



WESTERN NEUROPATHY ASSOCIATION

December 2018

Issue 12

Volume 16

- WNA Begins Its 21st Year
- WNA Support Groups
- President's Message
- What Are The Best Remedies For Neuropathy From Chemo?
- Neuropathy Medical Literature Review



Awarded by GuideStar November 13, 2018

WESTERN NEUROPATHY ASSOCIATION P.O. Box 276567 Sacramento, CA 95827-6567 877-622-6298 888-556-3356 info@WNAinfo.org www.WNAinfo.org

# Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

## WNA BEGINS ITS 21st YEAR

The celebrations of our 20th Anniversary concluded with the luncheon in Auburn on November 5 at the very place it started – in the very room. It had been Baker's Square Restaurant. Now it is Black Bear Diner. In its remodel, the room is smaller but hospitable as you can see in this photo of the event (right).

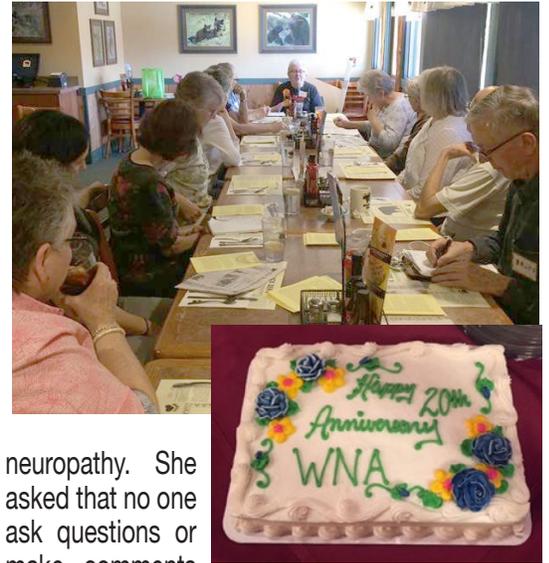
Here is the history given those that attended:

### A BRIEF HISTORY OF THE WESTERN NEUROPATHY ASSOCIATION 1998 - 2018

In mid-1998, Bev Anderson was on the Board of the Auburn Interfaith Food Closet as Secretary. She and the President, Barbara Whitney, were asked by the Board to investigate whether it was possible to move the current Auburn Food Closet to the new building Placer County was asking the group to use. This was just prior to the transition to the new leadership and name of this nonprofit. Barbara brought along her husband, Grant, a retired architect, to measure and help them decide. Bev got out of her car with a cane saying, "I use a cane because I have peripheral neuropathy."

Grant said, "I do, too, have you joined The Neuropathy Association?" Bev said she didn't know there was such. Grant said it was fairly new, about two years old, but Bev could get information on line. Bev joined that night and information was sent to her. There were other places in the country that had support groups but none near Auburn. She asked Grant if he would help her see if there was interest.

The first Monday of November, 1998, at Baker's Square Restaurant was chosen and reserved. An article was submitted to the Auburn Journal. Bev and Grant decided a few copies of a handout, actually two pages would be enough so they made a dozen copies. The night arrived. 33 people showed up. The Auburn Journal had put the small article at the top of the FYI column on the front page. Bev started the meeting by greeting each person and asking them to tell briefly about their



neuropathy. She asked that no one ask questions or make comments until all had spoken. This worked well so they did not bog down in discussion until all had an opportunity. Grant went to Kinkos for more copies.

The information about the Auburn meeting was distributed throughout the general Sacramento region. In Sacramento several said that they would not drive all the way to Auburn but would start a group at Kaiser Permanente Hospital on Morse Avenue. They met in the basement in a Diabetic Educator's Conference Room. A few months later Carolyn Clarke who was in the Auburn Group but lived in Lake of the Pines in Nevada County, started a group in Grass Valley at the Grass Valley United Methodist Church. Roseville started soon afterward at the local library conference room led by Bev Anderson and Joe Nicosia. At this point the thought was to call it the Placer-Nevada Counties Neuropathy Association.

