



WESTERN NEUROPATHY ASSOCIATION

SEPTEMBER 2025

Issue 08

Volume 23

■ Cannabis And Neuropathy -  
Demystifying A Natural Tool  
For Nerve Health

■ How To Prepare For A  
Doctor's Appointment

■ Peripheral Neuropathy  
Support Groups -  
September 2025 Schedule

■ From The President

■ Martin Price, Past Director  
Of WNA

■ 9 Chair Exercises For Limited  
Mobility

■ Go Digital

■ Pharmacotherapy And Non-  
Invasive Neuromodulation  
For Neuropathic Pain: A  
Systematic Review And  
Meta-Analysis

■ Treatment Articles Published  
In Neuropathy Hope, August  
2021 - August 2025 Issues

■ Did You Know?

■ In This Issue

Platinum  
Transparency  
2024

Candid.

Awarded by GuideStar®  
2024 Guidelines Certification

WESTERN  
NEUROPATHY ASSOCIATION  
P.O. Box 4740  
Auburn, CA 95604  
888-556-3356  
info@pnhelp.org  
www.pnhelp.org

CELEBRATING OUR 27<sup>TH</sup> YEAR!

# Neuropathy Hope

*Hope through caring, support, research, education, and empowerment*

A newsletter for members of Western Neuropathy Association (WNA)

## CANNABIS AND NEUROPATHY - DEMYSTIFYING A NATURAL TOOL FOR NERVE HEALTH

Pam Hart, WNA Treasurer

In our June webinar, we were privileged to host Dr. Mary Vann, a clinician and educator with expertise in pharmacy, nutrition, and behavioral health. Her presentation explored the promising role of cannabis in managing neuropathy, providing both scientific insight and practical advice.

Dr. Vann emphasized that **neuropathy is not a disease**, but a symptom often linked to other conditions such as diabetes, cardiovascular disease, and the side effects of chemotherapy. She explained that some medications, ironically including metformin, can contribute to neuropathy by depleting essential nutrients like B12.

The core of the presentation focused on the **endocannabinoid system (ECS)** - a natural regulatory system in the human body. Cannabis interacts with this system, mimicking compounds our bodies already produce to restore balance, reduce nerve misfiring, and promote healing. Unlike opioids, cannabis does not suppress breathing or cardiac function because ECS receptors are not concentrated in the brainstem.

Dr. Vann clarified misconceptions about cannabis terminology (e.g., the outdated use of "indica" and "sativa") and discussed major cannabinoids like **CBD** (a non-psychoactive anti-inflammatory) and **THC** (a psychoactive compound helpful for pain, digestion, and blood sugar control). Together, they offer a synergistic approach to managing symptoms and potentially supporting nerve regeneration. She also highlighted important cautions, including drug interactions (e.g., with antidepressants, blood thinners), liver health concerns, respiratory risks with vaping and contraindications in pregnancy and lactation.

For patients and providers alike, Dr. Vann's message was clear: cannabis is not a miracle cure, but a **powerful, natural supplement** that, when used responsibly and with guidance, can play a valuable role in neuropathy management. To view the full webinar, visit our YouTube channel under RESOURCES at [www.pnhelp.org](http://www.pnhelp.org).

## HOW TO PREPARE FOR A DOCTOR'S APPOINTMENT

Cecilia Effa and Helen Chen MCMsc, PA-C; [medicalnewstoday.com](http://medicalnewstoday.com), May 27, 2025

Preparing for a doctor's appointment can ensure it goes smoothly and successfully, discussing any symptoms, issues, and possible treatments for the future. The following items can guide your planning.

- Make a detailed and thorough list of concerns so nothing important is forgotten.
- Document all the symptoms including when they began, how long they lasted, feelings and emotions accompanying them, triggers, and more.
- Note down questions to ask, including what symptoms may mean, what certain tests are for, and possible treatment options.
- Make a list of what medications are currently used.
- Prepare to discuss current lifestyle factors, such as diet or exercise.
- Bring a family member or friend along for support.
- Make sure everything the doctor says is understood, including the next steps, such as booking tests or waiting for test results.
- Ask about all the different treatment options possible, side effects, duration, and what a person can do at home to help themselves.
- Arrange transport so a person can arrive early and on time for the appointment.
- Take a pen and paper to note down anything significant that the doctor discusses.
- Communicate clearly and effectively.

