



WESTERN NEUROPATHY ASSOCIATION

May 2015
Issue 5
Volume 13

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WESTERN
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Neuropathy Hope

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

■ THE BIG DAY OF GIVING – MAY 5

The Big Day of Giving, sometimes called The Big DOG, is a nationwide emphasis on giving to support nonprofit, community supportive organizations. Some communities participate more actively than others. The Greater Sacramento Region started participating last year. A large pot of money is put up by organizations in the region to match on a percentage basis the contributions of others on this day. The more we receive from donors, the more matching funds we will be given.

If you have an amount you can give this year, this would be a good time to donate.

This is what we ask you to do:

- If you want to write a check, mail it to WNA, P.O. Box 2376567, Sacramento, CA 95827-6567 so that it arrives before May 5.
- If you can contribute on line, it is the recommended method, and as such wait until May 5 and do it that day. Go to our website (www.pnhelp.org) 12:01 AM to 11:59 PM on May 5. There will be a link that will take you directly to our slot on The Big Day of Giving website. They keep the record so the matching funds can be calculated and allocated to each group. You can go to their website, but there about 400 on the list that you would need to scroll through to find us. "W" would be toward the end. Having the direct route works better.

We appreciate all contributions very much and thank you for any amount you choose to give.



■ PAIN IN GUILLAIN-BARRE SYNDROME

Jonathan Goldstein, M.D., Member, GBS/CIDP Medical Advisory Board (Summer 2013)

Guillain-Barre Syndrome (GBS) is an immune mediated disorder resulting in weakness and numbness. The onset is acute and can vary from mild weakness to severe weakness requiring a ventilator. One of the symptoms frequently overlooked in the early stages is pain. It has been estimated that 33-71% of GBS patients have pain as an early symptom.

Patients often describe severe back or limb pain that may only respond to a narcotic medication. This is believed to be due to the inflammation of the nerve roots near the spinal cord. Patients who complain of unpleasant (dysesthesias) tingling in the fingers, toes, and sometimes around the mouth or the tongue.

Acutely the pain and the dysesthesias are managed by a combination of medications. The faster working medications are intravenous narcotics when acetaminophen and nonsteroidal medications do not work. This is usually short-term treatment on the order of a few days to a week.

After this acute phase, the pain typically decreases although the dysesthesias may continue. The longer term treatment of those painful tingling sensations revolves around two main medications gabapentin and pregabalin. These medications are very effective in helping control the painful feet and finger tingling.

It is important to avoid chronic pain in GBS patients as this may lead to decreased ability to carry out physical therapy and slow recovery. Patients with chronic pain also are subject to depression.

In summary, patients, caregivers and physicians should be aware of pain as a major symptom of Guillain-Barre Syndrome and be prepared for proper management. If handled early on, pain can be controlled in the acute and chronic stages.

REFERENCES:

1. Supportive care for patients with Guillain-Barre Syndrome. Hughes RAC, et. Al. Arch Neurol. 2005;1194-1198

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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
Antioch-Kaiser
Sand Creek 1C
Bev Anderson 877-622-6298

Auburn

1st Monday, 11 AM
Woodside Village MH Park
12155 Luther Road
Bev Anderson (877) 622-6298

Bakersfield

3rd Wednesday, 1:30 PM
Stockdale Moose Lodge
905 S. Stine Rd..
David Wollard (661) 663-9406

Berkeley-Oakland

No meeting
Go to the Annual Conference
See info in this edition.
Kathleen Nagel (510) 653-8625

Carmichael

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

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

3rd Monday, 1:00 PM- odd numbered months
Journey Church
450 Blue Ravine Rd.
Bev Anderson (877) 622-6298

Fort Bragg

For information call:
Betty Adams (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

May 4, 10 AM
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
Don & Ann Trout (831) 372-6959

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.
Carol Brosk (916) 531-2752

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

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President's Message

By Bev Anderson

The 9th Annual Neuropathy Action Awareness Day Conference is June 18 at the Intercontinental Hotel in the Century City area of Los Angeles. Each group leader will be sent a copy of the information and registration form and it will be on our website at www.pnhelp.org so you can download it if you wish to check it out. I know some of us will be going. It is an excellent conference. There are seven major speakers. The cost is \$20.

Stan Pashote, leader of the San Jose Neuropathy Support Group and Bay Area Regional Coordinator, is scheduled to receive this year's "You Are Our Hero" Award. We congratulate and applaud him at being chosen for this honor.

Please note the information on The Big Day of Giving. Besides being a financial help to us, it helps gain greater public awareness of neuropathy. We are listed among those participating and participate in some promotion events. WNA board director Pam Hart and I will be at a mall that day where many will see our table and pick up information.

Please check your feet daily and get to a podiatrist or your primary care doctor if anything doesn't look right. I did that recently with a callus. I have a regular quarterly appointment for toe nails as is covered by Medicare for people with foot numbness diabetic or not, but this callus was looking sort of dark colored. My podiatrist removed the callus and found an abscess



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WNA Information and Support Groups – continued from page 2

Santa Maria

2nd Tuesday, 12:00 Noon
Elwin Mussel Senior Center
510 Park Street
Wanda (805) 938-1086
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
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.
Shirley Blattner (707) 621-0208
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

1st 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

2nd Tuesday, 10:30 AM
St. Andrew Presbyterian Church
1390 Franklin Rd.
(next to Winco Shopping Center)
Ken Lux (530) 673-3479

NEVADA

Reno-Sparks

For information call
Bev Anderson (877) 622-6298

OREGON

Brookings

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

Grant's Pass

3rd Wednesday, 10:30 AM
First Christian Church
305 SW H Street
Carol Smith (541) 955-4995

Medford

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

Portland

For information call
Joe Mozena (503) 505-0692 or
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".

Start a support group in your area: Contact Bev Anderson at (877) 622-6298 or info@pnhelp.org

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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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:

- 23218892 This is a randomized, double blind, placebo-controlled study of Metanx®, a combination of L-methylfolate calcium 3 mg, methylcobalamine 2 mg, and pyridoxal-5'-phosphate 35mg—more easily assimilated forms of the vitamins folic acid, B12, and pyridoxine. The study was supported by the manufacturer, Pamlab LLC. It demonstrated a small but statistically significant decrease in Neuropathy Total Symptom Score after 24 weeks. The study was unable to show significant improvement in vibratory sense.
- 23340535 Among patients with chronic radicular neuropathic pain treated with

hydromorphone (Dilaudid®), Their sensitivity to pain increased (opioid-induced hyperalgesia), but overall pain decreased (opioid-induced analgesia).

- 23384256 This randomized, double blind placebo controlled study of chronic low back pain with a neurogenic component utilized two groups of 40. Magnesium sulfate infusion for 2 weeks, followed by oral magnesium for an additional 4 weeks was administered. All patients received anticonvulsants, a tricyclic for sleep and acetaminophen for pain. The magnesium group had significantly improved pain, flexion and range of motion.
- 23556533 Sjogren's syndrome, an autoimmune disease characterized by dry mouth and eyes, can become complicated by peripheral neuropathy and lymphoma, both of which are associated with low levels of vitamin D.
- 23566267 This is a study of 98 patients with unilateral herpes zoster dermatomal pain. They were randomized to receive subcutaneous injections in four painful sites daily six days a week for four weeks, either with 1% lidocaine (Xylocaine®) or methylcobalamine 1% (B12). The latter group experienced significantly greater improvement in overall pain as well as spontaneous pain, paroxysmal pain, allodynia, activities of daily living, and quality of life.
- 23609019 Twelve patients with painful neuropathy were administered two intramuscular injections of hepatocyte growth factor (HGF) and followed with the pain Visual Analog Scale (VAS), with the following reduction response at six months: 4mg—21%; 8mg—53%; 16mg—62%.
- 23664235 Combination therapy of intravenous lipoic acid (300-600mg) and methylcobalamine (B12 500-1000mg intramuscularly or intravenously) daily for 2-4 weeks improved nerve conduction velocities significantly better than methylcobalamine alone.

President's Message – Continued from page 3

beneath it. She drained it, put me in a "cute" sandal and told me to stay off of it. I upped my protein level and prayed. It healed quickly so in a week's time, I didn't need further attention. One time when I stepped on a pin in the carpet that went into a bone, I developed osteomyelitis in the bone. My podiatrist removed the bone and put me in the hospital

for a week with major antibiotics and more for when I was released. Just because you are not diabetic doesn't mean you or anyone is safe from major foot problems.

Happy spring,

Ber

PERIPHERAL NEUROPATHY PRESCRIPTION CHOICES

William B. Donovan, M.D.

Over the past year, following a second ruptured disc, my bilateral, symmetrical, lower extremity neuropathy has become more painful. I have decided to ask my neurologist to prescribe something to control evening pain and insomnia. Narcotics and sleeping pills help, but I would like to find an antidepressant and/or antiseizure drug to minimize the use of potentially habituating medications.

Like most of us, I would like to find the best and cheapest solution. Although I have insurance coverage, there are deductibles, copays, and maximums that contribute to the expense. As usual, I have relied upon the medical literature to help with such questions.

Recently I came across a 20-page meta-analysis that sifts through the multitude of articles on the subject (PMID 24284851).¹ The article focuses on the 21 best articles comparing the effectiveness/safety (“net benefit”) of six medications for the treatment of painful diabetic neuropathy. What helps diabetic neuropathy generally helps other forms of neuropathy.

The article found “.... the most favorable balance between benefit and risk....” for the following medications, in decreasing order of net benefit: gabapentin (Neurontin®); venlafaxine (Effexor®); pregabalin (Lyrica®); duloxetine/gabapentin (Cymbalta®/ Neurontin®) combination; placebo (pill without medicinal content); and amitriptyline (Elavil®). For our purpose, we will consider the top four choices that did better than placebo.

Prior to reviewing these medications, we should discuss prescription drugs, their licensing and cost. When a new drug is developed, the pharmaceutical company seeks the approval of the Food and Drug Administration (FDA). Following approval of safety and efficacy for a specific disease, the manufacturer can obtain patent/ exclusive rights for about 20 years. The drug is then marketed under its “brand name,” usually at a relatively high price. Following expiration of the patent, other companies can manufacture the drug as a “generic,” typically at a much reduced price. If, prior to the expiration of the patent, a new use is found for the drug, it may be profitable for the manufacturer to seek FDA approval for the new use.

The physician, however, is free to prescribe any medication deemed safe and effective, regardless of whether it has FDA approval for the particular condition being treated. This is commonly known as “off label” prescribing. A medication without FDA approval for a new use is known as an “orphan drug”—one that is not patented and therefore unprofitable for the pharmaceutical company to manufacture and market. Looking back at our article, we find several examples

of these categories of drugs.

Gabapentin, our number one choice, is an older drug that was originally approved to control seizures, and subsequently found to help peripheral neuropathy (PN). Since the patent ran out, gabapentin has been available as a generic (not only as the “brand name” drug Neurontin®), costing about 30¢ a pill, so taking a few pills a day would run about a dollar before insurance. Although there is good evidence of its effectiveness for PN, since it is no longer patentable, there is no incentive for a drug company to obtain Food and Drug Administration (FDA) approval for its use in treating PN.

Similarly our number two choice, venlafaxine, came out originally as an antidepressant (Effexor®) for which it received FDA approval. It was later found to be effective for PN, but there was not enough time running on its patent to make obtaining approval profitable for use in PN. Thus it is available, even in the newer extended release form, as a generic at about 50¢ a pill, yielding a daily cost of dollar or so.

Pregabalin (Lyrica®), our third choice, was developed as an antiseizure drug similar to gabapentin, but purported to have fewer side effects. When it was found to help PN, there was sufficient time running on its patent to warrant obtaining FDA approval for its new use. The cost is, however, about \$5-6 a pill, making the daily cost over \$10 a day.

Our fourth choice, duloxetine (Cymbalta®), used in combination with gabapentin (Neurontin®) in our meta-analysis, was developed as an antidepressant (like venlafaxine, a norepinephrine-serotonin reuptake inhibitor), and soon was found to be effective for PN, so FDA approval was obtained by the pharmaceutical company for this new use. The cost of brand name duloxetine is about \$8-10 a pill, making the daily cost about \$20 a day. Because of patent expiration, the generic recently has become available at less than \$2 a pill making the daily cost about \$5 a day in addition to the cost of gabapentin.

Having studied the effectiveness and costs of medications used to treat PN, I intend to discuss these issues with my doctor.

1. Rudroju N, Bansal D, Talakokkula ST, et al. Comparative efficacy and safety of six antidepressants and anticonvulsants in painful diabetic neuropathy: a network meta-analysis. *Pain physician* 2013; 16(6): E705-14.

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.

MEDICINE CHEST (Modesto Neuropathy Support Group)

(This is a work in progress and may have errors. It is not a recommendation for treatments. Please advise if you find information you feel is not accurate or information that you think should be included.)

NAME OF MED	COMPLAINTS	RESULTS	NOTES
Absorbine Jr.	Pain		Rub on balls of feet a bedtime
Acupuncture	Numbness, pain	Relief of pain	20 minutes treatment
Acupressure	Pain, inflammation	Relief of pain	Uses hand pressure
Advil	Pain	It reduces the inflammation which in turn reduces the cramping & swelling	
Adderall		Counteracts narcotics	
Aleve	Pain		
Air Salonpas	Pain	Pain spray	
Alpha Lipoic Acid	Symptoms	Anti-oxidant	"Protects liver, improves energy," "induces nerve 'sprouting'", alleviates capillary bruising
Aloe Vera & Menthol (blue cream)		Soothes feet	(Walgreens)
Amitriptyline/Elavil	pain, mod depression	Helps to sleep better; relieves anxiety & tension	
Anodyne Therapy		Increases circulation, reduces pain, stiffness muscle spasm, healing wounds	infrared light therapy
Aspirin	Pain, inflammation	Reduces pain, inflammation, fever	
B-12 & B-complex	Nerves	For healthy nervous system	
Benazepril	High blood pressure		May interfere with diabetes meds
Bio freeze	Hot Feet	Cooling	Found in drug stores
Capsaicin	Pain	Produces heat that provides pain relief	Chili pepper oil in roll-on or cream
Carbatrol	Restless leg syndrome		
Carbamazepine	Seizures		
Carnitine	Pain	Antioxidant	Slow results
Castor Oil/Castiva	Joint pain		Warming & Cooling Cream
Chamomile tea	Sleep problems	Helps to sleep better	
"Clonazepam (.5mg)	Leg cramps, anxiety	many find it helps.	Sometimes causes double vision
Cymbalta/Duloxetine	Major depression, mood swings, numbness, anxiety, nerve pain		high blood pressure & nausea
Darvocet (propoxyphen)	"Numbness, cramping"	Anti-depressant	A narcotic
Diazepam/Valium	Muscle spasms, pain		Habit forming prescription
Elavil (amitriptyline)	Depression	Anti-depressant	
Electrical Stimulant (TENS)	No feeling	Helps feeling return to feet	low strength/20 minute treatments
EMU Oil/Blue Goo	Foot pain, sore backs		DON'T use on burning feet (Walgreens)
Evening Primrose Oil		Omega 6 fatty acid	Improves nerve conduction.
Exercise		Low impact releases endorphins to combat depression strengthens muscles	
Folic Acid		Helps body make healthy new cells	
Gabapentin, Neurontin	Foot pain, depression, anxiety, foot pain "		Causes dizziness, drowsiness & weight gain
Glipazide	Diabetes/blood sugar control		

Medicine Chest – Continued from page 6

<u>NAME OF MED</u>	<u>COMPLAINTS</u>	<u>RESULTS</u>	<u>NOTES</u>
Health Betic foot cream	Nerve damage	Helps restore blood flow for better circulation	1-800-679-4748
Healthlite		infrared light treatment home unit	www.healthlight.us
Hydrocodone/Acetaminophen		Pain	
Infrared Light therapy	Pain, poor circulation	Increases circulation reduces pain	(Anodyne therapy) www.anodynetherapy.com
Ivory Soap		Reduces foot distress at night - 1 bar between sheets at the foot of the bed	
Lidocaine Patch	Pain		May cause mild local reaction
Lyrica/pregabalin	“Nerve pain, seizures”		“Causes dizziness”, drowsiness & weight gain
MLS Laser Therapy	Pain	Uses pulsed light emissions to interfere with pain impulses to brain	Dr. Adhir Singh, MD Modesto “
MagillLife Leg Cramp Relief	cramps & radiating pain		Tablets
MagniLife Diabetic	Nerve pain		Cream
Neuropathy Foot Cream			
Magnets		Increases circulation, relieves stress	
Metanex	Address nutritional deficiencies		Prescription only; for diabetics
Mexiletine 150 mg.	Pain, anxiety	Anti-depressant	
Methadone	Moderate to severe pain not relieved by other paid meds		Used in treatment of narcotic withdrawal & dependence
Mirapex	Hot feet, Parkinson’s disease, helps control tremors		
Motrin	Pain, muscle strain		
Neuracel	Pain	NEW	Natural ingredients (passion flower, lobelia, Ca. poppy, corydalis & prickly ash bark) 1-800-748-8559
Neurontin 300 mg	“Pain, anxiety”	Anti - depressant	(gabapentin)
Neuragen Oil	Tingly & numb feet		Rub on a few drops
Norco	Moderate to severe pain		
Nortriptyline	Pain		Works best in combination with Gabapentin
Pain Spray - Premiere’s		Fast, temporary relief for :arthritis, knee pain, backache, shoulder pain, stiff joints, pinched nerves, fibromyalgia	
Patches Lidocaine (Salon Pas)	Pain		Sometimes called Lidoderm 5%
Peppermint lotion	Hot feet	Cool & soothing	Dr. Scholl’s
Phys-Assist	itchy, dry skin	Foot cream	1-800-362-8063
Pregabalin/Lyrica	Nerve Pain		Causes drowsiness, dizziness & weight gain
Propoxyphen (Darvocet)	Numbness, cramping, pain		Narcotic
Salon Pas	Pain		Patches (Costco cheapest)
Tramadol 50 mg	Pain		Prescription only - causes nausea, sedation & blood clotting
Tylenol	Pain, arthritis		
Vicks Vapor Rub	Pain	Soothes	
Walking/exercise		Low impact - releases endorphins to combat depression, strengthens muscles	
Wintergreen alcohol	Burning & throbbing & pain		Rub on morning & night
Zoloft	Depression		



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@pnhelp.org

■ PN Information/Advice ■ Support Group Inquiries

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

■ Membership Information/Inquiries ■ Sponsorships

■ General Organizational Inquiries ■ www.pnhelp.org

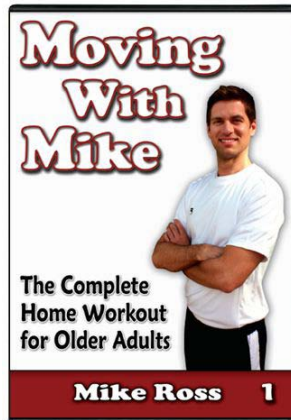
Mark Your Calendar:

June 18, 2015

The 9th Annual Neuropathy Action Awareness Day Conference
Intercontinental Hotel in the Century City area of Los Angeles.

THE COMPLETE HOME WORKOUT FOR OLDER ADULTS

If you are looking for a video to help you exercise, the Moving With Mike from Mike Ross may be what you are looking for. The exercises are shown standing up and sitting down - www.MovingWithMikeDVD.com. There are three DVDs. The first is \$19.95. If you buy two, the third is sent free and there is free shipping -- \$39.95 is what you pay for all three. To order by mail, send your check with a note saying it is for one or three DVDs to Breakthrough Fitness Systems, LLC, P.O. Box 2022, Northlake, IL 60164. Group leaders may have ordered these for the group and use them for a time at meetings, but you may want to do an exercise program at home to help keep your muscles in shape. There are other DVDs on the market that also help. This one is especially good as you can do the exercises sitting down, if needed.



May 18
Neuropathy Awareness Month
- A Good Time to Give

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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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