



Neuropathy Hope

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

Medications

Qutenza (Capsaicin) Dosing Schedule And Details

Lindsay Ross-Hazel and Stan Saji, PharmD, MBA, RPh; *medicalnewstoday.com*; October 6, 2025

Summary Dosage for Qutenza (capsaicin) may depend on the condition being treated, but a dose is typically given every 3 months. Qutenza is a topical drug that's applied to your skin by your doctor or another healthcare professional. Qutenza is used in adults to treat neuropathic (nerve) pain associated with postherpetic neuralgia (a complication of shingles) and diabetic neuropathy (nerve damage) in your feet. The active ingredient in Qutenza is capsaicin. Qutenza belongs to a group of drugs called transient receptor potential vanilloid 1 receptor (TRPV1) agonists. This article describes the dosages of Qutenza, as well as its strength and how it's administered.

Qutenza is available as a topical system. It contains a patch that adheres to your skin and a tube of cleansing gel. Qutenza comes in one strength of 8%. Each patch contains 179 milligrams (mg) of capsaicin, which is Qutenza's active ingredient.

Qutenza is approved to treat neuropathic (nerve) pain associated with diabetic neuropathy in your feet. The typical

Qutenza dosage for adults with this condition is **up to 4 patches worn for 30 minutes**, which may be repeated every 3 months if needed. Your doctor or another healthcare professional will apply the patches to the areas of your feet experiencing pain from diabetic neuropathy. You'll likely receive a dose of Qutenza every 3 months, or as needed when your pain returns. However, you won't receive a dose more often than once every 3 months.

Qutenza is approved to treat neuropathic pain associated with postherpetic neuralgia, which is a complication of shingles. The typical Qutenza dosage for adults with this condition is **up to 4 patches worn for 60 minutes**. Your doctor will apply the patches to areas of your body affected by shingles pain. You'll likely receive a dose of Qutenza every 3 months, but your doses may be spaced further apart if your doctor determines you don't need to receive the drug as often.

Qutenza is administered by a doctor, nurse, or another healthcare professional. You'll typically receive Qutenza in a healthcare setting, such as a doctor's office or clinic. Your doctor will identify the affected areas and, if necessary, clip hair on these areas to ensure that the patches stick to your skin. They'll wash your skin, allow it to dry, and then apply the patches. Before applying the patches, your doctor may apply a topical anesthetic to reduce your discomfort during the treatment. This step is optional.

You'll wear the patches for either 30 or 60 minutes, depending on the condition you're using Qutenza to treat. Once your doctor removes the patches, they'll use the gel to cleanse the area of your skin where the patches were applied. Following each Qutenza dose, your skin may be sensitive to heat for a few days. This may include heat from sunlight, vigorous exercise, and hot showers or baths.

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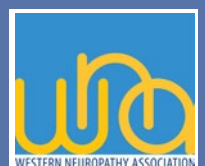
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Opening Notes

From The President Glenn Ribotsky, WNA President, glenntaj@yahoo.com

New Year! Same old Western Neuropathy Association? Hardly.

Most of you will have already read of the changes that WNA has been making to such aspects of its services as this newsletter, our email reminder systems for online support groups and webinars, even a new monthly emailed publication (Neuropathy Notes) and a new series of members-only workshops. These, of course, are all being instituted (after considerable study and debate) to further our mission—to provide the best possible educational and support services to a patient and caregiver population that far too often has been, if not ignored, not as well served as we would all like.

But, even with all this, many of the aspects of our services that you rely on will stay as is (maybe with a few tweaked improvements). Our expanded online support groups continue to function as always, with both “general” options and those for more specific conditions and statuses (i.e., autoimmune, chemo-induced, singles, and our newest addition, autonomic issues). Our website continues to be the most comprehensive (and frequently updated) volunteer-produced database on neuropathy issues out there. We constantly work to promote partnerships and information exchange with the other neuropathy organizations and support groups in North America (many of you know I try to attend every single online neuropathy support group that regularly meets, to represent WNA and to learn from their initiatives and best practices). And, we continue to work on our advocacy efforts to bring more attention to this “most common of neurological conditions that nobody’s ever heard of”—including a recent session, in partnership with the Peripheral Neuropathy Support Network, with the legislative office of United States Senator Christopher Van Hollen, regarding the continued need for more Federal research funding into the causes and treatments of neuropathy.

So, we want you all to know that WNA, even with changes, remains the biggest and most active patient-governed neuropathy organization out there, well worthy of your reading, your support, and most importantly, your feedback. Since WNA was founded, it has always been focused on listening keenly and responding to those who suffer with the condition, and that will NEVER change.

Glenn

In This Issue

 Katherine Stenzel, Editor, klstenzel@hotmail.com

Dear Readers,

Welcome to 2026 and the new Neuropathy Hope! You’ll notice some design changes as I wanted to have a new look and feel to the quarterly issues. Many thanks to the newsletter designer, Diane Blakley, for her ideas ensuring a modern look. Pages now have **topic headers for the articles** and this is reflected in the listing of articles on the front page. Note there are **no support group listings** as these will be sent to you monthly as a digital eNews bulletin.

The **monthly focus of the Member Only Workshops are listed on Page 3**. Materials to assist in ‘taking action’ will be sent via US Mail but you must register in advance to ensure delivery. Details are provided at the bottom of Page 3.

Pages 4 and 5 give an excellent explanation of the benefits of Chair Yoga. The best part of the article is the description of 5 yoga poses that help with flexibility as they are written with enough detail to ensure pose correctness.

We all have a difficult time physically with our symptoms. But our emotional health is also a concern. **Page 8 lists coping strategies to protect our mental health** and assist in our interactions with others.

May this give you Hope.

Katherine

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Workshops: A Step Beyond

Workshop Schedule for 2026 - Exclusively for Members of WNA

Workshops go a step beyond webinars by providing attendees with materials to take action. This can mean filling out a worksheet during the event, discussing next steps in smaller breakout groups or simply continuing the learning process after the workshop session. All workshops will provide you additional information on neuropathy to add to your understanding and knowledge of this shared disease.

I'm excited about this different way to deliver support and knowledge. Please email me at klstenzel@hotmail.com if you have any questions or comments.

MONTH/DAY	SUBJECT/MODERATORS
January	None scheduled
February 11	Neuropathy Hope newsletter discussion Jan/Feb/March 2026 - 1st Quarter issue Moderators: Darrell O'Sullivan, Katherine Stenzel
March 11	Fall Prevention Speaker: Barbara Moore, Occupational Therapist (opened to non-members due to topic)
April 8	Peripheral Neuropathy Patient Toolkit – Updated Moderators: Erika McDannell, Katherine Stenzel
May 20	Neuropathy Hope newsletter discussion April/May/June 2026 - 2nd Quarter issue Moderators: Darrell O'Sullivan, Katherine Stenzel
June 10	Treatments for Neuropathy Listed in August 2025 Neuropathy Hope newsletter issue Moderators: Brian Lockard, Katherine Stenzel
July 8	Healthy Living with Neuropathy Moderators: Jim Picone, Katherine Stenzel
August 12	Neuropathy Hope newsletter discussion July/Aug/Sept 2026 - 3rd Quarter issue Moderators: Darrell O'Sullivan, Katherine Stenzel
September 9	TBD
October 14	Neuropathy Hope newsletter discussion Oct/Nov/Dec 2026 - 4th Quarter issue Moderators: Darrell O'Sullivan, Katherine Stenzel
November	Neuropathy Awareness – To Be Determined
December	None Scheduled

- Workshops provided via Zoom, generally on the 2nd Wednesday of the month.
- Times: 12:30pm Pacific / 1:30pm Mountain / 2:30pm Central / 3:30pm Eastern; one hour long.
- Registration link will be sent via email 3 weeks before the date.
- Must register one week prior to start to receive Workshop materials delivered via US Mail.

