



The Northern California Chapter of The Neuropathy Association

Hope through caring and education

PO Box 6985
Auburn, CA 95604
(877) 622-6298
www.pnhelp.org
info@pnhelp.org

Our mission is to provide support, information and referral to people with neuropathy and to those who care about them, to inform and to connect with the health care community, and to support research.

Published Neuropathy Information Resources

Because “every cell of our body has a nerve component.” peripheral neuropathy can affect many, many parts of our bodies, literally from head to toe. For that reason, this listing includes many types of neuropathies you may never have heard of, but may in fact, actually be experiencing. Most of these articles are quite technical, not particularly patient-friendly in their language, but they do have information that may well help you in your dialogue with your primary care providers and/or specialists to better understand and treat your condition. The more you know about neuropathy, the better will your chances be for improving your diagnosis and care.

As one-third of us are diabetic, there are more articles about DPN than other PN types. However, many of the treatments specified for DPN are effective with other neuropathies. While there are numerous different types of neuropathic symptoms, dependent upon the causes and longevity of one’s neuropathy, pain is problematic for most of us and so there are numerous articles about pain management products and strategies. We may have been told that little is known about neuropathy, but we need to be clear that what follows is just a tip of the iceberg of what is known.

May you find these resources a good start for helping to educate yourself, your family and friends, your fellow/sister PNers and perhaps your doctors as well, about the complex world of neuropathy. As you begin to assume more and more responsibility for your own treatment plans, in partnership with your medical providers, you will learn about more resources and we hope you’ll share them with the leadership of the Northern California Chapter of the Neuropathy Association so they can be passed on to others in future publications of this resource.

“Now You Have a Diagnosis: What’s Next? Using Healthcare Information to Help Make Treatment Decisions” <http://www.ahrq.gov/consumer/diaginfo.htm>

Books and Booklets

MedPress, Publishing Inc. (Available via major book stores and web sites, as well as www.originbiomed.com.) The MedPress neuropathy books were the classic first and best patient education resources for those with neuropathy.)

The Numb Foot Book: How to treat and prevent Peripheral Neuropathy. Due out in August of 2008, by Naturopath Alexander McLellan BSc, 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.

HEALING DIABETES: NEW HOPE FOR TYPE I AND II DIABETES AND THEIR FAMILIES.

Dr. Alexander McLellan, Bask, ND, and Michael Friedman, Bask, ND. Naturopathic medicine, using lifestyle counseling, optimum nutrition and botanical medicine, offers safe and effective therapies to prevent and treat diabetes.

NUMB TOES AND ACHING SOLES: COPING WITH PERIPHERAL NEUROPATHY, John Senneff's basic primer on peripheral neuropathy dealing with symptoms, causes, tests and treatments.

NUMB TOES AND OTHER WOES: More on Peripheral Neuropathy. This second Senneff book provided updated reports on emerging neuropathy therapies and alternative treatments.

NUTRIENTS FOR NEUROPATHY. This final Senneff book, co-written with Laurence C. Kinchella is an extraordinary comprehensive coverage of nutrient supplements for dealing with neuropathy. Its bottom line treatment plan evolved into **NeuroHelp**, a supplement formulated product designed to improve nerve health that is available via www.originbiomed.com, etc.

AMERICAN ACADEMY OF NEUROLOGY

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. The book is available via major book suppliers and **The Neuropathy Association** at www.neuropathy.org

We Can Cope With Neuropathy Tentative title for fall 2008 publication. Dr. Norman Latov and Mims Cushing are co-authors with specific, concrete ways to live well with neuropathy, emphasizing many different kinds of treatment options and many stories from neuropathy patients.

OTHER PUBLISHERS (go to Amazon or similar sites to view other available texts)

THE OFFICIAL PATIENT'S SOURCEBOOK ON PERIPHERAL NEUROPATHY: A REVISED AND UPDATED DIRECTORY FOR THE INTERNET AGE by Icon Health Publications

PERIPHERAL NEUROPATHY AND NEUROPATHIC PAIN, 2007, published by Bipolar Reports. This book estimates that there will soon be 170-270 million individuals across the world with neuropathy, specifically noting that the prevalence of PN/NP will increase 10% by 2012, particularly among those with diabetes, cancer and HIV for which there are too few functional medications for effective treatments. The book includes information on all current drugs in use and all currently in the drug development pipeline from pre-clinical to Phase III, Registration and Initial Launch stages.

