration in the truest sense. "While the University will be home to the grant, the stem-cell technology that Q Therapeutics brings to the table and the clinical expertise of Dr. Maragakis are essential to the project. We are pleased to help bring this groundbreaking therapy toward human use, Kelley said. "Our collaboration is a terrific example of how public-private partnerships can make innovative therapeutic products a reality."

According to Jack Brittain, University vice president for technology venture development, "The translational research that this funding supports—beyond basic research, but not yet in clinical trials—has been traditionally very difficult to fund. This award validates the approach being taken here at the University of Utah toward emerging technologies, such as regenerative medicine. This kind of collaboration between the University and its commercial spin-out companies is something we strive for and enthusiastically support."

ALS is a progressive neurodegenerative disease that kills certain nerve cells in the brain and spinal cord. As these cells degenerate, they lose the ability to send impulses that control muscle movement for speech, breathing, and limb movement, and other functions, with death from respiratory failure typically occurring from two to five years after diagnosis. ALS affects roughly 30,000 people in this country.

The cell-based ALS therapeutic originates from research at the University of Utah by Mahendra Rao, M.D., Ph.D., a co-founder of Salt Lake City-based Q Therapeutics, Inc.

## NEW GALLERY IN OLD SACRAMENTO

Charles Moore, Co-Leader of the Sacramento PN Support Group, is an accomplished potter. His work is displayed with that of other area artists in the Artists' Collaborative Gallery at 129 K Street in Old Sacramento. 36 local and regional artists are featured, including work in

ceramics, glass, gourds, jewelry, pottery, photography, scrimshaw, textiles, wire sculpture, wood and fiber art. The hours are 11 a.m. to 6 p.m. weekdays. Friday and Saturday, 11 a.m. to 8 p.m. The phone number is 916-444-7125.

### 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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## DISCOUNTS FOR NCCNA MEMBERS

*Continued from page 5.*

### **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](mailto:info@pnhelp.org). We'll mail an agreement form to the business, and once we have it, we'll get them on this list.

## SAN JOSE PN SUPPORT GROUP SOCIAL ACTIVITIES

The San Jose PN support group has several members that have set up social activities outside of the meeting time for people from the group to get together informally and enjoy some time together. Stan Pashote, San Jose Leader, writes, "I was happy that one of our members, Mary Lou Klisch, recently started a social activity aspect to our neuropathy group. She has organized

several outings this year, including short walks through scenic areas, restaurant meet-ups and a Christmas Potluck at the home of another member, Evelyn Luck. It is great for our group to have a social connection outside of the regular meetings, in various venues. I appreciate Mary Lou and Evelyn's assistance with this year's activities."

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

time for verbal interaction and/or group discussion of a single topic. Some groups have a ready supply of speakers; others do not. As more videos become available, groups with few speakers available to them will have some top speakers from conferences to choose from. Those that have no difficulty finding speakers may want to put the DVDs in a lending library so people can check them out to watch at home for further information. Some might even like to invite some people in to view the video together. It is a good way to acquaint family members with the realities of neuropathy.

Some people indicated on the survey that people in their 70's and 80's were beyond training to help with a group. I think that depends on the person. We have older people actively involved. As a person who just marked her 74<sup>th</sup> birthday, I can understand, but I'm not ready to lay down my life and "veg" if I don't have to. I know others that feel the same way. It is our opportunity to make a positive difference in the life of people and help ourselves at the same time. Making the world a better place because you were in it is a lifetime goal of many of us. Group leaders regularly have this joy.

Some said that there should be a Support Group Facilitator. We hope to have more people involved in helping support groups, but I've functioned as the Support Group Facilitator for some years. Last year, I got to about 80% of our 50 support groups. Some of those visits started groups and others were visits to a group functioning quite well.

A few people wondered why we need more members or more money. Each new member is someone who is assisting other

members, but is also another person who has neuropathy that is not alone. Many times the same person who wants to know why we need more money is one that suggests a mailing or other outlay of funds to get the word out. Pretty much anything we do to help groups takes some outlay of cash.

Several people indicated they didn't know we had a website. If you have internet access, I hope you have [www.pnhelp.org](http://www.pnhelp.org) on your Favorites' list and look at it often.

One person mentioned having a "hot line." The one we have at 877-622-6298 that is on the brochure and the newsletter is rather hot. It is always answered whether I'm on the phone or away from home. I respond as soon as I am able, but many times I am nearby and pick up the phone. One night recently, I got a call at 12:15 A.M. from a needy person. We finished the call at 1 a.m. I hope that doesn't happen too often. Since our number is the only one listed for neuropathy on the 800 Information, people who call them to ask about neuropathy get our phone number. Remember that someone who calls from Florida may call at 9 a.m. there but it is 6 a.m. here. We get phone calls from all over the nation rather regularly. Thankfully, not many call that early.

I trust 2010 is a good year for you and your family. Maybe it is a year that will find a cure or a good treatment for at least a few types of neuropathy. Again, HAPPY NEW YEAR!

*Beu*

P.S. Please be sure to get your 2010 dues paid in January if you've not yet done so. It is \$30 sent to NCCNA, P.O. Box 6985, Auburn, CA 95604





## The Northern California Chapter of The Neuropathy Association

A California public benefit, nonprofit,  
tax exempt corporation

P.O. Box 6985, Auburn, CA 95604  
530-389-2416 • 877-622-6298 toll free  
info@pnhelp.org  
www.pnhelp.org

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 25  
AUBURN, CA 95603

## HOW MANY HAVE NEUROPATHY?

The ADA estimates that neuropathy occurs in up to 60-70% of diabetics, and an estimated 5 million Americans are affected by diabetic peripheral neuropathy pain. The World Health Organization estimates that more than 171 million people have diabetes worldwide, a figure that is expected to rise to 366 million by 2030.

Statistics given to NCCNA estimate that one out of 3 people with neuropathy is diabetic. So you multiply the numbers given here by 3. 5 million people with diabetes seems low. We have the State of California's estimate of 7.6% of the population being diabetic which translates into 2,770,000 or more in California alone. Add in the over 100 other causes and we still have much opportunity ahead.

## WATCH FOR DISCOUNT COUPONS FOR NEURAGEN

Recent issues of The National Geographic have featured \$5 discount coupons for purchasing Neuragen. Similar ads appear in other popular magazines from time to time. The October 2009, issue of The National Geographic featured the discount offer, plus an offer of a free copy of The Numb Foot Book with proof of purchase of a Neuragen product. Check <http://www.neuragen.com> periodically for special offers and other information.

(This report received from Martha Chandley.)

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## 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 - \$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.*