



WESTERN NEUROPATHY ASSOCIATION

February 2018  
Issue 02  
Volume 16

- Endocrinology > Type 1 Diabetes
- Small Nerves, Big Problems
- WNA Support Groups
- President's Message
- Sacramento Group August Notes
- PN Literature Review
- Exercise Can Treat Tingly Hands And Feet After Chemotherapy
- Thank You For Your Contribution To WNA
- Driving With Peripheral Neuropathy
- Welcome To New Leader In Santa Rosa
- WNA 2018 Annual Conference
- Crossing Your Legs Can Cause Neuropathy

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# Neuropathy Hope

*Hope through caring, support, research, education, and empowerment*  
 A newsletter for members of Western Neuropathy Association (WNA)

## ■ ENDOCRINOLOGY > TYPE 1 DIABETES

FDA Says 'Yes' to Short-Acting Insulin Admelog

Final approval for Sanofi follow-on to Humalog confirms September 2017 tentative okay  
By Kristen Monaco, Staff Writer, MedPage Today December 11, 2017

The Federal Drug Administration (FDA) granted full approval for the first "follow-on" version of short-acting insulin lispro, to be sold as Admelog and indicated for improving glycemic control, the agency announced Monday.

The approval covers use in adults with type 2 diabetes, as well as in adults and children at least three years old with type 1 diabetes. Typically administered prior to meals, the insulin can be given via injection, through an insulin pump, or by intravenous infusion.

Admelog, developed by Sanofi, is a follow-on to

Eli Lilly's insulin lispro sold as Humalog and was therefore reviewed under the abbreviated 505(b)(2) pathway, which is separate from the FDA's so-called biosimilar pathway although functionally there is little to distinguish them. Sanofi's insulin lispro had been tentatively approved in September with final approval withheld while patent issues were resolved.

Admelog's approval was also based on two phase III clinical trials involving around 1,000 patients. During the clinical trials, the most commonly reported adverse events included hypoglycemia, itching, and rash.

## ■ SMALL NERVES, BIG PROBLEMS:

### A Comprehensive Patient Guide To Small Fiber Neuropathy

Written by eight neurologists representing some of the leading experts on this disease from across the country, Small Nerves, Big Problems arms patients and caregivers with the latest information available today about small fiber neuropathy – what causes it, what the common signs and symptoms are, how it's diagnosed and ways to manage the disease and minimize pain.

#### About the Authors

- Todd Levine, MD, Phoenix Neurological Associates (Phoenix, AZ) and University of Kansas (Kansas City, KS)
- David Saperstein, MD, Phoenix Neurological Associates and University of Arizona (Phoenix, AZ)
- Charles Argoff, MD, Albany Medical College and Albany Medical Center (Albany, NY)
- Christopher Gibbons, MD, MMSc, FAAN, Harvard Medical School, Joslin Diabetes Center Neuropathy Clinic, and Beth Israel Deaconess Medical Center Neurocutaneous Laboratory (Boston, MA)
- Mamatha Pasnoor, MD, University of Kansas (Kansas City, KS)
- David Walk, MD, University of Minnesota, (Minneapolis, MN)
- Holly Hendin, MD, PhD, Phoenix Neurological Associates (Phoenix, AZ)
- Glenn Lopate, MD, Washington University (St. Louis, MO)

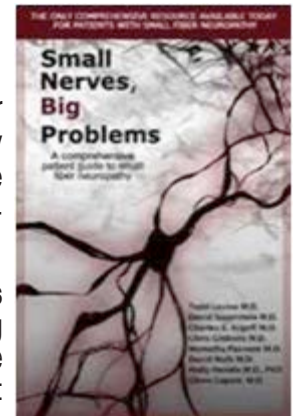
ISBN=9780998328201;  
FORMAT=Paperback; \$19.95

Order through your favorite place to buy books or office of the publisher at 219-922-4868.

#### Editor Bev Anderson's

**Note:** I have been reading this book and have found it to have excellent information. Given the

quality of the authors, it would be expected. The chapter titles give an idea of the scope of information: What Is Peripheral Neuropathy? What Is Small Fiber Neuropathy? Diagnosing Small Fiber Neuropathy? Other Symptoms of Small Fiber Neuropathy, What Causes Small Fiber Neuropathy? Therapy for Small Fiber Neuropathy, Managing Pain Associated with Small Fiber Neuropathy, Managing the Psychological Aspects of Pain. A sizable variety of approaches to treatments and pain management are presented, which would be helpful to anyone with neuropathy. There are some approaches to information that are a bit different than we usually present them but it is a way of seeing that which may be helpful to some. For example, I usually present sensory, motor, and autonomic as separate peripheral nervous systems. They indicate autonomic as coming along with sensory and/or motor neuropathy. This is basically true but it is possible for autonomic to be the dominant one. I highly recommend this book.



# Roster of Our WNA Information and Support Groups

## 2018 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

### Antioch-Brentwood

3<sup>rd</sup> Wednesday, 2 PM (odd numbered months)  
Antioch-Kaiser, Deer Valley Rooms 1 & 2  
Marty Price (925) 626-7988

### Auburn

1<sup>st</sup> Monday, 11 AM  
Woodside Village MH Park  
12155 Luther Road  
Sharlene McCord (530) 878-8392  
Nov. Speaker: Bev Anderson, WNA President

### Berkeley-Oakland

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

### Carmichael - Atria

Atria - Carmichael Oaks  
8350 Fair Oaks Boulevard  
For information, call:  
Ryan Harris 916-342-8440

### Castro Valley

2<sup>nd</sup> Wednesday, 1:30 PM  
First Presbyterian Church  
2490 Grove Way (next to Trader Joe)  
Joy Rotz (510) 842-8440

### Concord

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

### Costa Mesa

3<sup>rd</sup> Wednesday, 10:00 AM  
Call Martha Woodside  
949-573-0056 for the location

### Davis

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

### Elk Grove

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

### Folsom

1<sup>st</sup> Thursday, 12:30 PM (odd numbered months)  
Burger Rehabilitation  
1301 E. Bidwell St., Folsom  
Bev Anderson (877) 622-6298  
<http://folsom.neuropathysupportgroup.org>

### Fresno

3<sup>rd</sup> Tuesday, 11:00 AM  
Denny's Restaurant  
1110 East Shaw  
Bonnie Zimmerman (559) 313-6140

## Grass Valley

2<sup>nd</sup> Monday, 1:30 PM  
GV United Methodist Church  
236 S. Church Street  
Bev Anderson 877-622-6298

### Livermore

4<sup>th</sup> Tuesday, 10 AM  
Heritage Estates, 900 E. Stanley Blvd.  
Lee Parlett (925) 292-9280

### Merced

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

### Modesto

3<sup>rd</sup> Monday, 10:30 AM  
Trinity United Presbyterian Church  
1600 Carver Rd., Rm. 503  
Ray (209) 634-4373

### Monterey

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

### Napa

1<sup>st</sup> Thursday, 2 PM  
Napa Senior Center, 1500 Jefferson St.  
Ron Patrick (707) 257-2343  
[bonjournapa@hotmail.com](mailto:bonjournapa@hotmail.com)

### Placerville

2<sup>nd</sup> Wednesday, 1 PM  
El Dorado Senior Center  
937 Spring Street  
John McCoy (530) 642-8511

### Redwood City

4<sup>th</sup> Tuesday, 1 PM  
Sequoia Hospital Health and Wellness Center  
749 Brewster Avenue  
Danielle LaFlash (415) 297-1815

### Roseville

2<sup>nd</sup> Wednesday, 1PM (odd numbered months)  
Sierra Point Sr. Res., 5161 Foothills Blvd.  
Stan Pashote (916) 409-5747

### Sacramento

3<sup>rd</sup> Tuesday, 1:30 PM  
Northminster Presby. Church  
3235 Pope Street  
Charles Moore (916) 485-7723  
<http://sacramento.neuropathysupportgroup.org/>

### San Jose

3<sup>rd</sup> Saturday, 10:30 AM  
O'Conner Hospital, 2105 Forest Avenue  
SJ DePaul Conf. Rm.  
Danielle LaFlash (415) 297-1815

## San Rafael

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

### Santa Barbara

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

### Santa Cruz

3<sup>rd</sup> Wednesday, 1PM (odd numbered months)  
Trinity Presbyterian Church  
420 Melrose Avenue  
Mary Ann Leer (831) 477-1239

### Santa Rosa

1<sup>st</sup> Wednesday, 10:30 AM  
Santa Rosa Senior Center  
704 Bennett Valley Road  
Judy Leandro (707) 480-3740

### Thousand Oaks - Westlake Village

2<sup>nd</sup> Monday, 2:30 - 4 PM  
United Methodist Church of Westlake Village  
1049 S. Westlake Blvd.  
Angie Becerra (805) 390-2999

### Walnut Creek

4<sup>th</sup> Friday, 10 AM  
Rossmoor, Hillside Clubhouse  
Vista Room  
Karen Hewitt (925) 932-2248

## NEVADA

### Las Vegas

3<sup>rd</sup> Thursday, 1 PM  
Mountain View Presbyterian Church  
8601 Del Webb Blvd.  
Barbara Montgomery (818) 400 0296

## OREGON

### Grants Pass

3<sup>rd</sup> Wednesday, 2:00 PM  
Club Northwest  
2160 N.W. Vine St.  
Carol Smith (541) 955-4995  
<http://grantspass.neuropathysupportgroup.org>

For information on groups in the following areas or any other place you are interested in finding out about a support group, call Bev Anderson at (877) 622-6298. She is actively trying to open new groups and re-open closed groups. Check with her about a group in your area especially if you would volunteer to be the leader.

**California:** Alturas, Bakersfield, Clearlake, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Lodi, Madera, Mt. Shasta, Oxnard, Quincy, Redding, Salinas, San Francisco, Santa Maria, Sonoma, Sonora, Stockton, Susanville, Truckee, Tulare-Visalia, Turlock, West Sacramento, Weed, Ukiah, Woodland, Yreka, Yuba City-Marysville. **Nevada:** Reno-Sparks. **Oregon:** Brookings, Medford, Portland, Salem.

## President's Message By Bev Anderson



It is always sort of a puzzle when I write my column as I am always writing forward. This one is for February, but I'm writing it on January 7, the day after the 12th Day of Christmas. However, the stores are very helpful in keeping on track with where I am in the future, not where I am in the present. I was in a store last Thursday and Valentine's Day was much in evidence. How kind of them to help us remember. Right?

Maybe your parents read the story of St. Valentine to you from the Childcraft Books for Children so you think of him on this day realizing that good can even come out of terrible religious persecution. It seems like our world has always persecuted someone or some group because they happened to be different from others. Our country is guilty too as each wave of new immigrants were opposed until a new group arrived and the earlier ones could join in making it hard for the newest. Valentine was said to love children so when he was put in prison in England for his beliefs and sent messages to neighborhood children he felt close to, they became the first valentines. I know there are probably a variety of versions of the story. No matter what version you are familiar, let's practice love and acceptance this February. And that includes loving and taking care of yourself.

We are reminding you in this issue of the Annual Conference at The Mind Institute on the campus of the U.C. Davis Medical Center in Sacramento (just off Highway 50) on April 17. I usually come in from I-80 which is easy, once you know the way. Registration will start at 9:30 AM and the conference at 10 AM. We will be out at approximately 3:30 PM. The morning speakers will be from U.C. Davis Neurology Department introducing new personnel making U.C. Davis Medical Center a center for the treatment of neuropathy. We hope to have names and bios soon. We hope that Frederic Gorin, MD, who spoke briefly last year and received good reviews will also participate. We have plans for the afternoon that include a report from Bruce Hammock, PhD, on the human trials of his medication for neuropathy pain.

CVS has a rather pricy machine called Quell. They had a special on it for Christmas and offered it as a gift for loved ones with chronic pain. If you obtained one, please report the results for you. It won't be the same for everyone. They ask users to make recommendations for improvement so newer models will likely be somewhat different. It is hard to keep up with all the products coming out. If you try something and find it works for you, please let us know.

Setting up a legacy gift can start earlier than some can imagine. If you decide that when your time to leave this earth comes and you want to leave a gift to WNA or another group or both, you can start now and add to it over the years. The first thing to do is consult with an attorney that does wills and trusts and talk over what you want to do. He/She can set it up in a way that it could change over the years. It is a good idea to have your Power of Attorney for Health Care set up at the same time so everything coordinates. You never know when that would be very important. If you have a medical episode, you may recover completely but for a short time you may not be able to make sound medical decisions. The ability for you to recover may hinge on a person being able to give the doctors permission to do the needed treatment for you. From the time you are 18, it is a critical need to have this Power of Attorney for Health Care in place.

I wish you a Happy Valentine's Day,

*Bev*

## SACRAMENTO GROUP AUGUST NOTES By Charles Moore

On Tuesday, August 15, thirteen members of the Sacramento Peripheral Neuropathy Support Group were fortunate to attend Debbie Eernisse's presentation on the "Top Ten Exercises to Get You Moving." Debbie has taught balance and fitness classes for some 13 years and works out of the Davis Senior Center. Last year she presented a really fine presentation to our support group entitled "Building Balance." This month she prepared a power point presentation with 10 slides illustrating the 10 exercises of the title. In each case, she explained how the exercise would be helpful in developing good form for the exercise. In this report, I will sample a few of the exercises.

Debbie began by having the group participate in breathing exercises. She distributed a stretchy resistance band to each member present and had us tie the band around our waists so that we could be aware of the effect of inhaling and exhaling. Slide #10 shows a sketch of a prone woman who has inhaled and then exhaled.

Slide #9 is called "Lower Your Shoulder Blades" and illustrates good seating posture. Debbie noted that your feet should be flat on the floor. Crossing your knees is simply not good posture. She further added that we tend to sit for too long a time reading, working at the computer. One should get up at least once an hour to do anything at all.

- Continued on page 6

### 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](http://www.Medicare.gov)

...

#### The Affordable Health Care Act

For current information go to [www.HealthCare.gov](http://www.HealthCare.gov)

...

#### HICAP

#### Health Insurance Counseling

for seniors and people with disabilities.

[www.cahealthadvocates.org/HICAP/](http://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](http://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 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](http://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](http://www.healthlight.us)

#### Auburn

##### The Footpath

825 Lincoln Way  
(530) 885-2091  
[www.footpathshoes.com](http://www.footpathshoes.com)  
**WNA Discount: 10% off the regular price shoes.**

#### Elk Grove

##### Shoes That Fit

8649 Elk Grove Blvd.  
(916) 686-1050

**WNA 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  
**WNA Discount: 10% off the regular price shoes.**

#### West Sacramento

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

- Continued on page 5

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 connect to the

**NLM: [www.ncbi.nlm.nih.gov/sites/entrez](http://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.

The reader can also go to the WNA website [www.pnhelp.org](http://www.pnhelp.org), click on the RESOURCES tab and select MEDICAL LITERATURE REVIEW from the menu to review the archive of summaries that have appeared in this column over recent years.

This month's PMIDs:

- 9153445 In an NIH randomized placebo controlled double blind crossover study of 13 patients with painful diabetic neuropathy, a decrease of 24% was obtained with a mean daily dose 381 mg dextromethorphan (DM commonly found in cough medicine).
- 10741812 This is an uncontrolled open label study of 22 patients with neuropathic pain who decreased their pain scores from 6.7 to 5.3 after 8 weeks on bupropion SR (Wellbutrin SR®) 150mg twice a day.
- 11706096 This is a double blind, randomized, placebo controlled, crossover study of 41 patients with neuropathic pain. They received bupropion SR (Wellbutrin SR) 150mg daily for a week, followed by twice a day for another 5 weeks during which their pain score decreased from 5.7 to 4.0 (p<0.001).
- 20447305 This Israeli study assessed the effectiveness of agmatine sulfate (decarboxylated arginine) with lumbar disc related sciatic pain. Compared to baseline agmatine improved pain from 26.7% to 70.8%, whereas the placebo group improved from 6% to 20%.
- 25655006 This demonstrates the effectiveness of sublingual fentanyl for the treatment of breakthrough neuropathic pain. The average pain reduction was 3.30 points from baseline (p<0.0001).

## EXERCISE CAN TREAT TINGLY HANDS AND FEET AFTER CHEMOTHERAPY

February 17, 2017

Researchers have discovered a simple and inexpensive way to reduce neuropathy in hands and feet due to chemotherapy — exercise.

Scientists for the study, which included more than 300 cancer patients, directly compared the neuropathic symptoms in non-exercisers to the pain among patients who took part in a specialized six-week walking routine with gentle, resistance-band training at home.

The exercisers reported significantly fewer symptoms of neuropathy — which includes shooting or burning pain, tingling, numbness, and sensitivity to cold — and the effects of exercise seemed to be most beneficial for older patients.

The lead author, Ian Kleckner, is a biophysicist and research assistant professor in the University of Rochester Wilmot Cancer Institute's Cancer Control and Survivorship program.

Not all chemotherapy drugs cause neuropathy, but 60 percent of people with breast cancer and other solid tumors who receive taxanes, vinca alkaloids, and platinum-based chemotherapies will likely

suffer this type of side effect, Kleckner says.

Neuropathy is more commonly associated with diabetes or nerve damage. No FDA-approved drugs are available to prevent or treat chemotherapy-induced neuropathy, he adds. A previous randomized, controlled study of 619 patients showed that Wilmot's EXCAP (exercise for cancer patients) program reduced chronic inflammation and cognitive impairment among people receiving chemotherapy.

Kleckner's study involved a subset of patients from that trial, which is the largest phase 3 confirmatory exercise study ever conducted among cancer patients during chemotherapy. "Exercise is like a sledgehammer because it affects so many biological and psycho-social pathways at the same time — brain circuitry, inflammation, our social interactions — whereas drugs usually have a specific target," says Kleckner.

"Our next study is being designed to find out how exercise works, how the body reacts to exercise during cancer treatment, and how exercise affects the brain."

## Thank You For Your Contribution To WNA

We thank the individuals listed here for giving a contribution to the Western Neuropathy Association in 2017 beyond their dues to help the organization fulfill its mission and to make possible help and hope for more people who suffer with neuropathy. Our members' dues aren't enough to sustain and grow the organization. There are other individuals who donated but asked for anonymity. We thank them as well.

Beverly Anderson	Olga Frame	Mayrebelle Lukins	Haruko Sasaki
Jane Anderson	Jim Franks	Harold Lustig	Al Schropp
Dorothy Asmus	Lawrence Frice	Barbara Lyons	Stephen Schwartz
Ina Atchison	Gerrie Froberg	Ernest Maag	Dianne Schwarz
Georgia Augugliaro	Joyce Furlong	Richard Manke	Tom Scott
Carol Bailey	George Gaston	Lee Mathewson	David Selzam
Barbara Balbo	Ruth Glines	Peder Matthews	Glenn Shakal
Mary Barnewitz	Sandra Grafrath	Cynthia McAlexander	Zeola Slaughter
Loretta Bayse	Bonnie Graham	Barbara McArn	Brian Smith
Jane Bennett	Michael Green	John McCoy	Carol Smith
Randall Berger	Roberta Greener	Jacqueline McDow	Doug Snow
Shirlee Berger	Walter Gulden	Claudia McHenry	Pat Snyder
Barbara Bernhart	Shirley Gunn	Linda McKay	Marjorie Solomon
Margaret Berry	William Gutches	Marilyn McMasters	Dominick Spatafora
Elaine Bianco	Jean Hackamack	Charles Metro	Richard Spees
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Warren Burke	Sally Hearn	Edward Mock	Scott Stokes
Stanley Butolph	Cheryl Hernandez	Frederick Mohr	John Stott
Paula Cairo	Carole Hester	John Money	Arleen Strunk
Phyllis Calechman	David Hibbard	Nancy Moresco	Jack Stubbs
Luciana Capecci	Teaester Higgins	Katherine Morris	Cathi Sullivan
Steve Carey	Marjorie Holcombe	Richard Morrison	George Sutton
Valerie Castor	CJ Holliday	Judith Moss	Shirley Sylva
Elizabeth Chaudhry	Jeanette Hubbard	Kathleen Nagel	Evelyn Thompson
Einer Christensen	Vicki Hull	David Newman	Theresa Titus
Albert Christenson	Marlene Hunt	Raymond Nichols	Leo Trzepakowski
Kathleen Clemens	Sue Ann Ingle	Gary Nickerson	Walter Umbach
Toney Coffey	Frances Irwin	William Oldson	Clyde Vaughn
Jeannine Cogley	James Jackson	Kathryn Orsini	Georgia Vierra
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Thomas Cramblet	Delores Johnson	Darrell O'Sullivan	Elizabeth Wagner
Kathie Cravalho	Jean Johnson	Marie Padveen	James Ward
Geraldine Craver	Mary Johnson	Werner Paster	Mary Lou Ward
Jerrie Cruess	Miles Johnson	Bronislaw Paszek	Karen Wells
Chuck Currey	Alan Jones	Richard Perkins	Sonya Wells
Henry Davis	Beverly Jones	Nils Peterson	Patrice White
Mary Dehennis	Beverly Kerwien	Fred Pillsbury	Gerald Whitecamp
Shirley Dhillen	John Kestel	Karen Polastri	Charleen Wickman
William Donovan	Bruce Klein	Ronald Potter	Glen Wild
Gerri Dows	Carla Knee	Joann Pourroy	Merida Wilson
Audrey Drynan	Frank Koncel	Teresa Pusser	John Wise
Marjorie Early	Nancy Kriech	Paulette Quam	Ruth Wood
Babs Eggleston	Dorothy Lark	Dolores Reckers	LD Wright
Jeryldine Elliott	Jerry Larsen	Frank Rhodes	Donald Zerwer
Charles Ellis	Virginia Le Roy	Maxine Richards	Bonnie Zimmerman
Cheryl Engel	Ruthie Lee	Georgia Richardson	Sacramento Region
Troyl Epley	Mary Ann Leer	Wilma Rodricks	Community Foundation
Lydia Fabela	LeRoy Leland	Doris Roe	Thrifty Bargain
Shirley Farnsworth	Brad Livingood	Franklin Roscoe	
Tanya Ferguson	Margaret Long	Carol Roten	
Edwin Flinn	Richard Long	Dick Saffer	

### DISCOUNTS FOR WNA MEMBERS

*Continued from page 4*

#### 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](http://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](mailto:info@pnhelp.org).

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

## DRIVING WITH PERIPHERAL NEUROPATHY – LIFESTYLE, LIVING WELL, STORIES

### Staying Safe And Independent And Continuing To Drive With Peripheral Neuropathy

“It was dark out as I pulled into the driveway. My wife and I were discussing the news story being broadcast on the radio. As I turned toward the garage, I took my foot off the accelerator and moved toward the brake. But I couldn’t do it! I couldn’t feel where my foot was. The car kept creeping toward the garage door and I still couldn’t get my foot onto the brake. And then, BANG! The car hit the garage door and came to a stop.”

This frightening story is shared by Jack Miller who suffers from idiopathic peripheral neuropathy. The lack of feeling he describes in his feet is a common symptom of this often-debilitating condition. Symptoms such as experiencing weakness or not being able to hold something, not knowing where your feet are, and experiencing pain that feels as if it is stabbing or burning in your limbs can make driving difficult and even dangerous.

“The first thought I had was, ‘What if that had been a woman pushing a baby across the street in a buggy? I’m not going to drive anymore until I get hand controls on my car.’” Jack is referring to just one of many emerging technologies that broaden opportunities for people with disabilities to drive vehicles with hand controls and adaptive automotive products and devices. In recent years, technological advances have introduced automotive adaptive devices which reduce the physical effort required to control and/or operate a vehicle or alter the way in which driver control initiatives are applied to the vehicle control systems. With these tools and systems people with disabilities can once again enjoy the freedom and independence associated with being able to drive.

“The next morning, I got on the computer and a brief internet search of ‘car hand controls’ led me to a number of companies and eventually to the name of an instructor.” Driver rehabilitation specialists perform comprehensive evaluations to identify the adaptive equipment most suited to a person’s needs. The use of this

equipment usually requires the driver to take and pass a special training class which educates on the nuances of driving with the controls. Jack felt that it was important to get a system that had a “lock out” feature so he could disable it when others drove the car in the regular manner. “I didn’t want the possibility that they could accidentally hit the hand control and accelerate and cause an accident.”

Unfortunately, the freedom Jack found does come at a price that for some may be prohibitive. The good news is that funding assistance to purchase new adaptive vehicles or to retrofit existing vehicles is becoming increasingly available. Medicaid assistance varies by state. Medicare may pay for adaptive equipment following a specialty evaluation performed by a qualified practitioner. There are additional programs through Social Security, state vocational agencies and non-profit organizations including local “Centers for Independent Living” that can provide additional information. A number of automobile makes are also stepping up to provide persons with disabilities a wide range of rebates and incentive programs. Check with your auto dealer for those details. Finally, often sales-tax exemptions on equipment purchases and other out-of-pocket expense can qualify for tax deductions as medical expenses. Contact your tax adviser or review the IRS tax code for medical equipment.

Jack is enjoying his regained freedom and confidence that with these adaptations he, his passengers and those on the roads with him are all safe: “So after two months of having to depend on others to take me places, I once again had the freedom that my own ‘wheels’ gave me and without the fear that my peripheral neuropathy could cause me to have a serious accident that could cause damage or death to others. It truly was a great solution.

Used with permission of the Foundation for Peripheral Neuropathy. (Be sure to also look at [www.wnainfo.org](http://www.wnainfo.org) under Resources for more information about hand controls.)

## WELCOME TO NEW LEADER IN SANTA ROSA

We are delighted to announce that Judy Leandro has stepped up to lead the Santa Rosa Support Group upon the retirement of current leader, Larry Metzger. What an inspiration this is to all who know her situation. She did not want to see the group disappear so in spite of losing the house she was living in because of the recent fire and now renting a house in Sebastopol, she stepped forward. She said they woke up at 2:30 AM smelling smoke. Embers from neighbors’ homes were falling on their roof and the house was partly on fire. They found

shoes and additional clothing and got out of the house with little more than what they were wearing. She said she wished she had grabbed her laptop with all her pictures but the full reality of what was happening hadn’t set in. However, if they had stopped to save any possessions, they might not have gotten out alive. As it was, they were able to save their car by escaping when they did. One amazing thing was that the large tree under which their truck sat was spared and it protected the truck that wasn’t even singed. Let’s give Judy applause for her positive attitude, wish her well, and show her support with a strong attendance at the support group meeting.

## Sacramento Group August Notes - Continued from page 3

I think my favorite exercise that Debbie presented is #3 “Clock Step.” Imagine a large clock face sitting on the floor. Your left leg is in the middle of the clock; you then take a wide step for each hour of clock. For example, at 3:00 your left foot is in the middle and your right foot has moved to a spot where 3 is on the clock face. At 6:00, your left foot is still in the middle, but your right foot is directly behind you where 6 occurs on the clock face. After traveling through the various times with your left foot in the center, change and put your right foot in the middle of the clock face and move your left foot

through each of the clock hours. You should challenge yourself by taking a wide step as you move around the clock. This exercise is particularly good to prevent a fall and to improve your balance and proprioception (the ability to know where your feet are in space).

Debbie’s presentation lasted about an hour and a half and was filled with excellent advice and actual practice. The overall focus was on balance and flexibility and strength, which are useful in fall prevention.

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**WESTERN NEUROPATHY ASSOCIATION**  
 Hope through caring, support, research, education, and empowerment  
 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.

**Western Neuropathy Association  
 2018 Annual Conference**

**Date: Tuesday, April 17, 2018**

**Time: 9:30 AM to 3:30 PM**

**Pre-register By:  
 Tuesday, April 3, 2018**  
 Seating is limited. Must register in advance.

**Registration Fee: \$25.00**

**Location: UC Davis Mind Institute  
 UC Davis Medical Center  
 2825 50th Street, Sacramento, CA**

**Questions?  
 Toll-free: (888) 556-3356  
 E-mail: lindsayc@pnhelp.org**



**New Help for Neuropathy Patients**

- 9:30 am **Registration check-in**  
 (must register in advance; limited seating)  
 Morning snacks and coffee included
- 10:00 am **Announcements and Introductions**
- 10:30 am **Fredric Gorin, M.D., Ph.D.** – Professor and Chair, Department of Neurology  
 Will describe the new opportunities for neuropathy patients at U.C Davis. He will introduce neurologists who will speak about their background and their views on treating neuropathy. There will be time for Q & A.
- Noon **Catered Lunch**
- 1:00 pm *Program in Development*
- 2:00 pm **Karen Wagner, Ph.D.** She will be bringing a report from Bruce Hammock, Ph.D. and describing her role in the research done in his lab. She is a member of his research team. He will be traveling possibly involving the neuropathy pain medication which we hope will be in Phase 1 Human Trials by then. We will be hearing up to date information.
- 3:00 pm **Closing Activities**
  - Evaluations
  - Door Prizes and Silent Auction
  - Closing Announcements

More information in the next newsletter.



**Mail registration fee and form to:**  
 WNA  
 PO Box 276567  
 Sacramento, CA 95827

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City / State / Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_

Support Group \_\_\_\_\_  At Large Member

If you need a special diet, please indicate:  Vegetarian  Gluten Free  Other

I am enclosing my check for the \$25 registration fee (includes lunch and morning snacks).



# WESTERN NEUROPATHY ASSOCIATION

A California public benefit, nonprofit,  
tax exempt corporation

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Call WNA using our toll free phone numbers:

**(877) 622-6298** ■ Email: [info@WNAinfo.org](mailto:info@WNAinfo.org)

■ PN Information/Advice ■ Support Group Inquiries

**(888) 556-3356** ■ Email: [admin@WNAinfo.org](mailto:admin@WNAinfo.org)

■ Membership Information/Inquiries ■ Sponsorships

■ General Organizational Inquiries ■ [www.WNAinfo.org](http://www.WNAinfo.org)

## WNA ANNUAL CONFERENCE

April 17, 2018 • 9:30 AM – 3:30 PM

THE MIND INSTITUTE

UC DAVIS MEDICAL CENTER in SACRAMENTO

\$25 per person. Registration form on page 7 of this newsletter or register online at [www.WNAinfo.org](http://www.WNAinfo.org) – Registration includes morning snacks, lunch, and all-day beverages.

The full program will be in the next newsletter. It will be chiefly neurologists so get any questions you have ready. We hope to also have an up to date report from Bruce Hammock, PhD, on the medication for neuropathic pain that is to go into human trials very soon.

## CROSSING YOUR LEGS CAN CAUSE NEUROPATHY

One of the attendees at our Folsom Neuropathy Support Group reported she had met with a neurologist who included leg crossing as one cause of neuropathy. We all laughed. It surely couldn't be true, we thought. I sent Peter Skaff, MD, FAAN, Neurologist, Mercy Medical Group, an e-mail asking him about it. Here is his reply: *"I am writing in response to your inquiry with regard to medical references for compression neuropathy caused by chronic leg crossing. The first reference I could find was from 1929, and can be accessed at the online site of JAMA (Journal of the American Medical Association). <https://jamanetwork.com/journals/jama/article-abstract/269594?redirect=true> The focal neuropathy has been described extensively since. Try using the term "leg crosser's palsy" or "peroneal nerve palsy" or "peroneal neuropathy" in the text box of your favorite search engine."*

If you have been in a support group meeting and have seen the DVD we have of Dr. Skaff speaking to our Eskaton group in Carmichael, you are aware of his knowledge about neuropathy and his positive attitude toward its treatment. Our library of DVDs is available at \$5 per DVD. They are listed on our website. We hope to soon distribute the three DVDs from the 2017 Annual Conference.



[www.facebook.com/Neuro](http://www.facebook.com/Neuro)

# Join Us!

@Neuropathy\_WNA



### Western Neuropathy Association (WNA)

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

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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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