PERIPHERAL NEUROPATHY: A PRACTICAL APPROACH TO DIAGNOSIS AND MANAGEMENT by Didier Cross.

COPING WITH PERIPHERAL NEUROPATHY: HOW TO HANDLE STRESS, DISABILITY, ANXIETY, FATIGUE, DEPRESSION, PAIN AND RELATIONSHIPS by Scott I Berman.

Peripheral Neuropathy (two volume set) by Peter James Dyck and P. K. Thomas.

How Doctors Think by Jerome Goodman, MD, Harvard Medical School. Dr. Goodman explains how faulty thinking by doctors can lead to tragically wrong diagnoses and what doctors and patients can do to better the odds of getting the right care.

The Healthy Skeptic: Cutting Through the Hype About Your Health by Robert Davis explains how we can evaluate medical news reported by the main stream media.

ALPHA LIPOIC ACID BREAKTHROUGH: THE SUPER ANTIOXIDANT by Burt Berks on the values of using Alpha Lipoic Acid.

Say Goodbye to Back Pain, Emile Hiesinger, MD, Pocket Books. Author is a neurologist and pain management specialist at NYU School of Medicine. Excellent for understanding neuropathic symptoms in relation to various spinal problems. Reasonably patient-friendly language, while covering complex issues.

ENTRAPMENT NEUROPATHIES by David M. Dawson, et. al.

HEREDITARY PERIPHERAL NEUROPATHY by G. Kuhlenbaumer, et. al.

Foot Owner's Manual: Prevention: The First Pathway: A Guide to Good Foot Care. The Staywell Company. This booklet covers all major basic foot care problems, some of which are particularly difficult for those with neuropathy. The booklet may be available for free for local support groups by calling 877-777-4734 and/or via a local podiatrist speaker.

NATIONAL INSTITUTE FOR NEUROLOGICAL DISORDERS & STROKES

NINDS publishes a number of booklets in both English and Spanish that are available in almost unlimited quantities at no cost for the materials or shipping. Many of the NINDS booklets have been distributed at NCCNA support group meetings, distributed at local health fairs, distributed to members of the medical and social service communities as part of our ongoing public awareness, patient education efforts, along with NCCNA and TNA brochures. While not all of these disorders are neuropathies, they are commonly found among neuropathy patients. You may call 1-800-352-5801 or go to www.ninds.nih.gov to request a **Publications List** for potential orders. The following topics are particularly recommended for your use:

Pain, Shingles, Carpal Tunnel Syndrome, Complex Regional Pain Syndrome, Guillain-Barre Syndrome, Low Back Pain, Neurological Diagnostic Tests and Procedures, Peripheral Neuropathy, Restless Leg Syndrome, Trigeminal Neuralgia and The Life and Death of a Neuron.

Neuropathy & Pain Management Organization Websites

www.neuropathy.org

Web site for The Neuropathy Association, Inc. for a variety of helpful information about support groups, TNA activities, the tri-monthly newsletters, and the neuropathy bulletin board. See the TNA home page with links to the following types of neuropathy:

CIDP and Inflammatory Neuropathies
Heredity and Neuropathy
Diabetes and Neuropathy
Cancer and Neuropathy

Drugs/Toxins and Neuropathy
Nutrition and Neuropathy
Pain and Autonomic Neuropathy
Infections and Neuropathy

www.pnhelp.org Web site of the **Northern California Chapter of The Neuropathy Association** for regional information about the growing network of support groups, profiles of the NCCNA Board of Directors, news about NCCNA regional activities, specific group activities, general news about neuropathy issues and developments; some archived copies of the NCCNA's **Neuropathy Hope** monthly newsletter and **PN News**, the monthly newsletter of the **Yolo Neuropathy Groups**.

www.neuropathyaction.org This is the web site of the Neuropathy Action Foundation, a California based non-profit organization committed to insuring that neuropathy patients have access to individualized medications, IVIG and other treatments through patient empowerment and advocacy. NAF increases awareness among physicians, appropriate institutions, the general public and public policy officials that neuropathy can potentially be a serious, widespread and disabling condition, which may be treatable when appropriate medical care is available.