Bev kept in touch with The Neuropathy Association (TNA) in New York City, especially with their organizing President, Mary Ann Donovan. She recommended that the organization incorporate so it could be nonprofit with tax exemption and do business in California. So, in May, 2001, the organization was incorporated as the Northern California Chapter of The Neuropathy Association (NCCNA).

- Continued on page 6

# Roster of Our WNA Information and Support Groups

## 2018 WNA Board of Directors

**Bev Anderson**  
President

**Karen C. Polastri, IOM**  
Vice President

**Darrell O'Sullivan**  
Secretary/Treasurer

**Anne Bentz**  
Director

**Pam Hart**  
Director

**Sonya Wells, PharmD, MPH**  
Director

## Emeritus Council

**Michael Green**  
Emeritus

**Johnathan Istilart**  
Emeritus

**Brad Livingood**  
Emeritus

**Sandra Vinson**  
Emeritus

**Dick Ward**  
Emeritus

**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



## CALIFORNIA

### Auburn

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

### Castro Valley

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

### Concord

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

### Costa Mesa

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

### 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

### Folsom

4th Wednesday, 12:30 PM (odd numbered months)  
Burger Rehabilitation  
1301 E. Bidwell St.  
Bev Anderson (877) 622-6298

### Fresno

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

### Grass Valley

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

### Livermore

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

## Merced

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

## Modesto

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

## 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 St.  
Ron Patrick (707) 257-2343  
bonjournapa@hotmail.com

## Placerville

2nd Wednesday, 1 PM  
El Dorado Senior Center  
937 Spring Street  
Bev Anderson (877) 622-6298

## Redwood City

Next meeting, January 22, 2019  
4th Tuesday, 1 PM  
Sequoia Hospital Health and Wellness Center  
749 Brewster Avenue  
Danielle LaFlash (415) 297-1815

## Roseville

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

## Sacramento

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

## San Francisco

2nd Monday, 11 AM – 12:30 PM  
Kaiser French Campus  
4141 Geary Blvd. between 6th & 7th Ave.  
Rm. 411A - Watch for signs.  
Merle (415) 346-9781

## San Jose

Next meeting, January 19, 2019  
3rd Saturday, 10:30 AM  
O'Conner Hospital, 2105 Forest Avenue  
SJ DePaul Conf. Rm.  
Danielle LaFlash (415) 297-1815

## Santa Barbara

4th Saturday, 10AM (Sept., Oct., Jan., March, May)  
St. Raphael Catholic Church  
5444 Hollister Ave., Conference Room  
Shirley Hopper (805) 689-5939

## Santa Cruz

3rd Wednesday, 12:30 PM (odd numbered months)  
Trinity Presbyterian Church  
420 Melrose Avenue  
Mary Ann Leer (831) 477-1239

## Santa Rosa

1st Wednesday, 10:30 AM  
Steele Lane Community Center  
415 Steele Lane  
Judy Leandro (707) 480-3740

## Thousand Oaks – Westlake Village

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

## Walnut Creek

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

## NEVADA

### Las Vegas

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

## OREGON

### Grants Pass

3rd Wednesday 2:00 PM  
Club Northwest  
2160 N.W. Vine St.  
Carol Smith 541-955-4995  
David Tally 541-218-4418

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

## President's Message By Bev Anderson



Here we are at the end of the year again. Didn't it just start yesterday?

You have received the year's-end letter requesting membership and donations. You are receiving this in time to observe Giving Tuesday on November 27. The Saturday before, November 24, is my birthday. The best gift I could receive would be a gift to WNA. Things are running a little tight lately; many of our overhead expenses are increasing annually such as insurances, postage, printing, and the like. People come to group meetings and speak highly of us, but then don't become members. Our membership and fundraising letter goes to everyone on our data base. In the P.S. at the end of the letter, those that are not members are asked to join. The \$30 a year means a lot to the sustainability of the organization. Our budget for the year is built on dues and projected donations. If you know someone who actively comes to meetings but is not a member, please encourage them to join. WNA tends to have older people as members. Older people continue to age, of course, and may pass from this life or go into care facilities and choose not to continue their membership. This impacts us if we don't add younger people to our membership.