Why Chair Yoga Benefits People of Every Age and Body Type

Written by Kimberly Drake and Mandy Armitage, MD; *goodrx.com*; May 20, 2024

From pain relief to better flexibility, the benefits of yoga are well documented. So it's no surprise that more than 90% of Americans who practice yoga do it for better health and wellness. But for some people — including those with limited mobility or a chronic condition like arthritis or heart disease (*Editor – or neuropathy*) — it may be difficult to practice traditional yoga.

For people who struggle with traditional yoga, chair yoga can be a great alternative. Learn what chair yoga is and how to practice it, including key poses to get you started, below.

What is chair yoga? Chair yoga is a modified practice that involves doing poses while seated or using a chair for balance. In 1982, yoga instructor Lakshmi Voelker-Binder developed chair yoga to provide an accessible option for a student with arthritis. Chair yoga includes the same elements as traditional yoga, including physical poses (asanas), meditation (dyana), and breathing techniques (pranayama). But the gentle practice modifies standard yoga poses so that you can do them while sitting in a chair or standing and using a chair for balance.

Most yoga poses — such as twists, backbends, and forward folds — can be adapted for chair yoga. So many studios offer chair yoga classes or traditional yoga classes that include seated modifications to fit a variety of abilities.

Consider the following potential benefits of chair yoga:

Increased balance and flexibility Maintaining balance and flexibility is critical for health and well-being. It can reduce your risk of injury and help you stay independent as you age. This is critical, as 3 million older adults go to the emergency room for fall-related injuries every year.

In a 2010 study, older adults in a retirement community practiced yoga twice a week for 12 weeks. They completed most poses while sitting in a chair or standing and using a chair for balance. At the end of the study, participants had better lower body flexibility and static balance. They also had less fear of falling and more confidence in their physical abilities.

Improved muscle tone and strength According to studies, traditional yoga can improve strength in people of all ages. And a 2021 review found that chair yoga can help older adults develop and maintain muscle strength. The researchers conducting the review also found that chair-based exercise improves upper and lower body function. This is important because muscle mass declines with age. And that decline may be accompanied by a loss of strength and function in older adults.

Boosted mood and mental well-being Practicing yoga may result in mental health benefits like less anxiety and a better mood. Evidence suggests that these benefits apply to many yoga styles, including chair yoga. In a small-scale study, older adults took chair yoga classes once a week. After 3 months, they reported improvements such as less stress, better mood, and fewer panic attacks. They also saw a boost in their overall health, physical function, and social well-being.

Better management of chronic conditions Seated yoga may help people manage chronic health conditions like Type 2 diabetes. For example, a small pilot study looked at the effects of a 10-minute chair yoga program in people with diabetes. Participants in the study received standard care, and a randomized control group was encouraged to incorporate the program into their daily lives. After 3 months, those in the control group showed improvements in their blood sugar, heart rate, and blood pressure.

Reduced chronic pain Roughly 7% of adults experience chronic pain that affects their daily lives. Ongoing research shows that yoga may be an effective alternative to medication for chronic pain management. For example, according to one study, practicing chair yoga may help older adults reduce pain and fatigue from osteoarthritis.

What are the best chair yoga poses for beginners? These five beginner-friendly poses can help you get started with your chair yoga practice. Just be sure to use a sturdy chair and remember to listen to your body.

1. Chair forward fold The chair forward fold pose helps stretch the lower back and legs. You can try seated forward fold variations or begin with the standard method, which is described below.

Step 1: Sit upright in a chair with your knees bent at a 90-degree angle and your arms straight down at your sides.

Step 2: Exhale, and slowly lean forward, moving your core toward your lap and your hands toward the floor.

Step 3: Rest your hands on the floor (or near the floor if they don't fully reach), and feel the stretch.

Step 4: Inhale and slowly raise yourself back to the starting position.

– Continued on page 5

2. Chair cat-cow Gentle and easy to do, the chair cat-cow pose helps improve flexibility in the spine. It may also reduce back, shoulder, and neck pain.

Step 1: Sit upright in a chair with your knees bent at a 90-degree angle and your hands on your knees.

Step 2: Inhale as you open your chest, move your shoulders back, and arch your back.

Step 3: Exhale as you bring your chin toward your chest, rounding your back and shoulders.

Step 4: Repeat 10 times in both directions.

3. Chair twist The chair twist pose is great for lengthening your spine and enhancing flexibility. It may also help manage upper and lower back pain.

Step 1: Sit upright in a chair with your knees bent at a 90-degree angle and your hands on your lap.

Step 2: Turn your upper body to the right, holding the back of the chair for support.

Step 3: Hold the position to feel the twist, and then repeat on the left side.

4. Chair pigeon Like the traditional version, the chair pigeon pose can help manage pain and mobility issues related to hip arthritis.

Step 1: Sit upright in a chair and bring your right leg over your left leg, so that your right ankle rests on your left thigh.

Step 2: Hold the position to feel the stretch in your right thigh, and then repeat on the left side.

5. Chair downward dog If you have trouble with the standard version of downward dog, chair downward dog is a great alternative. It delivers the same stretching and strengthening benefits for your shoulders, lower back, and legs. And instead of sitting for this pose, you stand and use a chair for support.

Step 1: Stand upright with your arms at your sides, facing the seat of a chair.

Step 2: Slowly bend forward, and place your hands on the chair's seat.

Step 3: Hold the pose before returning to the starting position.

Who should do chair yoga? Anyone can enjoy chair yoga. But the modified practice may be ideal for certain groups, including:

People 65 and older: Chair yoga for older adults is a safe, low-impact exercise that can promote healthy aging. The adaptability and benefits, such as a reduced risk of falls and better functional mobility, may make the practice particularly appealing to older adults.

People with chronic health conditions: Growing research indicates that a seated yoga practice can help people manage chronic diseases — and related pain — such as arthritis, diabetes, and dementia.

People with limited mobility: Seated yoga poses make the benefits of traditional yoga accessible to people with mobility concerns. For example, chair yoga has been shown to help people with multiple sclerosis and those recovering from spinal cord injuries.

How often should you practice chair yoga? There is no official guideline on how often you should practice chair yoga. However, the CDC recommends that adults 65 and older get 2 days of strengthening exercises and 3 days of balance activities every week. And practicing chair yoga two to three times a week can be a good place to start.

Remember that some amount of exercise is better than none. In fact, research shows that even infrequent yoga sessions may benefit older adults.

The bottom line Chair yoga is a modified version of traditional yoga that offers similar physical and mental health benefits. The mostly seated practice can be an excellent option for people of all ages and abilities. But it's especially well-suited for older adults, people with mobility issues, and those who sit at a desk for extended periods. It's best to talk to a healthcare professional before starting chair yoga, especially if you have any health concerns or conditions.

Lyrica vs Gabapentin: What's The Difference? Carmen Pope, BPharm; *drugs.com*; April 28, 2025

Both Lyrica and gabapentin are used as anti-epileptic medications and to treat nerve pain. But there are several differences between them. The main differences between Lyrica and gabapentin are:

- **Lyrica** is a brand name for pregabalin. **Gabapentin** is a generic name - brands of gabapentin include Neurontin, Gralise, and Horizant. Gabapentin is not the same as pregabalin, even though they both belong to the same class of medicine, called gabapentinoids, and work similarly
- Lyrica and Lyrica CR are the only brands of pregabalin. Neurontin is a brand name for gabapentin. Other brands of gabapentin include Gralise and Horizant
- Lyrica and gabapentin are not interchangeable (you cannot switch between them without your doctor's advice). Even some brands of gabapentin are not interchangeable, for example, gabapentin enacarbil (brand name Horizant) is not interchangeable with Gralise (gabapentin [once-daily formulation])
- Lyrica may also be used to treat neuropathic (nerve) pain associated with diabetic peripheral neuropathy or postherpetic neuralgia, spinal cord injury, and fibromyalgia. Gabapentin may also be used to treat nerve pain caused by shingles (herpes zoster) and gabapentin enacarbil, brand name Horizant, is also approved for restless legs syndrome (RLS). Gabapentin may also be used for off-label conditions as well
- Lyrica is more likely than gabapentin to cause side effects such as dry mouth, constipation, swelling (edema), breast enlargement, or weight gain
- Gabapentin is more likely than Lyrica to cause side effects such as difficulty speaking, fever, an increased risk of viral infections, unusual eye movements, or jerky movements
- Lyrica is absorbed faster and starts working more quickly than gabapentin. Lyrica reaches its peak concentrations within an hour of being taken, whereas it takes 3 to 4 hours for gabapentin to reach its peak concentration
- There is some evidence that Lyrica may have a higher addiction potential than gabapentin due to its faster absorption and onset of action
- Although both drugs have similar interactions, gabapentin may also interact with NSAIDs, such as ibuprofen, naproxen, and diclofenac

Because Lyrica and gabapentin belong to the same class of medicine (gabapentinoids), they have many similarities, for example:

- A shared mechanism of action (the way the medicines work), although experts are not exactly sure what the mechanism of action is, they suggest it is through binding to certain pathways in the nervous system. Even though both are structurally like gamma-aminobutyric acid (GABA), they do not bind to GABA or benzodiazepine receptors
- Both Lyrica and gabapentin have been associated with misuse and in some countries they are classified as controlled substances. Lyrica is classified as a schedule 5 controlled substance in the United States. Gabapentin is not classified as a controlled substance at a Federal level, however some states in the U.S. have classified gabapentin as a controlled substance at a state level. The states that have classified gabapentin as a controlled substance are Kentucky, Virginia, West Virginia, Michigan, and Tennessee. States that include gabapentin in their prescription drug monitoring programs include Minnesota, Ohio, Illinois, Massachusetts, and Wyoming
- Some side effects, such as dizziness, drowsiness, loss of balance or coordination, problems with memory or concentration, tremors, and vision problems (blurred vision or double vision) have been reported with both medicines
- Both Lyrica and gabapentin have been associated with withdrawal syndromes on discontinuation

It's important to note that the gabapentinoids are unusual among medications in that they are not metabolized by the liver, but are instead excreted almost whole through the kidneys, so use of them is dependent upon adequate kidney function. – Glenn Ribotsky, WNA President

8 Neuropathy Supplements for Nerve Pain Relief Amy Brownstein, MS, RDN; March 07, 2025

Anti-inflammatory and antioxidant supplements may reduce nerve damage and improve symptoms of neuropathy. However, whether research supports the use of these supplements for neuropathy is not well established.

Some supplements may help manage neuropathy.

1. Acetyl-L-Carnitine is a naturally occurring amino acid. It reduces the number of pro-inflammatory molecules in the body and helps produce proteins that protect neurons. Benefits include:

- Protecting nerve cells
- Regenerating injured nerves and restores function
- Reducing pain in people with diabetic neuropathy (however, the benefits did not persist after six to 12 months)

Additional studies are necessary to understand how acetyl-L-carnitine impacts neuropathy and whether the benefit depends on the type of neuropathy.

2. Alpha-Lipoic Acid (ALA) is an omega-3 fatty acid and antioxidant. Benefits include:

- Reduces inflammation and supports nerve blood flow and signaling.
- Decreased pain intensity and perceived pain
- Reduces symptoms of diabetic neuropathy, specifically burning, pain, and numbness

ALA is relatively safe and well tolerated, though it may interact with blood thinners, thyroid medications, and antidiabetic medications.

3. B Vitamin deficiencies lead to neuropathy, so getting enough B vitamins is essential to improve neuropathy symptoms. Benefits include:

- Reduces neuropathy symptoms according to some clinical trials
- Helps produce neural membranes
- Helps with nerve function

Thiamine (B1), pyridoxine (B6), folate (B9), and cobalamin (B12) are linked with neuropathy. Maintaining adequate levels of these B vitamins prevents nutritional neuropathies (neuropathy caused by a lack of nutrients).