The site has many very helpful articles on securing patient health rights.

www.originbiomed.com For direct access to John Senneff's classic books on neuropathy via **MedPress**, Inc., Senneff's **NeuroHelp** supplementation product, and **Neuragen** liquid and gel topical/transdermal product for neuropathy and other pain, and other OBM OTC products. In California, Neuragen is now available at Longs Drugs and is to become available at Rite Aid and CVS Pharmacy in the fall of 2008.

www.diabetesincontrol.com Excellent site for research reports, products and other information on diabetes and occasional DPN research and treatment information. Sponsored the 2003 OriginBioMed, Inc. clinical trial study of Neuragen involving NCCNA diabetic neuropathy patient members.

www.mdweb.com For non-technical articles on neuropathy and other medical conditions in very patient-friendly language.

www.millercenter.uchicago.edu Jack Miller Center for Peripheral Neuropathy, research, treatment and patient education programs; at the University of Chicago.

www.theacpa.org Web site for the American Chronic Pain Association; they have an excellent newsletter, sponsor very significant national and international research studies and develop and sponsor support groups.. The ACPA "It Takes Nerve" campaign on neuropathic pain included great anatomical and symptom graphics documents See also "Ten Steps From Patient to Person" for an excellent behavioral model on moving from "victimhood" to empowerment – **from patient to person**, living well with chronic pain, regardless of the cause. The ACPA is based in Rocklin.

www.TheCNI.org Colorado Neurological Institute for neuropathy and other neurological disorders. See especially the January 2000 and Fall 2002 issues of their journal for PN articles.

www.4irh.com The Institute for Restorative Health, a clinic specializing in integrative, functional medicine with special services for neurological disorders and chronic pain conditions.

Located at 1460 Drew Avenue, Suite 300, Davis, CA 95619, 530/570-4474

www.sacpainclinic.com The Sacramento Pain Clinic, a multi-disciplinary, rehabilitative pain clinic offering a wide range of services for numerous types of pain, including neuropathic and spinal conditions.

www.billend.com Daily reports available to anyone desiring to receive the service. on what's happening in diabetes research and treatment, with occasional articles about diabetic neuropathy.

Google: Neuropathy/Neuropathy Studies Alerts. You can sign up for daily notices of neuropathy (or other topical) issues in the news. Items are from medical journals, popular media and personal blogs.

General Medical Websites with Special Neuropathy Content:

www.centerwatch.com Excellent resources for PN clinical trial information.

www.clinicaltrial.gov Excellent resources for PN clinical trial information.

www.diabetes.org For the American Diabetic Association with a great deal of information about diabetic neuropathy as one of the major complications of diabetes.

www.docguide.com For technical articles and clinical medical education courses on neuropathy. .

www.emedicine.com For technical articles on many types of neuropathy.

www.medhelp.org For the Archives of the Neuropathy Questions by Med Help International

www.postgraduatemed.com For a variety of technical articles on neuropathy.

www.mdweb.com For non-technical articles on neuropathy and related medical conditions in patient-friendly language.

www.spinalstenosis.org For information about spinal stenosis diagnosis and treatment, etc.

Neuropathy/Other Pain Treatment Resources Web Sites

www.alpha-stim.com Electrical stimulation therapy systems that may be helpful for some Pners. Treatments are available at the Institute for Restorative Health in Davis, CA.

www.anodynetherapy.com Resource for anodyne product information, therapy centers and medical study reports. There are numerous anodyne vendors in northern California.

www.rebuildermedical.com Information about the Rebuilder, electrical stimulation unit for PN and other pain. Helpful information and graphics.

www.dellon.com Web site of A. Lee Dellon, MD, developer of the tarsal tunnel release surgery for resolving diabetic and other entrapment neuropathies.

www.burningneuropathy.com Web site for Todd Horton's homeopathic "Artalgia" sublingual homeopathic liquid treatment for a variety of PN symptoms, and particularly burning and cold sensations.