WNA Board director, Darrell O'Sullivan, and I had a wonderful time at UC Davis presenting our \$5,000 check to Bruce Hammock, PhD. He said that the medications for cats, dogs, and horses are moving forward. They have used them with animals in their program that were in pain and it has been very effective. I teased him that there were many happy animals as a result. He laughed and said that there were hundreds of mice and rats included in that number. If you notice anything about his face looking a bit battered (see photo on back page), it is because he was having dermatological surgery on his face. If you've been to a dermatologist, you know it isn't pleasant but it does heal rather quickly.

I'm including a photo of us talking together in one of the labs near his office (above). The researcher using that lab was manufacturing the medication for horses. What a privilege to see their work in action. I thought of all of you and was so glad we could represent you there.

We had the final 20th Anniversary Luncheon in Auburn on November 5 in the very room where WNA started as the Auburn Neuropathy Support Group in 1998. We had a grand time. It was amazing to realize that there were four of us that had been there the first night we met. Sue Ingle had been one of the youngest. She announced her recent retirement at this luncheon.

Have a wonderful holiday season starting with Thanksgiving and going through Hanukkah, and Christmas and on to New Year's Day. There are many other holidays celebrated during this time. Please let me know of any others you celebrate. I taught in a multiethnic community and had students that celebrated a variety of holidays as December is full of them.

*Bev*

## DOING SOME ONLINE SHOPPING? We recommend AmazonSmile and iGive.com.



**AmazonSmile** is an easy and automatic way for you to support WNA every time you shop, at no cost to you. When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that AmazonSmile will donate a portion of the purchase price to the Western Neuropathy Association!!! Make sure you type in our organization.

You can also support WNA by shopping at one of the 1700+ stores at **iGive.com** and selecting the Western Neuropathy Association as your charity of choice - they will donate a rebate of your purchase at no extra cost to you!



### 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 - **12% off all home units.**  
Contact: 800-521-6664 or [www.anodynetherapy.com](http://www.anodynetherapy.com)

**HealthLight** Infrared Light Therapy equipment - **5% 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

## WHAT ARE THE BEST REMEDIES FOR NEUROPATHY FROM CHEMO?

Last reviewed Fri 26 October 2018 • By Zawn Villines

**Outlook and takeaway.** Neuropathy is nerve damage that can cause tingling, numbness, and other sensations, often in the feet and hands. Neuropathy is a common side effect of chemotherapy. Doctors believe it happens because chemotherapy damages healthy cells, including nerves.

Chemotherapy can damage nerves that affect feeling and movement in the hands and feet. Doctors call this condition chemotherapy-induced peripheral neuropathy (CIPN). Symptoms can be severe and may affect a person's quality of life.

A 2014 study of 90 people receiving chemotherapy found that about half had neuropathy, and 6.7 percent said it was a major symptom that doctors overlooked.

Doctors are unsure why some people have neuropathy, and others do not. The risk depends on the chemotherapy drug a person is administered, which could be causing damage to the nerves.

In this article, we look at ways to prevent and treat CIPN, including natural and alternative remedies. We also list some of the chemotherapy drugs that cause CIPN and discuss symptoms and diagnosis.

### Is CIPN preventable?

Symptoms of neuropathy can include pain, burning, and tingling in the hands and feet. The best option for preventing neuropathy is by using a chemotherapy drug that is not likely to cause CIPN. However, this is not always possible as cancer treatment is diagnosis-specific, which means the most effective drug may also be one that causes unpleasant side effects. People should discuss their outlook and the risks and benefits of each treatment option with their doctor.