Preparing for a doctor's appointment by noting down questions, voicing concerns, and gathering important information beforehand can help a person ensure they have a productive and helpful doctor's appointment.

**2025  
WNA BOARD  
OF DIRECTORS**

**GLENN RIBOTSKY**  
PRESIDENT  
[glennraj@yahoo.com](mailto:glennraj@yahoo.com)

**DARRELL O'SULLIVAN**  
VICE PRESIDENT/SECRETARY  
(ACTING)  
[dosully@comcast.net](mailto:dosully@comcast.net)

**PAT HART**  
TREASURER  
[pamhart@pnhelp.org](mailto:pamhart@pnhelp.org)

**KATHERINE STENZEL**  
DIRECTOR, EDITOR  
[klstenzel@hotmail.com](mailto:klstenzel@hotmail.com)

**JOHN PHILLIPS**  
DIRECTOR  
[johnphillips@pnhelp.org](mailto:johnphillips@pnhelp.org)

**ERIKA MCDANNELL**  
DIRECTOR  
[ejmcdannell@pnhelp.org](mailto:ejmcdannell@pnhelp.org)

**SAMANTHA FIELDS**  
DIRECTOR  
[samanthafields@pnhelp.org](mailto:samanthafields@pnhelp.org)

**KRIS LANGENFELD**  
DIRECTOR / ADMINISTRATION  
[kris.langenfeld@gmail.com](mailto:kris.langenfeld@gmail.com)

**BRIAN LOCKARD**  
DIRECTOR / MEMBERSHIP  
[brianlockard@pnhelp.org](mailto:brianlockard@pnhelp.org)

**INQUIRIES**  
[info@pnhelp.org](mailto:info@pnhelp.org)

**EMERITUS COUNCIL**  
**BEV ANDERSON**  
**MICHAEL GREEN**  
**SHANA PHELPS**

**KATHERINE STENZEL**  
EDITOR

Newsletter Design by  
Diane Blakley Designs

## PERIPHERAL NEUROPATHY SUPPORT GROUPS – SEPTEMBER 2025 SCHEDULE

*Environments of education, empowerment, support and caring for people with neuropathy.  
Please join a group for yourself and for others. You are always welcome!*

