CONTENTS

Group Notes ........................................ 2-3
WNA 20th Year Luncheon ...................... 4
Recall Alert: King Bio Inc ................. 4-5
HUMOR........................................6-7
Calendar: Future Meetings............... 8

EDITOR: MARY SPRIFKE

Contributors:
CNN
Charles Moore
Mary Sprifke

This newsletter is designed for educational and informational purposes only. The information contained herein is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. The Western Neuropathy Association (WNA) and the Yolo & Sacramento Neuropathy Groups (PN News) do not endorse any treatments, medications, articles, abstracts or products discussed herein.

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help at all.

Dale Carnegie

DAVIS

TUESDAY, SEPTEMBER 11 – 3:30-5:00 p.m.

Program: A brief review of the book Time Bomb Joe Horn and Allie Anderson followed by general individual comments and questions.

Davis Senior Center
646 A Street, Davis, 95616
Contact: Mary Sprifke (530) 756-5102

SACRAMENTO

TUESDAY, SEPTEMBER 18 – 1:30 - 3:30 p.m.

Program: The meeting will begin with a 20-minute power point presentation by Lindsay Fosler dealing with heredity and neuropathy.

Lindsay Fosler is a patient education liaison with a company called Alnylam and educates the public on a rare, inherited condition known as hereditary ATTR (hATTR) amyloidosis. Peripheral neuropathy is one of the red flag symptoms of this. Her goal is to raise awareness in communities with a higher chance of living with this rare condition by providing education and information.

Northminster Presbyterian Church
3235 Pope Avenue
Sacramento, CA 95825
Contact: Charles Moore (916) 485-7723

MEETING RECAPS
DAVIS JUNE NOTES
By Mary Sprifke

At our round-table meeting, an ad from the Davis Enterprise was shared. Headlined, “Local Davis doctors seeing life-changing results in treating chronic pain and neuropathy with neurostimulation” it featured Nightingale Medical Centers doctors David Walters, MD, FACEP and Tracy Basso, DPM, FACFAS. Electrical stimulation is an established therapy, especially for peripheral arterial disease. The clinic targets the vagus nerve, using a device fitted around the neck. “The device emits a low, imperceptible electrical current via a single lead connection onto the ear lobe, from where the impulses are conducted to the brain stem via the vagus nerve.” In use in Europe for 7 years, it is now approved for the U.S.

Knowing that electrical approaches have varying success rates and with concerns about how heart rate may be affected, the group will ask one of the doctors to a future meeting. For another program, we will repeat screening the DVD Forks Over Knives this fall.

Discussed:
- Two visited Cryotherapy in Davis with mixed reactions to the treatment.
- Make your own paste of 50% arnica and 50% cortisone cream for topical relief.
- Does shingles cause PN? Good question to research.
- Diatomaceous Earth (DE), food grade, is available at Davis Co-Op. It may help arthritis.
- Cinnamon and Tumeric also help arthritis.
- Trader Joe’s carries frozen riced cauliflower. Good side dish, microwave for 3-4 minutes.
- Arnica also helps to reduce bruising.
- Depression is like being at the bottom of a well, unable to see out. It has both mental and physical effects.
- Sugar? NO. Just NO… 😊

SACRAMENTO JUNE NOTES
By Mary Sprifke

Two from Davis attended this meeting, featuring Dr. Ricardo Maselli, Professor of Neurology, at U.C. Davis. Dr. Maselli outlined some basics of small fiber neuropathy. Depending upon nerve length, symptoms present usually in the feet and then eventually in the hands. He explained that the spinal cord neuron travels through axons that are protected from harm by a myelin sheath (lipids).

Different diseases attack our nerves.
- Guillain Barré is acute and affects breathing. Can begin with flu getting worse, then better. 2-3 weeks later, antibodies strip the axon’s insulation.
- CIDP (Chronic Inflammatory Demyelinating Polyneuropathy) is a chronic variant of Guillain Barré usually requiring an immunoglobulin IVIG shot.
- Axonal Neuropathy, a diabetic PN, causes arteries to not carry nutrients properly, leading to continually high glucose counts.
- Genetic disease, where lipid coding is not connected in the genome.
SUDOSCAN Test (see June, 2018 PN News edition for more on this test)

A nerve conduction test can confirm disease diagnosis. A small fiber PN attack is marked by burning and tingling; large fiber PN by numbness. A new test called Sudoscan (Sudo = sweat) has been successful in Europe, detecting small fiber disease through testing, via sweat glands, the tiny, sub-skin sebaceous nerves. These are among the first to react to the disease, leading to early, correct diagnosis. This is a 3-minute electrical test with a small current to hands and feet. Skin won’t conduct electricity. Since sweat glands have conductivity via electrolytes, the results can be measured. Of 100% results, 50% are normal; 25% are abnormal, unknown; and 25% test abnormal with diabetes. A side note is that skin conductivity decreases with age. Unfortunately, the company went bankrupt in 2017 due to patent litigation by L. D. Technology.

UC Davis owns a scanner and Dr. Maselli can be reached at 530-754-0254 for more information.

More invasive are skin biopsies, use a small, 5-millimeter needle punch. These reveal the density of the nerve. Generally three samples are taken from the thigh, knee and ankle. The results are not conclusive and are open to interpretation.

Q&A:
• A common RX for PN is Gabapentin, an anticonvulsant. Dosage recommended is 100mg, 3 times/day. Another is Cymbalta that aids neurons. Dosage starts at 50mg. Nortriptyline (Elavin) at night helps with shooting pains and jolts, but not with burning or numbness. Dosage is 10mg.
• If stopping, always taper off under your doctor’s care.
• Can nerves regenerate? Yes, if injured but still connected. DPN is difficult to cure totally.
• An A-1-C count of 5.8 is already abnormal. If count is at 12, DPN is already in place.

SACRAMENTO AUGUST NOTES
By Charles Moore

We met at the Northminster Chapel to view a Western Neuropathy Association video of Bruce Hammock, PhD: "Progress on Current Neuropathy Treatments" for under an hour after a round-table discussion.

"Just before the death of flowers, And before they are buried in snow, There comes a festival season When nature is all aglow." - Author Unknown
WNA 20th YEAR CELEBRATION
LUNCHEON -- Invitation

This year the WNA (Western Neuropathy Association) celebrates 20 years in operation!

Saturday Oct. 13 at 12:00 p.m.
Cattlemen's Restaurant
12409 Folsom Blvd, Rancho Cordova

**Tickets are $25.** You may pay by check sent to WNA, PO Box 276567, Sacramento 95827. You may also call Lindsay Campoy at **916-932-2218** or **888-556-3356**; she can take your credit card number over the phone. Please indicate on the check which luncheon you plan to attend. There are a limited number of seats at each location, so if you plan to attend, do get your ticket purchased. WNA will send you a receipt that will serve as a ticket.

From CNN, 8/30/18:

**King Bio Inc. has recalled all water-based medicine for kids due to contamination**
“Do not use water-based products made by King Bio Inc., the US Food and Drug Administration warned this week.”

"These products may pose a safety risk to people (especially infants, children, pregnant women and those with compromised immune systems), as well as pets due to high levels of microbial contamination identified at the manufacturing site," the agency said.

The warning was issued as the company expanded a recall of these products, which are labeled as Dr. King's. They include symptom relievers for ear infections, coughs, chicken pox, cold sores, warts, stys, swollen glands, snoring and tremors, appetite enhancers, attention and learning enhancers, and body detox. Also included are pet products for urinary incontinence, anxiety, allergies, muscle and joint arthritis, and digestion relief.

A list of the hundreds of products is posted online with a message from company founder Franklin King. "While there have been no reports of illness or injury due to any of our products, we chose to issue the recall out of an abundance of caution," the message says.

According to the FDA, King Bio said "several microbial contaminants were found in its products, including Burkholderia Multivorans, which is a strain of bacteria called Burkholderia cepacia complex (BCC) that can cause illness in people with compromised immune systems. Additionally, evidence collected during the FDA's inspection indicates recurring microbial contamination associated with the water system used to manufacture drug products."

The agency said samples collected during a recent FDA inspection are being tested and analyzed. Initially, King Bio recalled three products July 20 after the company identified microbial contamination. On August 22, the recall was expanded to include 32 products.

This week, the recall was expanded again to include all aqueous-based, or water-based, products. All of the products are homeopathic or supplemental and thus are not regulated by the FDA and do not have to follow standards ensuring that they are safe and effective.

"These unapproved drugs may cause significant and even irreparable harm if they are poorly manufactured, which can lead to contamination, or contain active ingredients that aren't adequately tested or disclosed to patients," the FDA said in a statement.

"Products labeled as homeopathic can contain a wide range of substances, including ingredients derived from plants, healthy or diseased animal or human sources, minerals, and chemicals. These products are often marketed as natural, safe and effective alternatives to approved prescription and nonprescription products, and are sold online and in major retail stores."

Anyone who has any of the recalled products should contact the company. These drugs should not be sold or consumed. Anyone experiencing an adverse event from one of these products should report it to the FDA.

This is not the first problem for King Bio this year, according to the FDA, which said that it and the Federal Trade Commission sent the company a warning letter in January for illegal marketing of products to "prevent, cure or treat opioid addiction." The product in question is not approved for this use.
It's To Laugh...

**BED BUG**

**PEOPLE IN SLEEPING BAGS...**
**ARE THE SOFT TACOS OF THE BEAR WORLD**

---

This is a non-political post. You're welcome.

**THE LITTLE TOE**

Designed specifically to Geo-locate furniture in low light conditions.
"When God closes a door, he opens a window."

"I know! Our heating bill is outrageous and six raccoons got in last night! Please, God, this has to stop!"

"I'm no wildlife expert, but I think this monkey might be drunk."
UPCOMING MEETINGS

Davis
2nd Tuesday, October 9, 3:30-5:00
(Mary Sprifke 530-756-5102)
Davis Senior Center
246 A Street, Davis

Sacramento
3rd Tuesday, October 16, 1:30-3:30
(Charles Moore 916-485-7723)
Northminster Presbyterian Church
3235 Pope Avenue, Sacramento

RESOURCES:
1. Norman Latov M.D., Ph.D. – Peripheral Neuropathy: When the Numbness, Weakness and Pain Won’t Stop
3. Alexander McLellan N.D. and Marc Spitz D.P.M. – The Numb Foot Book – check Amazon.com -- Out of Print
4. Mims Cushing & Norman Latov, MD – You CAN Cope With Peripheral Neuropathy 365 Days a Year
5. John Senneff – Numb Toes and Aching Soles: Coping with Peripheral Neuropathy
6. John Senneff – Numb Toes and Other Woes: More of Peripheral Neuropathy
7. John Senneff – Nutrients for Neuropathy: How to use natural supplements to treat the severe pain of PN
8. Dr. Valerie Monteiro & Dr. John Coppola: Defeat Neuropathy Now … In Spite of Your Doctor
9. Todd Levine, M.D., Neuropathy Hope? Small Nerves, Big Problems
10. The Foundation for Peripheral Neuropathy- www.foundationforpn.org (a national organization)
11. Western Neuropathy Association (WNA) – www.pnhelp.org or toll-free (877) 662-6298
12. www.diabetes.org
13. www.neuropathyjournal.org
14. www.neuropathysupportnetwork.org
15. Eugene B Richardson MDiv, MSM, EdM, MS, Patient Educator: DVD “Coping with Chronic Neuropathy”
16. DVD’s: “Forks Over Knives” and “What the Health?”

The mission of the Yolo Neuropathy Groups is to ensure that through information, empowerment and mutual support, all may have hope and that no person will face their peripheral neuropathy alone.

To send PN News to others or if you no longer wish to receive this newsletter, please contact (530) 756-5102.

Yolo PN News
c/o Mary Sprifke, Editor
1121 Decatur Ct.
Davis, CA 95618