Some research suggests the following treatments might help prevent neuropathy:

- vitamin E
- calcium and magnesium
- anti-seizure drugs
- antidepressants
- glutathione, a vitamin that is rich in antioxidants

Always talk to a doctor before trying any remedy to prevent CIPN.

**Natural neuropathy remedies.** Although there is no sure method for preventing CIPN, natural remedies may relieve symptoms. It is essential to talk to a doctor before trying any natural remedy, even over-the-counter supplements that claim to be safe and natural, to make sure they do not interfere with treatment.

**Lotions.** Some lotions may ease symptoms. People can try experimenting with mild creams that are unlikely to irritate the skin. Massaging painful areas with lotion may also help. Some lotions to try include those that contain cocoa butter and menthol.

**Exercise.** Exercise can increase blood flow to the hands and feet and may offer temporary relief from pain. One study showed that exercise improved symptoms, such as tingling and numbness in the hands and feet, in some people with breast cancer. People should discuss the exercises that are best for them with their doctor. Low-impact activities, such as swimming, low-impact aerobics, or yoga, are the safest options.

**What you need to know about chemotherapy.** Chemotherapy is a very powerful treatment with many potential side effects. Learn more about chemotherapy as a whole here.

**Vitamins.** Some research suggests that vitamin deficiencies may make CIPN worse. Researchers are studying the possibility that certain vitamins or combinations of vitamins might help. However, a 2013 study in the journal *Clinical Nutrition* concludes that more research is necessary before doctors can recommend specific supplements. A doctor can test a person's vitamin levels and make sure they are not deficient. Anyone who is lacking vitamins in their diet can take supplements following a recommendation from their doctor.

**Dietary changes.** A healthful diet can help the body fight cancer more effectively and may also ease some side effects of treatment. Research does not support a specific diet, but a healthful diet should focus on fruits and vegetables, lean proteins, and whole grains, as well as plenty of water. If nausea caused by the chemotherapy

- Continued on page 5



makes it difficult to eat, people can talk to a doctor about nausea treatment options.

**Massage.** Massage can offer temporary relief from neuropathy symptoms. Massage improves blood flow and may offer temporary relief from symptoms. Some people may tense their muscles in response to neuropathic pain and massage can help release this tension, which may prevent the pain from radiating. A study outlined at the 2016 Palliative Care in Oncology Symposium and reported in Oncology Nursing News noted that people who had CIPN as a result of treatment for multiple myeloma saw an improvement in their symptoms after massage therapy sessions.

**Other alternative remedies.** Some people find relief from acupuncture, reflexology, chiropractic, and other forms of alternative medicine. However, many of these treatments need further research to confirm their effectiveness. These remedies may also help some people cope with the stress of facing a cancer diagnosis and dealing with chemotherapy. Research has not conclusively proven that these remedies work, but many people who have cancer are willing to try non-traditional strategies for comfort and psychological well-being. People should talk to their doctor before trying alternative remedies.

**Medical treatments for neuropathy.** No single medical treatment for neuropathy works for all or most people undergoing chemotherapy. Many treatments are still in the experimental stage. The most effective treatment largely depends on the chemotherapy drug a person is taking. This is because different drugs damage different nerves.

**Medication.** Researchers are testing drugs to counteract the nerve damage that causes CIPN. Early research suggests some medications may help, depending on the chemotherapy drug a person takes. However, a 2014 review from the journal Cancer Management and Research says current information on the effectiveness of these drugs is controversial and requires more study.

**Neuromodulation.** Neuromodulation works by training the brain to process nerve sensations differently. Though still experimental, the following treatments may help: neurofeedback, which conditions the brain to change the way it responds to pain; scrambler therapy, which prevents injured nerves from sending signals to the brain; repetitive transcranial magnetic stimulation, which uses magnetic pulses to encourage changes in the electrical activity in the brain.