|  |  |
|--|--|
|  | <p><b>Auburn CA Peripheral Neuropathy Support Group</b><br/>1st Monday of the month; no meetings in July, August and September<br/><b>Next Meeting October 6</b><br/>Host – Pam Hart, <a href="mailto:pamhart@pnhelp.org">pamhart@pnhelp.org</a>, and Cass Capel, <a href="mailto:cassbrowncapel@me.com">cassbrowncapel@me.com</a></p> |
| <p>Virtual<br/><b>3</b><br/>Wednesday</p>  | <p><b>Strategies for Singles with Neuropathy Support Group</b><br/>1st Wednesday of the odd months<br/><b>4pm Pacific / 5pm Mountain / 6pm Central / 7pm Eastern</b> (90 minutes long)<br/>Meeting ID: 921 6944 4482 / Passcode: 858258<br/>Host – Erika McDannell, contact Erika for Zoom link</p>                                    |
| <p>In-Person<br/><b>6</b><br/>Saturday</p> | <p><b>Houston TX Peripheral Neuropathy Support Group</b><br/>1st Saturday of the last month in each quarter<br/><b>1 - 2:30pm Central</b><br/>Memorial Drive United Methodist Church, 12955 Memorial Drive<br/>Hosts – Katherine Stenzel, John Phillips and Brian Lockard<br/>Contact Katherine for additional information</p>         |
| <p>Virtual<br/><b>9</b><br/>Tuesday</p>    | <p><b>2nd Tuesday Peripheral Neuropathy Support Group</b><br/><b>2pm Pacific / 3pm Mountain / 4pm Central / 5pm Eastern</b> (90 minutes long)<br/>Meeting ID: 953 2710 6263 / Passcode: 613899<br/>Host – Jeff Creech, contact Erika for Zoom link<br/>(everyone welcome, Colorado focus on healthcare providers)</p>                  |
| <p>Virtual<br/><b>10</b><br/>Wednesday</p> | <p><b>2nd Wednesday Chemo-Induced Peripheral Neuropathy (CIPN) Support Group</b><br/><b>2pm Pacific / 3pm Mountain / 4pm Central / 5pm Eastern</b> (90 minutes long)<br/>Meeting ID: 830 5538 3243 / Passcode: 396320<br/>Host - Glenn Ribotsky, contact Katherine for Zoom link</p>   |
| <p>Virtual<br/><b>13</b><br/>Saturday</p>  | <p><b>2nd Saturday Peripheral Neuropathy Support Group</b><br/>11am Pacific / noon Mountain / 1pm Central / 2pm Eastern (2 hours long)<br/>Meeting ID: 857 8287 7624 / Passcode: 369333<br/>Host - Katherine Stenzel, contact Katherine for Zoom link</p>  |
| <p>Virtual<br/><b>17</b><br/>Wednesday</p> | <p><b>3rd Wednesday Peripheral Neuropathy Support Group</b><br/><b>10am Pacific / 11am Mountain / Noon Central / 1pm Eastern</b> (2 hours long)<br/>Meeting ID: 833 4473 0364 / Passcode: 341654<br/>Host - Glenn Ribotsky, contact Katherine for Zoom link</p>  |
| <p>Virtual<br/><b>17</b><br/>Wednesday</p> | <p><b>3rd Wednesday CIDP and Autoimmune Support Group</b><br/><b>3pm Pacific / 4pm Mountain / 5pm Central / 6pm Eastern</b> (1 hour long)<br/>Meeting ID: 943 1735 2429 / Passcode: 579413<br/>Host - John Phillips, contact John for Zoom link</p>  |
| <p>Virtual<br/><b>27</b><br/>Saturday</p>  | <p><b>4th Saturday Peripheral Neuropathy Open Discussion</b><br/><b>11am Pacific / noon Mountain / 1pm Central / 2pm Eastern</b> (2 hours long)<br/>Meeting ID: 851 7949 9276 / Passcode: 159827<br/>Host - John Phillips, contact Katherine for Zoom link</p>   |

Contact emails in the sidebar Board of Directors listing.

Support Group information can also be found on [www.pnhelp.org](http://www.pnhelp.org) under the Support Group tab.

## FROM THE PRESIDENT Glenn Ribotsky, WNA President

Ah, Fall.

Falling leaves, falling temperatures ... and all too often, falling expectations of our doctors' abilities to get to the bottom of our conditions.

Far too many of us with neuropathy (and indeed, many other conditions) have stories of waiting many months to get into physicians' offices to discuss symptoms, and, once we got there, having a scant quarter-hour with the clinician, most of which s/he spent typing material into a laptop, with very little time, if any, for a hands-on examination. And then, far too often, there was an unsatisfying conclusion to the visit—perhaps a tweak to medication prescribed, a shrugging of shoulders to questions regarding origin or progression, and a request to come back in six months, or a year—oh, and by the way, don't forget your co-payment before you check out.

The above is a bit of a stereotype, of course--some of us do have excellent physicians that take time with us, explain various options and possible avenues for tests to determine our symptoms' etiologies, and encourage us to contact them by phone or online portal with any questions or changes in situations. But it seems that happens a lot less than it used to. The medical "encounter" is, overall, deteriorating.

There are many points of blame for this—the need for electronic record keeping; the influence of bottom-line-above-all insurers who don't want to pay for long encounters or complicated diagnostic searches; burnout on the part of specialists who are oversubscribed and overworked. Even patients may not be blameless—in an environment in which anyone can research electronically and in which all are constantly bombarded with treatment ads, some patients come into offices with chips on shoulders (hopefully no one currently reading this!).