Sites That Can Help Decipher Medical Claims

(Thanks to the Sacramento Bee article, "Swallowing the Hype" on Wednesday, June 11, 2008, page E-1)

www.pubmed.gov Provides information about any published health or medical article according to topic, author or journal.

www.healthnewsreview.org This award winning site evaluates the accuracy, balance and completeness of news reports about research findings.

www.quackwatch.org Their mission is to combat health-related frauds, myths, fads, fallacies and misconduct.

www.cspinet.org/integrity/about.html Offered by the Center for Science in the Public Interest, this database identifies corporate donors who support nonprofit groups regarding industry support for scientists and universities.

www.medicalconsumers.org This independent group critically evaluates the evidence for medical and public health practices.

General Neuropathy Articles

"An Algorithm for the Evaluation of Peripheral Neuropathy" by Ann Noelle Poncelet, MD, <http://www.aafp.org/afp/980215am/poncelet.html> (This is one of the great classics!)

"Diseases of the Peripheral Nervous System" by Colin H. Chalk, MD, DM
ACP Medicine, WebMD, August 2004.

"Neuropathy: New Concepts in Evaluation and Treatment" by Aaron I. Vinik, MD, *Southern Medical Journal* 95(1)21-23, 2002 <http://www.medscape.com/viewarticle/426917> print

"Neuropathy: Differential Diagnosis" <http://www.neuro.wustl.edu/neuromuscular/naltbrain.htm>.

"Peripheral Neuropathy" by Mark Brown. <http://www.sfaf.org/treatment/beta/b32/b32pn.htm>.

"The Diagnostic Yield of a Standardized Approach to Idiopathic Sensory-Predominant Neuropathy" by A. Gordon Smith, MD and J. Robinson Singleton, MD
<http://www.archinte.ama-assn.org/cgi/content/abstract/164/9/1021>

Neuropathic Pain Management

"Advances in Neuropathic Pain: Diagnosis, Mechanisms, and Treatment Recommendations" Robert H. Dworkin, PhD. et. al. Vol. 60. No. 11, November 2003, Archives *of Neurology*.
<http://archneur.ama-assn.org/cgi/content/full/60/11/1524>

"Can Neuropathy Be Reversed? What can one do to decrease the pain?" Joslin Diabetes Center
http://www.joslin.org/education/library/decrease_pain.shtml.

"Lancinating Pain" http://www.painonline.com/mt-archive/2004/08/lancinating_pain.html.

“Neuropathic Pain: New Strategies to Improve Clinical Outcome” by Bruce D. Nicholson, MD
http://www.medscape.com/viewprogram/3765_pnt

“Pain and Insomnia: What Every Clinician Should Know” by Harvey Moldofsky, MD
<http://www.medscape.com/viewarticle/494872>

“Return to Pain Management - Beyond the Basics: Neurostimulation and Pain Control”
http://www.medscape.com/viewarticle/48920_2

“Understanding Neuropathic Pain” by Steven Richeimer, MD and Stephen M. Macres, MD
http://www.spineuniverse.com/treatment/pain/ag_060500richeiner_neuropain.html?lsmo01

Diabetic Neuropathy Articles

“Antioxidant Alpha Lipoic Acid Provides Relief for Diabetic Polyneuropathy” by Jerry Ingram
<http://www.docguide.com/news/content.nsf/news/8525697700573E1885256D4B0052C33>

“Diabetic Foot Care Guide” [www://www.lifelineclinic.com/focus/diabetes/foot_main.asp](http://www.lifelineclinic.com/focus/diabetes/foot_main.asp).

“The Diabetic Foot: Putting Feet First” by Lawrence Lavery, DPM, MPH.
<http://www.medscape.com/viewarticle/508218?rss>.

“Diabetic Peripheral Neuropathy Impairs Balance Beyond the Effects of Aging and Diabetes Alone”
by Aaron I. Vinik, *Diabetes* May 1, 2000

“Diabetes: Neuropathies and Neuromuscular Disorders”
<http://www.neuro.wustl.edu/neuromuscular/nother/diabetes.htm>.

“Effective Treatments Available for Diagnosed Diabetic Neuropathy” by Deanna M. Green
<http://www.docguide.com/news/content.nsf/NewsPrint/852697700573E1885256D480072>

“Malfunctioning Bone Marrow Cells Cause Neuropathy in People with Diabetes” appeared in online
Proceedings of the National Academy of Science, reported at
<http://www.billend.com/daily/a0910052.htm>.