**Adjusting chemotherapy dose.** Medical treatments may not be effective for neuropathy, so the standard treatment of choice is to reduce the dose of chemotherapy. A doctor may recommend more weekly treatments at half the dose or, in some cases, stopping chemotherapy.

**Which chemo drugs cause neuropathy?** The drugs most likely to cause CIPN include:

- paclitaxel
- cisplatin
- oxaliplatin
- epothilones
- thalidomide
- docetaxel
- bortezomib
- lenalidomide
- pomalidomide
- suramin
- vincristine



### Symptoms

Ringing in the ears is a common symptom of neuropathy.

Numbness and tingling in the hands and feet are the main symptoms of neuropathy. Some

– Continued on page 7

### 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.

#### 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.

## WNA Begins Its 21st Year – Continued from page 1

Meanwhile, new groups were forming. Martha Chandley who lived in West Sacramento and attended the Sacramento Group started a group in Davis, Woodland, and West Sacramento. She was instrumental in getting large signs on the Sacramento buses and got continuing phone calls of inquiry as a result. This helped build the groups in that area. She also led the effort for the first logo that illustrated neuropathy graphically in some detail.

Bev drove to many locations, held a pre-advertised meeting and tried to get a group started if there was a person or more who would take the leadership. Simple instructions were given along with brochures which developed over the years to there now being a Leadership Box and packets of information to give to each new person that comes to a group. The box contains a detailed guide, leadership ideas and information, masters for handouts, brochures, videos, etc.

At one time 67 groups were formed or nearly formed. Some flourished for a while but others were going for a short while. It is always a challenge to find leadership that lasts. However, there are groups whose leaders have continued for years gaining skill and appreciative members. Basically, there was a group within driving distance of most people in Northern California. Currently, there are 30 with several in the lead up stage in California, Nevada, and Oregon.

The Board decided to ask TNA to let NCCNA change its name so it could try to start groups in Southern California. There was a group in San Diego and one in the Los Angeles area. Bev went to the TNA conference in Washington, D.C. and obtained their permission. The name was changed to the Pacific Chapter of The Neuropathy Association (PCNA). Several years later, December 31, 2014, The Neuropathy Association dissolved and gave everything they had to The Foundation for Peripheral Neuropathy in the Chicago area. The PCNA Affiliation Agreement with TNA was dissolved and it was free to do as it had been doing as a fully free-standing California Public Benefit Nonprofit Tax Exempt Corporation as it had been. Only the name needed to be changed. It became the Western Neuropathy Association.

Getting groups started in Southern California has been more difficult it seems. However, currently, there are several and possibilities for more. It takes leadership. Bev and her friend, Ginny Henderson, made a circle of Oregon trip and included several towns in Northern California as well. The trip was funded by a lady in Southern California who had given a major gift. Meetings were held in eleven towns in Oregon. Three groups met for a while but Grants Pass has been the stalwart one. Carol Smith has been the tenacious leader that kept it going. There was a group in Reno for some years and folded. It may be ready to start again. Las Vegas is currently the only one in Nevada.

In the middle years Dominick Spatafora organized the Neuropathy Action Foundation. He met with Bev and the Board agreed that we would work together to help people with

neuropathy. His first conferences were in Northern California supporting us and encouraging our members. The next ones have been in Southern California which has helped develop groups there. Their focus is legislation and being sure patients can get the medications they need.

Recently, WNA has identified a research project it has shadowed and promoted which is scheduled for clinical trials in April of 2019. Recently, the Board voted to give \$5,000 toward its completion. This was a Board commitment of \$2,500 matched by gifts by members and friends. A speaker from this U.C. Davis Research group has spoken at the Annual Medical Conference the last three years. Bruce Hammock, PhD, Researcher-Developer leading the project, spoke twice.

This organization now known as WNA has had a strong Board which has gotten stronger and more professional as the years advanced. About midway, it became a nonprofit organization participating with Association Resource Center in Folsom, CA and changed the address from Auburn to Sacramento. