



WESTERN NEUROPATHY ASSOCIATION

October 2015
Issue 10
Volume 13

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WESTERN
NEUROPATHY ASSOCIATION
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www.pnhelp.org

Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

VITAMINS FOR HEALTH

By Danielle LaFlash (with references from *Nutrients for Neuropathy* by John A. Senneff)

Danielle is the incoming leader for the Redwood City Neuropathy Support Group. She has been active in the group for a while and Stan Pashote, who started the group and built it over the past years, is delighted she is ready to take this role. Stan has been crossing the South Bay from his home in Fremont to lead this group and they will now have a leader that lives in the area. We are so appreciative of his determination to see an active group on the Peninsula after a number of years of several others trying before he took the challenge.

- The author (John A. Senneff) reviewed and summarized numerous clinical and laboratory studies in humans and animals.
- The emphasis in the chapter on vitamins relates only to those vitamins for which there is “credible scientific evidence that supplementation might or will provide neuropathic benefits.”

Who Is This Information For?

Anyone who may have neurologic manifestations of B vitamin deficiency. Possible symptoms include weakness, poor balance, confusion, irritability, memory loss, nervousness, tingling of the limbs, loss of coordination, sleep disturbances, nausea, poor appetite, and frequent infections (to name a few).

What Are Vitamins?

- Vitamins are organic nutrients vital for proper growth and maintenance of health.
- The function of vitamins is to act as enzymes or catalysts or co-factors in chemical reactions during cell production, tissue repair, and other vital metabolic processes.

Fat Soluble vs. Water Soluble

Fat Soluble

- Are absorbed by the body using processes that closely parallel the absorption of fat.
- Fat soluble vitamins can remain in body tissues after being ingested and absorbed.
- Vitamins A, D, E, and K are fat soluble.
- Note: Fat Soluble Vitamins can be toxic if too much is taken.

Water Soluble

- Water soluble vitamins are readily flushed from the body. Therefore, they need to be replenished frequently.
- Vitamins B and C are examples of water soluble nutrients.

Editor's Note: Benfotiamine is a fat soluble form of B1. It is in the Neuropathy Support Formula.

What Is the Best Way to Get Your Vitamins?

- Food is the best source of vitamins. Start by eating foods that are high in the nutrients we need. Good sources of information on the nutritional offerings of foods can be found on the Internet. The author of *Nutrients for Neuropathy*, John A. Senneff, notes a book, the *Nutrition Almanac*, has a “Table of Food Composition” that lists complete nutritional analysis of more than 1600 foods.

Why Take Vitamins?

If one can get vitamins from the foods eaten then, why take vitamins?

- A balanced diet is sometimes difficult to achieve.
- Vitamin supplements often yield higher efficiencies of digestion and absorption because they are more concentrated. The vitamins in foods are bound to other substances.
- People with PN (and other health concerns) may need therapeutic amounts of vitamins not available in normal amounts of foods.

What Form of Vitamin Is Best?

- Is taking B Vitamins in pill form as good as receiving them intravenously or by injection?
- The author cites several studies that concluded oral administration was comparable to IV or injection.
- In simple terms, the answer is YES. The effectiveness of the pill form of vitamins is comparable to other routes of administration.

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Roster of Our WNA Information and Support Groups

2015 WNA Board of Directors

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

Bev Anderson
Editor

Newsletter Design by

 Diane Blakley
Designs

CALIFORNIA

Alturas

For information call:
Bev Anderson (877) 622-6298

Antioch-Brentwood

3rd Wednesday, 2 PM- odd numbered months
Antioch-Kaiser
AMC-1H2 (from hospital lobby)
Bev Anderson 877-622-6298

Auburn

Next Meeting Oct. 5
1st Monday, 11 AM
Woodside Village MH Park
12155 Luther Road
Sharlene McCord (530) 878-8392

Bakersfield

For information call
Bev Anderson 877-622-6298

Berkeley-Oakland

3rd Wed., 3-4 PM
North Berkeley Senior Center
1901 Hearst Ave.
Kathleen Nagel (510) 653-8625