4. Capsaicin is the compound in chili peppers that makes them spicy. Over-the-counter creams containing 0.075% capsaicin or high-dose patches with 8% capsaicin are the most common and effective supplements. Creams containing less than 0.075% capsaicin are ineffective. Benefits include:

- Preventing nerves from sending pain signals
- Treating peripheral neuropathy
- Providing moderate pain relief from HIV-related or postherpetic neuropathy (a common complication of shingles)

Capsaicin can cause itching, burning, or redness at the application site and may interact with certain medications.

5. Cannabidiol (CBD) is a compound found in the marijuana plant. Unlike other compounds in marijuana, CBD does not cause a sense of euphoria (a “high”). It may be beneficial in managing neuropathy. Benefits include:

- Reducing and blocking inflammatory markers associated with neuropathy
- Reducing the development of neuropathic pain
- Reducing in intense, sharp, cold, and itchy pain sensations

The 2018 Agriculture Improvement Act legalized cannabidiol derived from hemp at the federal level. However, cannabidiol remains on the controlled substances list for some states. Please be mindful of your state’s laws about CBD use and avoid use if it is not legal in your area.

6. Coenzyme Q10 (CoQ10) plays an essential role in supporting mitochondria (the cell’s powerhouse) function through its anti-inflammatory and antioxidant properties. Benefits include:

- Decreasing inflammatory molecule levels
- Increasing antioxidant production
- Protecting neurons from dying
- May improve pain and sleep

CoQ10’s side effects are generally mild and include insomnia and digestive issues. Few severe side effects have been reported. Consult with your healthcare provider before starting CoQ10 to determine your proper dosage.

7. Gamma-Linolenic Acid (GLA) is an omega-6 essential fatty acid. GLA can be obtained from the diet via borage, black currant oil, and evening primrose oil. Benefits include:

- Decreasing blood pressure
- Reducing the number of pain sites
- Improving movement

Supplementation is not recommended if you have elevated triglycerides because omega-6 fatty acids can further raise levels.

8. Magnesium is a mineral involved in many bodily processes, including muscle and nerve function. Benefits include:

- Reducing pain
- Improving movement
- Treating peripheral neuropathy caused by shingles

Magnesium may interact with certain medications, so speak to a healthcare provider before using this supplement

In the United States, the Food and Drug Administration (FDA) does not regulate supplements like prescription drugs. This means some supplement products may not contain what the label says. When choosing a supplement, look for independently tested products and consult a healthcare provider, registered dietitian nutritionist (RDN or RD), or pharmacist.



Coping Mechanisms

Coping Strategies for People with Peripheral Neuropathy

Living with peripheral neuropathy can be challenging, especially when your symptoms aren't visible to others. Here are practical strategies to protect your physical and emotional well-being:

1. Speak to your physician.

- Be specific about how neuropathy affects your daily life (e.g., missed work, disrupted activities), not just the pain level.
- Clear examples help your physician understand the impact and offer more targeted support.

2. Prepare your brief explanation

- Draft a short statement to explain your condition, such as: "I was diagnosed with peripheral neuropathy, which affects my [mobility/feeling/thinking]. Here's how you can help..."
- Having this ready can reduce anxiety and miscommunication.

3. Don't compare.

- Every case of neuropathy is different. Avoid comparing yourself with others, and ignore unhelpful comparisons.

4. Educate Yourself and Others

- Use trusted resources like WNA's website www.pnhelp.org to learn about neuropathy.
- Share information cards or brochures with friends and family to help them understand your experience.

5. Set Boundaries

- Clearly communicate what you can and cannot do. Offering alternatives helps others understand your needs and limitations.

6. Accept Help

- Make a list of tasks others can assist with. Accepting help is a sign of strength, not weakness.

Remember: You're not alone.

Empower yourself and those around you by sharing information and seeking support.



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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.

This newsletter provides educational information only and is not a substitute for professional medical advice, diagnosis, or treatment. Western Neuropathy Association does not endorse any treatments, medications, or products discussed herein. Always consult a qualified neurologist or healthcare provider regarding your specific condition. Personalized care from a provider who knows your medical history is essential for optimal health outcomes.

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