But many of the pain points of the medical consult come back to the specifically American obsession with bottom line profit in a system set up for which access to health care is considered a privilege of the proper occupational or age status, and not an entitlement of all residents (as it is in most other nations).

Can we change this? Hopefully yes, through our combined efforts that need to include advocacy, self-education, and (most of all) voting. But it's definitely going to take effort and time.

So, for now, let's do what we can to make those quarter hours in the office as productive as possible—let's know our conditions, let's organize our presenting complaints and our questions, and let's treat our physicians with kindness (though assertively) to maximize our chances of getting the help we need.

(And for those so inclined, a gift of baked goods for the office probably doesn't hurt.)

Glenn

[glenntaj@yahoo.com](mailto:glenntaj@yahoo.com)

## MARTIN PRICE, PAST DIRECTOR OF WNA

We recently learned that Marty Price, Director Emeritus, passed away in January of this year. Marty wrote articles on supplements for the Neuropathy Hope newsletter and presented a webinar in November 2022 on the same. His knowledge contributed to our efforts to bring hope to those suffering from this terrible disease. Thank you Marty. You will be missed.

### HEALTH CARE CHALLENGES WEBSITES (updated)

**SHIPs**  
State Health Insurance  
Assistance Programs  
[www.shiphelp.org](http://www.shiphelp.org)  
(877) 839-2675

Help for navigating  
the complexities of  
Medicare. Search  
the website for your  
specific state program.

**Medicare Rights  
Center**  
[www.medicarerights.org](http://www.medicarerights.org)  
(800) 333-4114

Non-profit that works  
to ensure access to  
affordable health  
care for older adults  
and people with  
disabilities.

**Medicare**  
[www.medicare.org](http://www.medicare.org)  
(800) MEDICARE  
(800) 633-4227

Get started with  
Medicare, options,  
news.

**Benefits and  
Insurance for  
People with  
Disabilities**  
[www.usa.gov/  
disability-benefits-  
insurance](http://www.usa.gov/disability-benefits-insurance)  
(844) USAGOV1  
(844) 872-4681

For those with a  
disability, learn how  
government programs  
and services can help  
in your daily life.

## 9 CHAIR EXERCISES FOR LIMITED MOBILITY

Melanie Kirschten; [www.eehealth.org](http://www.eehealth.org) (Endeavor Health); February 1, 2022

It can be frustrating to deal with mobility issues, especially when you're trying to start an exercise program. One way to stay active is to find exercises that work around your limitations — and stay consistent. Always remember that movement is medicine.

The following chair exercises are low-impact exercises that can help to reduce wear and tear on your joints and can also help you burn calories and build muscle. These exercises are to be performed in a seated position. Repeat each until you are tired. As always, check with your doctor before beginning a new exercise routine. Now grab a chair, and let's get started!

### Targeting your lower body

- **Chair Stands** (lower body and core): Keep your core tight and arms across your chest. While keeping your upper body tall, come to a standing position by driving heels into the ground and squeeze glutes at the top. To lower to the chair, maintain a tight core, bend knees and shift hips back.
- **Heel Raises** (calves): Keep your core tight, upper body tall and feet flat. Raise heels off the floor while squeezing calves. Pause for a few seconds and lower heels back down.
- **Leg Extension** (quadriceps/front of thighs): Keep your core tight, upper body tall and feet flat. Extend one leg while maintaining a flexed-foot position, pause for a second while squeezing the quads, and then lower that leg back to the starting position. Switch sides.
- **Leg Lifts** (hip flexors, core, quads): Keep your core tight and bend one leg at a 90-degree angle. While maintaining a 90-degree angle, lift leg to almost hip height. Pause for a second, then lower leg back down to the starting position. Switch sides.

### Targeting your arms and upper body

- **Arm Circles** (shoulders/traps): Keep your core tight, upper body tall and place arms in a "T" position with a slight bend in the elbows. Circle arms backward until tired. Rest. Circle arms forward until tired.
- **Shoulder Press** (shoulder, triceps, and traps): Keep your core tight, upper body tall and place arms at a 90-degree angle with palms facing forward. Note: Elbows should be even with shoulders. Move arms above your head, bring arms together, separate them and bring back to a 90-degree angle. To add weight to the exercise, use light dumbbells or cans of soup.
- **Bicep Curls** (biceps/front of forearms): Keep your arms at your sides with palms facing away from you. Keep your core tight, shoulders down and elbows in. Refrain from moving your upper arms and keep your wrists straight. Raise your forearms toward your chest, then lower your forearms back to the starting position. To add weight to the exercise, use light dumbbells or cans of soup.
- **Chest Flys** (chest and shoulders): Hold your arms at your sides with palms facing away from your body. While keeping your core tight, shoulders down and a slight bend in the elbows, move arms in front of you and bring palms closer together. Squeeze the armpit area, then lower arms back to starting position. To add weight to the exercise, use light dumbbells or cans of soup.

### Targeting your core

- **Seated Twists** (core): Make sure you keep your core tight, upper body tall and hands on waist. Twist your torso to the left (allow head to turn to the left), to the center (allow head to return to center) and to the right (allow head to turn to the right).

---

## Go DIGITAL

Digital health tools can be a boon for people with neuropathy. You can monitor your sleep, mood, and activity levels with wearable tech. "I often tell patients to focus on three things: medication, diet, and exercise," say Dr. Wang, City of Hope National Medical Center in Duarte, CA. "It's like a three-legged stool, and digital tracking tools can help ensure you provide equal weight to all three." You can set up alerts to remind you to take meds, count your daily steps, and even try MyFitnessPal, Fat Secret, and Noom to track what and when you eat.

### REFERENCE

Amy Paturel; 10 Out-Of-The-Box Remedies For Diabetic Foot Pain; [HealthCentral.com](http://HealthCentral.com); May 31, 2022

# PHARMACOTHERAPY AND NON-INVASIVE NEUROMODULATION FOR NEUROPATHIC PAIN: A SYSTEMATIC REVIEW AND META-ANALYSIS

Neuropathic Pain Special Interest Group. (2025). *Lancet Neurology* 24, 413–28.

The **Neuropathic Pain Special Interest Group** aimed to update the original 2015 treatment recommendations and for the first time evaluated both pharmacological and neuromodulation treatment of people with neuropathic pain. The **update is based on new evidence from randomized controlled trials, emerging neuromodulation techniques, and advances in evidence synthesis**. For this systematic review and meta-analysis, we searched Embase, PubMed, the International Clinical Trials Registry, and ClinicalTrials.gov from data inception for neuromodulation trials and from Jan 1, 2013, for pharmacological interventions until Feb 12, 2024. Our results support a revision of the Neuropathic Pain Special Interest Group recommendations for the treatment of neuropathic pain.

Below are **updated first-line, second-line and third-line recommendations** for the drugs or drug classes or neuromodulation treatments for neuropathic pain with inconclusive recommendations or recommendations against use.

|   | Daily dosage and dose regimen   | Recommendation                   |
|---|---|----------------------------------|
| <b>Strong recommendation for use</b>  |   |                                  |
| Gabapentinoids  | Gabapentin 1200-3600 mg in three divided doses<br>Gabapentin ER 1200-3600 in two divided doses<br>Pregabalin 150-600 mg in two divided doses<br>Mirogabalin 10-30 mg in two divided doses<br>( <i>mirogabalin</i> not approved in US) | First line                       |
| Serotonin-norepinephrine reuptake inhibitors (SNRIs)                        | Duloxetine 60-120 mg once a day<br>Venlafaxine 150-225 mg once a day or in two divided doses  | First line                       |
| Tricyclic antidepressants (TCAs)  | 25-150 mg once a day or in two divided doses  | First line                       |
| <b>Weak recommendation for use</b>  |   |                                  |
| Lidocaine 5% plasters   | 1-3 plasters to the painful area for up to 12 h per day   | Second line                      |
| Capsaicin 8% patches  | 1-4 patches to the painful area for 30-60 min with a minimal application interval of 60 days  | Second line                      |
| Capsaicin creams  | Usually 0.075% one to three times per day   | Second line                      |
| Botulinum toxin type A  | 50-300 units to the painful area every 3 months   | Third line                       |
| Repetitive Transcranial Magnetic Stimulation (rTMS) (10-20 Hz targeting M1) | 1200-3000 pulses per session  | May be used in selected patients |
| Opioids   | Usually <120 mg morphine equivalent in two divided doses  | May be used in selected patients |
| Tramadol  | 200-400 mg in two extended releases or three divided doses  |                                  |

**Inconclusive evidence for use:** Carbamazepine-oxcarbazepine, Lacosamide, Lamotrigine, NMDA Receptors, Selective Serotonin Reuptake Inhibitors (SSRIs), Transcranial direct current stimulation, Transcutaneous electrical nerve stimulation, Spinal cord stimulation and Topiramate.

**Recommendations against use:** Cannabinoids, Valproate, Levetiracetam and Mexiletine.

Study concluded that treatment outcomes are modest and for some treatments uncertainty remains. Further large placebo-controlled or sham-controlled trials done over clinically relevant timeframes are needed.



## TREATMENT ARTICLES PUBLISHED IN NEUROPATHY HOPE, AUGUST 2021 – AUGUST 2025 ISSUES

Katherine Stenzel, Editor

Continuing with the list of R&D articles from the August Issue, this issue lists articles on different Treatments included in Neuropathy Hope from August 2021 to August 2025. There may be cross-over with the R&D list specifically with spinal cord stimulation. Articles are separated by year with the specific treatment subject highlighted in **bold**.

### Treatments 2021

- Treatments That May Help Neuropathy, August 2021 Issue
- **Diaphragmatic Breath** And Pain Relief, August 2021 Issue
- **Medications** For Neuropathic Pain, August 2021 Issue
- Nerve Pain Relief **Massage Oil** Editor's Note, September 2021 Issue
- Can **Essential Oils** Treat Neuropathy? September 2021 Issue
- Comparative Efficacy Of **Gabapentin** And **Duloxetine**, October 2021 Issue
- **Acupuncture** For Peripheral Neuropathy and WNA Member Successes! October 2021 Issue
- **Billy Footwear®**, October 2021 Issue
- FDA Oks **Spinal Cord Stimulation** (Nevro Senza System with 10 kHz stimulation) for Diabetic Neuropathy Pain, November 2021 Issue
- September Webinar Review of **VoxxLife Socks** for Neuropathy, November 2021 Issue

### Treatments 2022

- **High Dose Capsaicin** Improves Patient Outcomes In Neuropathic Pain, January/February 2022 Issue
- **Gabapentin** By The Numbers, January/February 2022 Issue
- Treating Diabetic Peripheral Neuropathy Using A Novel, Nanotechnology-Based Topical Formulation (*Periphex nanobubbles*) To Improve Pain, Sensitivity And Function, January/February 2022 Issue
- FDA Approves (*Medtronic*) **Spinal Cord Stimulation Therapy** For Treating Chronic Pain Resulting From Diabetic Peripheral Neuropathy, March 2022 Issue
- Prescription Pain **Medicine Safety**, March 2022 Issue
- **Drugs Approved By The FDA** For Treatment Of Neuropathic Pain Syndromes (Table 7), March 2022 Issue
- Additional **APPS That May Relieve Pain**, March 2022 Issue
- **Lidocaine (5%)** Medicated Plaster Effective For Localized Neuropathic Pain, April 2022 Issue
- **Mindfulness And Chronic Pain** – Being Present Doesn't Have To Hurt, April 2022 Issue
- "Soothing Relief – Experience Life Without Pain" From **Sharper Image Catalogue** Spring 2022, July 2022 Issue