Carmichael - Eskaton

2nd Tuesday, 1:30 PM
Eskaton, 3939 Walnut Ave.
Karen Robison (916) 972-1632
*Call Karen before coming as it is a gated
community and sometimes the day/time
changes. She welcomes newcomers!*

Carmichael - Atria

3rd Thursday, 6 PM
Atria, El Camino Gardens
2426 Garfield, Ave.
Tanysha Kaye (916) 488-5722

Castro Valley

2nd Wednesday, 1:30 PM
First Presbyterian Church
2490 Grove Way (next to Trader Joe)
Judson Leong (510) 581-6697

Clearlake

For information, call
Bev Anderson (877) 622-6298

Concord

3rd Thursday, 1:30 PM
First Christian Church
3039 Willow Pass Road
Wayne Korsinen (925)685-0953

Crescent City

For information call:
Bev Anderson (877) 622-6298

Davis

2nd Tuesday, 3:30-5:00 PM
Davis Senior Center
646 A Street
Mary Sprifke (530) 756-5102

Elk Grove

2nd Tuesday, 1 PM
Elk Grove Senior Center
8830 Sharkey Avenue
Roger White (916) 686-4719

Eureka

For information call:
Earlene (707) 496-3625

Folsom

2nd Thursday, 12:30 PM- odd numbered months
Journey Church
450 Blue Ravine Rd.
Bev Anderson (877) 622-6298

Fort Bragg

For information call:
Bev Anderson ((707) 964-3327

Fresno

3rd Tuesday, 11:00 AM
Denny's Restaurant
1110 East Shaw
Marvin Arnold (559) 226-9466

Garberville

For information call:
Bev Anderson (877) 622-6298

Grass Valley

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

Jackson

For information, call
Bev Anderson (877) 622-6298

Lakeport

Lakeport Senior Center
507 Konocti Ave.
Mito Shiraki (707) 245-7605

Lincoln

For information call:
Bev Anderson (877) 622-6298

Livermore

4th Tuesday, 10 AM
Heritage Estates
900 E. Stanley Blvd.
Sandra Grafrath (925) 443-6655

Madera

For information, call
Bev Anderson (877) 622-6298

Merced

2nd Thursday, 1 PM
Central Presbyterian Church
1920 Canal Street
(The Hoffmeiser Center across the
street from the church)
Larry Frice (209) 358-2045

Modesto

3rd Monday, 10:30 AM
Trinity United Presbyterian Church
1600 Carver Rd., Rm. 503
Monte Schrader (209) 531-3838

Monterey

3rd Wed., 10:30 AM-odd numbered months
First Presbyterian Church
501 El Dorado Street
Dr. William Donovan (831) 625-3407

Napa

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

Oxnard

For information call:
Bev Anderson (877) 622-6298

Placerville

For information, call
Bev Anderson (877) 622-6298

Quincy

1st Thursday, 1 PM
Our Savior Lutheran Church
298 High St.
Stacey Harrison (530) 283-3702

Redding

For information call:
Tiger Michiels (530) 246-4933

Redwood City

4th Tuesday, 1 PM
Sequoia Hospital Health and
Wellness Center
749 Brewster Avenue
Stan Pashote (510) 490-4456

Roseville

2nd Wednesday, 1PM - odd numbered months
Sierra Point Sr. Res.
5161 Foothills Blvd.
Bev Anderson (877) 622-6298

Sacramento

3rd Tuesday, 1:30 PM
Northminster Presby. Church
3235 Pope Street
Charles Moore (916) 485-7723

Salinas

Contact Bill Donovan (831) 625-3407

San Francisco

4th Thursday, 10 AM
UC-San Francisco Med Ctr.
400 Parnassus Avenue
Amb. Care Ctr. 8th Fl., Rm A888
Y-Nhy (e nee) Duong
Nhy-y.duong@ucsf.edu

San Jose

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

San Rafael

3rd Wednesday, 1 PM
Lutheran Church of the Resurrection
1100 Las Galinas Avenue
Scott Stokes (415) 246-9156

Santa Barbara

4th Saturday, 10AM - odd numbered months
The First Methodist Church
Garden & Anapamu
Shirley Hopper (805) 689-5939

Santa Cruz

3rd Wednesday, 1PM- odd numbered months
Trinity Presbyterian Church
420 Melrose Avenue
Mary Ann Leer (831) 477-1239
maleer@comcast.net

President's Message

By Bev Anderson



If you have benefited from membership in this organization as Northern California Chapter, Pacific Chapter, or Western Neuropathy Association, it is the same organization with the same mission statement as we prepared for our Articles of Incorporation in May 2001. If you have a story that tells of how you have been helped due to your participation in the Association, we'd really like to hear from you. Stories of positive help and outcomes are like gold when an organization is communicating why it is worth supporting. Grant funders demand this. Your experience might open a door to a donor or grantor's heart and produce funds beyond what you might be able to give otherwise.

If you have a positive story to tell us about how you were helped, please mail it to Bev Anderson, WNA, P.O. Box 276567, Sacramento, CA 95827-6567 or e-mail it to info@pnhelp.org.

You may wonder what the Board of Directors does at its monthly Board meetings. Standing agenda items include review and approval of the minutes of the previous meeting, the President's Report, and the Treasurer's Report. We also discuss current and future activities. We are currently identifying responsibilities for strategic plan goals and tasks, preparing to exhibit at the Occupational Therapy Association of California annual conference and making physician presentations, as well as selecting final designs for T-shirts. We will order the t-shirts on demand so that we don't have the expense of having an inventory beyond some samples.

Plans are also starting for the April, 2016 Annual Conference. It likely will not be in the same facility

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WNA Information and Support Groups – continued from page 2

Santa Maria

For information call
Bev Anderson (877) 622- 6298
or Mary (805) 344-6845

Santa Rosa

1st Thursday, 10:30 AM
Santa Rosa Senior Center
704 Bennett Valley Road
Larry Metzger (707) 541-6776

Sonoma

For information, call
Bev Anderson (877) 622-62988

Sonora

For information, call
Bev Anderson (877) 622-6298

Stockton

For information, call
Bev Anderson (877) 622-6298

Susanville

For information call:
Bev Anderson (877) 622-6298

Thousand Oaks Region

For information, call
Bev Anderson (877) 622-62988

Truckee

For information call:
Bev Anderson (877) 622-6298

Tulare-Visalia

For information call
Bev Anderson (877) 622-6298

Turlock

3rd Monday, 1 PM- odd numbered months
Covenant Village Adm. Bldg. Classroom
2125 N. Olive St.
Joanne Waters (209) 634-0683

Ukiah

Last Tuesday, 5:30 PM
North Coast Opportunities (NCO)
413 N. State St.
Carole Hester (707) 972-2795

Walnut Creek

4th Friday, 10 AM
Rossmoor, Hillside Clubhouse
Las Trampas Room
David Woods (925) 287-8100

West Sacramento

No meeting until new leader is found
Sandra Vinson (916) 372-6093
slvins11@gmail.com

Woodland

2nd Tuesday, 1:00 PM
Woodland Comm & Senior Center
2001 East Street
Elizabeth Chaudhry (530) 661-3859

Yreka

For information call
Bev Anderson (877) 622-6298

Yuba City-Marysville

For information call
Bev Anderson (877) 622-6298

NEVADA

Reno-Sparks

For information call
Bev Anderson (877) 622-6298

OREGON

Brookings

For information, call
Robert Levine (541) 469-4075

Grants Pass

3rd Wednesday, 10:30 AM
Three Rivers Medical Center
500 S.W. Ramsey Ave.
Carol Smith (541) 955-4995

Medford

For information, call
Bev Anderson (877) 622-62988

Portland

For information call
Bev Anderson (877) 622-6298

Salem

3rd Monday, 6:30 PM
Community Health Education Center
Salem Hospital Campus, Bldg. D
890 Oak Street SE
Michael (503) 857-3508
newsfosalem@gmail.com

Help With Health Care Challenges

If the number is not in your area, call the one listed and ask for the right number.

Medicare

www.Medicare.gov

•••

The Affordable Health Care Act

For current information go to
www.HealthCare.gov

•••

HICAP Health Insurance Counseling

for seniors and people with disabilities.
www.cahealthadvocates.org
/HICAP/

Call (800) 434-0222 to ask a question or to make an appointment.

•••

Health Rights Hotline

Serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage.
Tollfree (888) 354-4474
or TDD (916) 551-2180.
In Sacramento, (916) 551-2100.
www.hrh.org.

•••

HMO Help Center

Assistance
24 hours a day, seven days a week.
(888) HMO-2219
or (877) 688-9891 TDD

•••

DRA's Health Access Project Free publications about the health care, insurance rights and concerns of people with disabilities and serious health conditions. For more information, go to <http://dralegal.org/> and click on "Projects".

DISCOUNTS FOR WNA MEMBERS

The following companies or individuals have agreed to give WNA a discount to WNA members. Give them a call or visit. If you choose to purchase the service or wares of any on this list, pull out your PCNA/WNA Membership Card and claim the discount.

Anodyne Therapy

Infrared Light Therapy equipment - **\$50 off Model Freedom 300 (single leg at a time) and \$50 discount on Model 120 that does both legs at the same time.** Contact: 800-521-6664 or www.anodynetherapy.com

HealthLight Infrared Light Therapy equipment - **10% off Single Boot System and Dual boot system.**

Contact: 888-395-3040 or www.healthlight.us

Auburn

The Footpath

825 Lincoln Way
(530) 885-2091
www.footpathshoes.com
PCNA Discount: 10% off the regular price shoes.

Elk Grove

Shoes That Fit

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

Fortuna

Strehl's Family Shoes & Repair

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

Sacramento

Midtown Comfort

Shoes

3400 Folsom Blvd.
(916) 731-4400
PCNA discount: 15% on the regular price.

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SEVERE NEUROPATHY DUE TO INHALANT ABUSE IN ADOLESCENTS FROM PRETORIA

This is a report of a study in Pretoria, South Africa, that youth engaged in “sniffing” benzene in various ways over a period of months were showing symptoms of neuropathy so severe that it was thought Guillain-Barre Syndrome at first. Other substances were also

“sniffed” in the period of time. There was severe muscle atrophy. Two of the four were wheelchair bound and two had to have help with daily living.

Recommendation: Additional information given by schools of the danger of “sniffing.”

FOOD INTERACTIONS WITH MEDICATIONS

Info from Consumer Reports, “If you’re taking this drug, don’t eat that” December 2014

- If you take ACE inhibitors – don’t eat bananas. Bananas can cause a potassium overload that can cause heart problems.
- If you take cholesterol lowering statins – abstain from grapefruit and grapefruit juice. Some other drugs don’t mix with this either. Be sure to check with your pharmacist.
- If you take warfarin (Coumadin), stay away from kale and other greens. These are high in vitamin K which encourages blood to clot. You can have a small amount. Decide how much you want on a regular basis and balance your medication intake to that

with the help of the clinic that advises you after each blood test.

- If you take monoamine oxidase inhibitors be wary of pickled, smoked, cured, and fermented foods. They can raise blood pressure dramatically.
- If you are taking a tetracycline antibiotic be careful of dairy products as is usually listed on the instructions. The dairy products interfere with absorption of the antibiotic.
- If you take levothyroxine be careful of walnuts and high fiber food. You may need higher dose to allow a high fiber diet.

COMMON SYMPTOMS OF PERIPHERAL NEUROPATHY

FROM www.neuropathyjournal.org

- 1) Severe strange pains in your feet, legs, hands and other parts of the body; including “crawling insects” under your skin;
 - 2) Balance is difficult when walking, getting dressed, getting out of bed or whenever you close your eyes;
 - 3) Numbness / heavy / cardboard / heavy cement feeling/ Novocain feeling in your feet and legs;
 - 4) Tingling or “vibration” like feelings in your feet and hands;
 - 5) Electric shocks starting at the bottom of your feet/foot that shoot up your leg(s) and on almost any part of the body;
 - 6) Bone pain especially in the feet on walking or standing;
 - 7) Painful muscle spasms/cramps;
 - 8) Skin may become painful to touch -- loss of the feeling of touch; with Agent Orange, skin rash;
 - 9) Burning sensations in your feet and hands;
 - 10) Loss, or lessening, of sensation for hot and cold;
 - 11) Feeling like you are wearing socks when you are not;
 - 12) The feeling you are walking on crumpled socks or stones;
 - 13) Feet feel swollen or large;
 - 14) Difficulty moving your hands or feet;
 - 15) A feeling of clumsiness, tripping (foot drop) or dropping things;
 - 16) Attacks of daily severe exhaustion with strange fatigue.
- In more severe case of Peripheral Neuropathy you may also experience the following:
- 17) Problems with not sweating in lower body with excessive sweating in upper body;
 - 18) Digestive (fullness; alternating diarrhea / constipation) and/or urinary problems (overflow incontinence);
 - 19) Sexual problems (loss of sensation/feeling/moisture);
 - 20) A tightening of your chest with an increased difficulty in breathing and/or swallowing; uncorrectable vision problems.

SACRAMENTO GROUP MAY NOTES

By Georgia Richardson

The May meeting was opened at 1:30 p.m. by leader Charles Moore. He introduced the speaker Sonya Wells, a pharmacist for 27 years who suffers from peripheral neuropathy (PN). In her profession as pharmacist, Sonya needs to be on her feet most of the time and because of her PN standing becomes unbearable. She told the group that she wears Z-Coil shoes that ease her pain. Also, support hose are helpful. Members of the group complained about the difficulty of putting on support hose. Sonya suggested using rubber gloves to put them on.

As she shared her journey with PN management, she said she takes pharmaceuticals, Neurontin and Cymbalta. Sonya also suffers from fibromyalgia. The abnormality of nerve conduction resulting from this disorder contributes to PN. She spoke about pain and its

causes and common analgesics used to manage it. These included calcium blockers, nsoids,* and opiates. She said that medications to treat each patient must be individualized, taking into account potential side effects and drug interactions. Because most of the drugs used can potentially cause sedation, it is customary to begin therapy with small amounts and gradually escalate as needed and tolerated. Drugs that provide some relief but not controlling pain adequately may be maintained in some cases and another drug added to the regimen. She experiences balance problems common to most PN sufferers, and explained why some prescription medicines used to treat seizures and depression are now prescribed for PN patients. These include amitriptyline, nortriptyline, desipramine, duloxetine, and venlafaxine.

President's Message – Continued from page 3

as we need more space – this last conference was the highest attendance we have had in some while. But we do like to hold the event in the same general area for at least two consecutive years. There are some good space possibilities in the Vacaville area, for example. We want it to be a more medically interactive event so we will be working on questions we or the medical community might have together. Be thinking of what you would like to know about neuropathy and ideas for research. We'd like to choose a topic that most can agree is a top priority and see what kind of answers we can get from researchers dealing with that topic.

The Board is in a period of revising and updating our infrastructure, which means policies, standing rules, and the strategic plan for the next three years. These will all be posted on our website. A few policies that relate directly to members will likely be included in newsletters. If you have ideas of where you think WNA should focus its resources in the next few years, please send your ideas and recommendations to the address listed herein or on the last page of this newsletter. We will respond so you will know we received it and it will be included in the considerations.

A great, big thank you to all who have sent in dues to join, renewed your membership, and/

or contributed to The Western Neuropathy Association in response to the letter you received. If you didn't receive that letter, please let our office team know. Email them at admin@pnhelp.org or call toll-free at 1-888-556-3356. One year, I paid my dues in August which was early as they were not due until the following January like most people that have been members for a while. I like paying them in August better than in January and I didn't mind making a contribution of a few extra months. This is a suggestion that you too can choose the month you want your dues to be due. Just pay the dues in that month and they will be due again the same month the next year. Please don't let your dues lapse to do this. Do encourage people you know and others in your support group to join if they are not members now.

Bea

"Every 2 days more data is created than was created from the dawn of civilization until 2003."

"The human brain appears to work slower in old age," said Dr. Michael Ramscar, "but only because so much information has been stored over time. Older people simply know more, so selecting a correct choice from the trove of stored data may take a bit longer."

DISCOUNTS FOR WNA MEMBERS

Continued from page 4

West Sacramento Beverly's Never Just Haircuts and Lilly' Nails
2007 W. Capitol Ave, West Hair-(916) 372-5606
Nails-(916) 346-8342
PCNA discount: 10% off the regular price.

Neuropathy Support Formula

(1-888-840-7142) is a supplement that a sizable number of people are taking and reporting it has helped them. The company gives members of WNA a discount and free shipping. The 30-day supply is \$40 (normally \$49.97). It can be auto-shipped monthly for the same. A 3-month supply via auto-ship is \$95.00. They also have a Nerve Repair Optimizer that is available for \$20 with free shipping. Marsha, the manager, said that if anyone wants more information about the product, they can call and ask for her. If she is not readily available, leave your number and she will call you back.

Free DVD on "Coping with Chronic Neuropathy", introduced by Dominick Spatafora of the NAF and endorsed by major university neurologists, is available by contacting the Neuropathy Support Network at www.neuropathysupportnetwork.org/order-neuropathy-dvd.html

Additional Discounts

Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call (877) 622-6298 or e-mail info@pnhelp.org.

We'll mail an agreement form to the business, and once we have it, we'll add them to this list.

Vitamins For Health - Continued from page 1

Vitamin B1 (Thiamine)

- Is used by the body to convert amino acids, fats, and carbohydrates into energy.
- Is of key importance in synthesis of Acetylcholine (aids in nerve impulse travel).
- Helps maintain nerve cell membranes.
- Vital for blood production and immune function.
- Helps keep skin and hair healthy.
- Only about 30 milligrams (mg) is stored in the body ... about 3 weeks' worth in healthy body.
- Deficiencies affect nerve and cardiac tissues because B1 molecules in these tissues are "easy" to steal.
- B1 deficiency can manifest as Wet or Dry Beriberi. The primary symptom of Wet Beriberi is Congestive Heart Failure. Dry Beriberi primary symptom is PN.
- The Vagal nerve (innervates GI tract, heart, and larynx) can be particularly affected by B1 deficiency.
- Allithiamine (fat soluble B1) has been found to be superior to water soluble B1.)

Editor's Note: I have taken the water soluble type for many years at the recommendation of a doctor about 50 years ago. It used to be on the shelf with other vitamins. Now you have to ask for it. Pharmacists usually have it as some doctors prescribe it. I use the Raley's Pharmacy and order it. Now they usually have it on their back shelf so it is available. I get a bottle of 100 – 100 mg. tablets. It is quite inexpensive, usually a little over \$3.00. I take one a day.

Group Study (B1/B6)

- Study of 200 patients with peripheral neuropathy.
- Group A – 100 patients received 25mg/day of B1 and 50mg/day of B6.
- Group B – 100 patients received 1 mg/day of B1 and 1mg/day of B6.
- Results: Four weeks after starting treatment almost one half of Group A responded favorably in that symptom severity of pain, numbness, tingling and pins/needles, and impairment of lower extremity sensation was less. Only 11% of Group B had improvement.

Vitamin B2 (Riboflavin)

- Helps convert B6 to a usable form.
- Helps to generate Glutathione, an enzyme that acts as our most significant antioxidant (also needs Vitamin E, selenium, and other nutrients)
- Free radicals (oxygen fragments lacking one or more electrons) run around stealing electrons from fats, proteins, or DNA thus damaging them.
- Antioxidant Glutathione works by giving up its electrons thereby restoring the damaged fats, proteins, or DNA.

Case Study (B2)

- Cuba in the early 1900's. 51,000 cases of PN were reported.

- A survey was given to smokers and non-smokers living in Havana.
- Results: The investigation revealed that the huge number of PN cases was precipitated by diets lacking in carotenoids (pigments in red and orange plants) and low dietary intake of B2, coupled with B2 depletion due to smoking.

Vitamin B3 (Niacin/Nicotinic Acid)

- Lowers cholesterol levels.
- Lowers high blood pressure.
- Assists in improving circulation.
- Assists in proper nervous system function.
- B3 has been shown to be particularly helpful in rebuilding myelin sheath in HIV with secondary PN.
- Prolonged sleep deprivation can damage Central Nervous System as a consequence of depletion of Vitamin B3.

Vitamin B5 (Pantothenic Acid)

- Is considered to be the best energy enhancer of all B vitamins.
- Is a valuable anti-inflammatory.
- Is a nutrient needed to make Acetylcholine.
- Is necessary for cholesterol production.
- Activates Adrenal Glands which produce hormones vital to life, i.e. cortisol – metabolism regulation and stress response, and aldosterone – helps control blood pressure.
- Note: 28 out of 33 patients treated with Alpha Lipoic Acid (ALA) for PN showed further improvement with the addition of B5.

Vitamin B6 (Pyroxidine)

- Is important in making Prostaglandins (which have hormone like actions such as assisting oxygen transport in the blood stream).
- Is needed to make more than 100 enzymes involved in protein and red blood cell metabolism.
- A study in Japan of 66 patients on chronic peritoneal dialysis and with PN found a direct correlation between Vitamin B6 deficiency and PN symptoms, particularly in elders. PN abnormalities improved after only one month of B6 supplementation.
- 1997 Tanzinean Study showed that therapeutic dosage of B1 and B6 produced superior outcomes as compared to lower dosage.
- Pyridoxal-5-Phosphate (P5P) is the most metabolically active coenzyme form of Vitamin B6.
- Taking B6 in a sublingual tablet (a tablet that dissolves under the tongue) allows B6 to be absorbed right into the bloodstream (bypasses dilutive effects of stomach acids and liver processing).
- 25 mg of P5P yields about 17 mg of bioavailable Vitamin B6.
- Note: Daily dosage of 200 mg of B6 can cause PN. More is NOT better in this case.

Editor Note: Staying below 50 mg is recommended. Be aware

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PERIPHERAL NEUROPATHY LITERATURE REVIEW By William B. Donovan, M.D.

We can access the National Library of Medicine (NLM) to obtain information on peripheral neuropathy (PN). There are over 100 medical articles a month written on PN.

I review these references and select articles that would appear to be most interesting to us neuropathy sufferers. This is the link to **PubMed** that will take us to the **NLM: www.ncbi.nlm.nih.gov/sites/entrez**

If you are reading this article on the computer, just click on the above link to go there. If you are reading the print edition of the newsletter, type this link into the address bar of the browser on a computer. If you don't know how, get a librarian or friend to help you.

After you get to **PubMed**, you will see a line that says "**Search PubMed**" followed by "**for**" and a space. Every article in the **NLM** is given a **PMID**, an eight digit identification number. I will give you **PMID** numbers of the selected articles. Type the **PMID** into the space after the "**for**" and click on "**Go**" at the end of the space, or press the ENTER key on your keyboard. You will then see a one paragraph abstract of the article appear, as well as links to related articles.

This month's PMIDs:

- 9583771 This randomized controlled trial of analgesia for post-surgical pain in 15 cancer patients found that amantadine (Symmetrel®) 200mg administered intravenously on two occasions a week apart reduced pain by 85%, where placebo

reduced pain by 45% ($p=0.009$).

- 12581262 This double blind randomized placebo controlled crossover study of amantadine 200mg in a single infusion for painful diabetic peripheral neuropathy showed a significant improvement ($p=0.003$) over placebo, sustained for at least a week.
- 14566521 This uncontrolled open 4 week trial of oral amantadine (Symmetrel®) 200mg daily with 19 neuropathic pain patients found intolerable side effects in over half. Only two patients had good or excellent pain relief.
- 14982566 This placebo controlled double blind randomized crossover study of 15 posttraumatic neuropathy patients at the University of Oslo compared dextromethorphan (DM) 270mg with placebo. At high doses of DM light-headedness was a problem for some. Analgesia was achieved with extensive metabolizers indicating that the main metabolite, dextrorphan, was important for analgesia
- 15047649 This study assessed the effectiveness of low-intensity ("cold") laser therapy (LILT) for painful symptoms of diabetic sensorimotor polyneuropathy (DSP). After conducting a randomized double-masked sham therapy, controlled trial of biweekly sensing of either sham or LILT for four weeks, "...results do not provide sufficient evidence to recommend this treatment for painful symptoms of DSP.

Vitamins For Health - Continued from page 6

of any other vitamin combinations you are taking and add them together. If you take a B complex and a multivitamin, it probably is not recommended you add extra B6. Look at each and total the B6 first.

Vitamin B12 (Cobalamine)

- "Cobal" refers to the metal cobalt contained in Vitamin B12.
- Is necessary to make Deoxynucleic Acid (DNA), the genetic material of all cells.
- Contributes to metabolic processes of nerve tissue.
- Helps guard against stroke and heart disease.
- Is said to help relieve asthma, depression, and low blood pressure.
- Is thought to be one of the most effective members of B complex for PNers.
- Used in 39 patients treated for neurologic symptoms related to B12 deficiency all showed improvement from taking this nutrient.
- Other studies showed aggressive B12 therapy eases pain associated with nerve damage from diabetic neuropathy.
- An article in 1996 issue of Nutrition Reviews reported that "Vitamin B12 deficiency is linked to PN in 40% of cases."
- An amino acid, homocysteine, is linked to heart disease and

stroke. Another study indicated that high homocysteine levels were directly associated with diabetic neuropathy.

- There is a blood test that detects homocysteine levels.
- If adequate methyl B12 (with folic acid or folate) is supplied, homocysteine can be recycled into another substance, then finally is metabolized into the amino acid S-adenosyl-methionine or SAME. SAME is further processed into a substance that regulates neurotransmitters.
- In supplement form, SAME is sometimes used as an antidepressant, or for osteoarthritis.
- Find Methylcobalamin or methyl B12 because of substantially greater tissue retention than a similar dose of cyanocobalamin.

Take Always

- B Vitamins work together – Use a B complex or equivalent.
- Based on this book, improvements should be noticeable within one to three months.
- There have been many studies that have shown not only subjective benefits (less pain) but also that actual healing is possible.
- As always, consult your physician before starting on any new vitamin regimen.



WESTERN NEUROPATHY ASSOCIATION

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Call WNA using our toll free phone numbers:

(877) 622-6298 ■ Email: info@pnhelp.org

■ PN Information/Advice ■ Support Group Inquiries

(888) 556-3356 • Email: admin@pnhelp.org

■ Membership Information/Inquiries ■ Sponsorships

■ General Organizational Inquiries ■ www.pnhelp.org

LEVAQUIN LAWSUIT

If you used Levaquin, Cipro, or Avelox as an antibiotic before you had neuropathy symptoms, you will want to look at <http://www.levaquinlawsuitcenter.com>. This is a federal multidistrict litigation created for Levaquin lawsuits and other fluoroquinolone antibiotic cases involving the medications alleged association with peripheral neuropathy. The number of cases being included has grown significantly since this suit started. Millions have been treated with these drugs approved to treat certain bacterial infections including pneumonia, urinary tract infections, E. coli, salmonella, and staph infections. Visit Bernstein Liebhard LLP's website for more information. Free, no obligation legal consultations can also be obtained by calling 800-511-5092. This law firm exclusively represents injured persons in complex individual and class action lawsuits nationwide since 1993. It has national recognition for the quality of its work.



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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.

Dues - \$30 a year

All contributions and dues are tax-deductible.

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

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