“Neuropathy & Nerve Damage” *American Diabetes Association*
http://www.diabetes.org/utills/printthispage.jsp?PageID=TYPE1Diabetes3_232932

“Peripheral Neuropathy and ‘Borderline’ Diabetes” by Neil R. Holland, MD, & Calin I.. Prodan, MD
The Journal of the American Board of Family Practice 17:127-130
<http://www.jabfp.org/cgi/content/full/17/2/127>

“Symptomatic Reversal of Peripheral Neuropathy in Patients with Diabetes” by Alan B. Kochman, et. al.
Journal of the American Podiatric Medical Association, Vol 92 No 3 March 2002.

“The Pharmacologic Management of Painful Diabetic Peripheral Neuropathy” by Sharon See, Pharm.D. and Denise L. Balog, Pharm.D.
<http://www.podiatrymgt.com/cme.see-01.htm>

“The Skin as a Window into Diabetic Neuropathy” by Aaron I. Vinik, MD, PhD. This is one of the great classics!
<http://www.medscape.com/viewarticle/462876?src=search>

Specific Neuropathy Articles

“Alcoholic Neuropathy” by Ryan C. O’Connor, DO <http://www.emedicine.com/PMR/topic9/htm>.

“Painful alcoholic polyneuropathy with predominant small-fiber loss and normal thiamine status”
by H. Like, MD, k. Mori, MD, K Misu, MD, et. al
<http://www.neurology.org/cgi/contentabstract56121727?maxtoshow=&HITS=10hits=>

“Autonomic Neuropathy” <http://www.nlm.nih.gov/medlineplus/print/ency/article/000776.htm>.

“Autonomic Disorders <http://www.neuro.wustl.edu/meuromuscular/autonomic.html>.

“Radiation-induced Brachial Plexopathy” by Robert J. Kaplan
<http://www.emedicine.com/PMR/topic121.htm>.

“Wake Forest Brachial Plexus & Peripheral Nerve Center”
http://www.wfuhmc.edu/ortho/brachial_plexus_menu.htm.

“Clinical tests assess chemotherapy-induced peripheral neuropathy by Constance Visovsky, PhD.,
RN <http://www.biomech.com/printable/index,jhtml?articleID=163106221>.

“Neuropathy” National Coalition for Cancer Survivorship
<http://www.canceradvocacy.org/resources/essential/effects/neuropathy.asph>.

“Peripheral Neuropathy in Cancer” by Gail Wilkes, RN, MD. OCN,
<http://www.cancersourcern.com/NursingCE/CECourse.cfm?courseid=144&contentid=228>

“Celiac Disease” by Meera V. Jathar, *Original Internist* 12/1/2001

“Detecting Celiac Disease in Your Patients” by Harold T. Pruessner, MD,
<http://www.aafp.org/afp/980301ap/pruessn.html>

“Charcot-Marie-Tooth Disease” by Divakara Kedlaya, MBBS,
<http://www.emedicine.com/PMR/topic29.htm>.

“Complex Regional Pain Syndromes” by Manish K. Singh, MD, et.al.
<http://www.emedicine.com/PMR/topic123.htm>.

Facial Neuropathy/Cranial Nerves Resources <http://home.att.net/~rkari/cn.htm>.

“Trigeminal Neuralgia” by J. Stephen Huff, MD <http://www.emedicine.com/emerg/topic617.htm>

“Femoral/Focal Mononeuropathy” by Elizabeth A. Sekul, MD, et. al.
<http://www.emedicine.com/neuro/topic589.htm>.

“Glucose Tolerance Test, B12 Levels Best to Diagnose Sensory Neuropathy: by Laurie Barclay,
MD, <http://www.medscape.com/viewarticle/475422>

“Guillain-Barre Syndrome” by Angela Cha-Kim, MD
<http://www.emedicine.com/PMR/topic48.htm>.

“Hereditary Sensory and Autonomic Neuropathies”
<http://www.neuro.wustl.edu/neuromuscular/time/hsn.htm>.

“HIV neuropathy: Insights in the pathology of HIV peripheral nerve disease” by Carlos A. Pardo, et.al.
Journal of the Peripheral Nervous System 6:21-27 (2001)
Neuron.jhmi.edu/neuroimmunopath/pdf/24.

“Peripheral Neuropathy and HIV” by Michael J. Polydefkis, MD.
http://www.hopkins-aids.edu/publications/report/july02_4.html

“Human Toxic Neuropathy Due to Industrial Agents” by Alan R. Berger www.neuropathy.org

“Lyme Disease” by Julie L. Puotinen, Pharm.D <http://www.emedicine.com?NEURO/topic521.htm>.

“Medication-induced neuropathy” by L. H. Weimer.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12..

“Metabolic Neuropathy” by Fernando Dangond MD, et.al.
<http://www.emedicine.com/neuro/topic214.html>

“Mononeuritis Multiplex” by Paul V. Brooks, MD <http://www.emedicine.com?PMR/topic80.htm>.

“Motor Neuropathies and Motor Neuron Disease” by Anthony J. Windebank, MD, www.neuropathymd.org

“Nerve Entrapment Syndromes” by Daching Pang, MD and Kamran Sahraka. MD
<http://www.emedicine.com/med/topic2909.htm>.

“Neuropathic Myofascial Pain Syndromes” by C. Chan Gunn. MD http://www.istop.org/bonica_28.htm.

“Nutritional Neuropathy” by R. Andrew Sewell, MD and Lawrence D. Recht, MD.
<http://www.emedicine.com/>

“Vitamin B-12 Associated Neurological Diseases” by Alan L. Diamond, DO, et.al.
<http://www.author.emedicine.com/Neuro/topic439.htm>.

“Essential Vitamin Supplements in the Elderly” by Suzy Cohen, R.Pharm.
http://www.drugtopic.com/be_coreMVC?mag=d&action=viewArticle&y=3004m=05&

“Peroneal Neuropathy” http://www.healthcentral.cin.encyclopedia/408/212/Peroneal_Neuropathy.html.

“Restless Leg Syndrome” <http://www.medscape.com/viewarticle/466400>

“After Shingles” <http://www.aftershingles.com/fax.html>

“Post-Herpetic Neuralgia” http://www.amp-wi.net/post_herpetic_neuralgia.html.

“Ulnar Nerve Entrapment” *Your Orthopedic Connection*
http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=143&toCategory=Arm

“Sensory Neuropathy in Vasculitis” by J. H. Seo, et. al. *Neurology* 2004;63:874-878

<http://www.neurology.org/cgi/content/abstract/63/5/874?maxtoshow=&HITS=10hits=10>

Anodyne Therapy Articles

“Augmentation of Wound Healing Using Monochromatic Infrared Energy” by Lon R. Horwitz, DPM, et. al. <http://www.woundcarenet.com>

“Improvement of Sensory Impairment in Patients with Peripheral Neuropathy” by J. Joseph Prendergast, MD, et. al. *Endocrine Practice Vol 10 No 1, January/February 2004.*

“Monochromatic Infrared Energy: New Hope for Painful, Numb Feet?” by J. Joseph Prendergast, MD, et. al. *Diabetes Self-Management, March/April 2004.*

“Monochromatic Infrared Photo Energy and Physical Therapy for Peripheral Neuropathy: Influence on Sensation, Balance and Falls” by Alan B. Kochman, MSPT *Journal of Geriatric Physical Therapy 2004; 27(1):16-19.*

Spinal Conditions with Neuropathic Symptoms

“Back Pain” <http://www.emedicinehealth.com/articles/4563-2.asp>

“Cervical Radiculopathy” by Gerard A. Malanga, MD <http://www.emedicine.com/sports/topic21.htm>.

“Lumbar Radiculopathy” by Alta Skelton, RN, MSN. NP, <http://www.spineuniverse.com/displayarticle.php/article1469.html>.

“Radiculopathy” <http://www.back.com/symptoms-radiculopathy.html>.

“What you need to know about sciatica” http://www.spine-health.com/topics/cd/d_sciatica/sc01/html.

“Spinal Stenosis” by Leonard A. Nadalo, MD and James A. Moody, MD <http://www.emedicine.com/radio/topic644.htm>.

Compiled by Martha Chandley, MA
For the sake of our good PN health

Yolo Neuropathy Groups
kairoschandley@yahoo.com