- **American Academy Of Neurology (AAN) Updates Treatment Guidance** On Painful Diabetic Neuropathy, August 2022 Issue
- **Peripheral Neuropathy Guidelines 2022** (*Summary Of AAN 2022 Guidance*), August 2022 Issue
- FDA Clears **PENS Device (First Relief)** For Pain Related To Diabetic Peripheral Neuropathy, September 2022 Issue
- 10 Khz **Spinal Cord Stimulation Therapy (Nevro)** Demonstrates Substantial Improvement In Painful Diabetic Neuropathy, September 2022 Issue
- Massage The Pain Away With **Essential Oils**, September 2022 Issue
- Curable – An **APP** To Help Manage Pain, October 2022 Issue
- **Tips** For Living With Chronic (*Neuropathic*) Pain, October 2022 Issue
- FDA Clears New **Neurostimulation System (Proclaim Plus from Abbott)** for Chronic Pain, November 2022 Issue
- 11 Natural **Depression Treatments**, November 2022 Issue
- The **Holidays And Chronic Pain: 5 Tips**, November 2022 Issue
- How To **Uninvite Nerve Pain** From Your Holidays, December 2022 Issue

### Treatments 2023

- 5 Ways To Deal With **Fatigue** When You Have Chronic Pain, March 2023 Issue
- **Wearable Medicine (Nufabrx)**, March 2023 Issue
- Neuropathy In **Cold Weather**, March 2023 Issue
- **Adaptive Devices:** New Suggested Product List, March 2023 Issue
- **Tips** To Help With Managing Neuropathy, March 2023 Issue
- Patient To Person: **10 Steps To Regain Your Life**, May 2023 Issue
- How Long It Takes **Gabapentin** To Work Plus 5 Tips For Taking It, May 2023 Issue
- **Intravenous Immunoglobulin (Ivig) Treatment** And CIDP: What To Know, June 2023 Issue
- **Gabapentin** Withdrawal Symptoms, Factors And Schedule, June 2023 Issue

- Continued on page 7

## DID YOU KNOW?

The most common symptom of neuropathy is numbness, says Mehul Sekhadia, D.O., medical director at the Comprehensive Spine and Pain Center at Northwestern Medicine Central DuPage and Palos Hospitals in Illinois.

“This happens with the smallest fibers within a nerve, which are most likely to be affected first,” Dr. Sekhadia says. “The motor nerves are the largest and in neuropathy, these become very weak.”

### REFERENCE

Rosemary Black; Neuropathy: What You Need To Know; *HealthCentral.com*; June 27, 2022

## TREATMENT ARTICLES PUBLISHED IN NEUROPATHY HOPE, AUGUST 2021 – AUGUST 2025 ISSUES - Continued from page 6

- **Peripheral Neuropathy Treatment Drug Classes** May And June Issues 2023 (Page 4 And 5 Side Panels)
- FDA To Review **Eplontersen** For ATTR Polyneuropathy, July 2023 Issue
- Resource: **Complementary Health Approaches** For Pain Relief, August 2023 Issue
- Diabetic Neuropathy – Relieving Pain, September 2023 Issue
- 5 Ways To Smile So You Can **Defeat Anxiety**, September 2023 Issue
- **Adaptive Clothing** For Those With Physical Challenges, October 2023 Issue
- **Alpha-Lipoic Acid**, November 2023 Issue
- How To **Uninvite Nerve Pain** From Your Holidays, November 2023 Issue
- **Current Pharmacotherapy Options** For Neuropathic Pain, December 2023 Issue
- Chronic Pain Breakthroughs, December 2023 Issue
  - o **Abbott’s Eterna, Proclaim Plus And Proclaim XR Spinal Cord Stimulation Systems**
  - o **Relievrx By Appliedvr, Virtual Reality** For Back Pain
- **Peer Support** For Symptom Improvement, May 2024 Issue
- 4 Ways To Manage The Emotional Stress Of Nerve Pain, June 2024 Issue
- What is **Dysesthesia**? June 2024 Issue
- FDA Approves Medtronic’s Inceptiv Closed-Loop **Spinal Cord Stimulator**, June 2024 Issue
- Non-Invasive **Magnetic Peripheral Nerve Stimulation Treatment (Axon Therapy)** For Painful Diabetic Neuropathy, September 2024 Issue
- How To **Fight Fatigue**, September 2024 Issue
- **Electrical Stimulation** For Nerve Pain – Review, November 2024 Issue
- Tips for “Balancing” The Holidays When You Have A **Disability**, November 2024 Issue
- **Gin-Soaked Raisins** Offer Relief For Arthritic Pain, December 2024 Issue

### Treatments 2025

- **Treatments 2024**
  - Peripheral Neuropathy Therapies From The Mayo Clinic With Focus on **Scrambler Therapy**, March 2024 Issue
  - FDA Approves Two Treatments For Chronic Inflammatory Demyelinating Polyneuropathy (CIDP), March 2024 Issue
    - o FDA Approves Takeda’s **HyQuia for CIDP**
    - o FDA Approves Takeda’s **Gammagard Liquid For CIDP**
  - How to Use **Capsaicin Ointment** to Ease Pain, April 2024 Issue
  - **Shoe Recommendations** That May Help With Neuropathic Pain, April 2024 Issue
  - **Amanita Muscaria** – A Treatment For Peripheral Neuropathy, April 2024 Issue
  - **Tart Cherry Juice** As A Treatment for Peripheral Neuropathy, April 2024 Issue
- **Ear Seeds:** What To Know About This Acupressure Therapy, January/February 2025 Issue
- **Auricular Point Acupressure (APA) Experience**, January/February 2025 Issue
- FDA Approves First New Non-Opioid (*Journavx formerly VX-548/suzetrigine*) Pain Pill in Decades
- **Combination Treatments (Pulsed Electromagnetic Field [PEMF] Therapy, Red Light Therapy, Leg Compression Therapy)** For Peripheral Neuropathy, March 2025 Issue
- **Red Light Therapy** for Diabetic Neuropathy: Does It Work? March 2025 Issue
- **Pregabalin** Shows Higher Efficacy and Safety vs **Gabapentin** in Neuropathic Pain, April 2025 Issue
- Prescription Medications for Nerve Pain – Review, April 2025 Issue
- What Really Works For **Nerve Pain**, May 2025 Issue
- **Evening Primrose Oil** Benefits and Risks, June 2025 Issue



## WESTERN NEUROPATHY ASSOCIATION

A California public benefit, nonprofit,  
tax exempt corporation

P.O. Box 4740, Auburn, CA 95604

Call WNA using our toll free phone number:

(888) 556-3356 • [info@pnhelp.org](mailto:info@pnhelp.org)

[www.pnhelp.org](http://www.pnhelp.org)

## IN THIS ISSUE

Dear Readers,

As with the previous issue in August, this issue has a listing of articles published in Neuropathy Hope from August 2021 to August 2025 highlighting **Treatments for peripheral neuropathy**. (*The August issue listing focused on Research and Development on peripheral neuropathy.*) While the August issue had the articles listed by topic as for many items there were 2 or 3 articles showing the development, this listing is by time – so by year and then by month. To assist when you are browsing the list, I have highlighted in bold the area or treatment.

When you find an article you want to read, go to our website at [www.pnhelp.org](http://www.pnhelp.org), click on Resources on the top ribbon, then Neuropathy Hope Newsletter. Scroll down the page until you come to a listing of years. Find the one of interest, click on the associated plus sign (+), then scroll to the monthly issue. Note you cannot click on a specific article. After you open the issue, scroll through the pages until you find the article. At this point you can read the article, download and save the whole issue to your computer, or print out either the issue or page depending on your specific printer.

May these give you Hope.

..Katherine

[klstenzel@hotmail.com](mailto:klstenzel@hotmail.com)



### Western Neuropathy Association (WNA)

A California public benefit, nonprofit,  
tax-exempt corporation.

Katherine Stenzel, Editor  
[klstenzel@hotmail.com](mailto:klstenzel@hotmail.com)

P.O. Box 4740, Auburn, CA 95604  
(888) 556-3356

[www.pnhelp.org](http://www.pnhelp.org)

WNA Headquarters: [info@pnhelp.org](mailto: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 connect with the health care community, and to support research.

Dues - \$30 a year

All contributions and dues are tax-deductible.

Tax ID # 68-0476041

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

*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. Western Neuropathy Association (WNA) 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.*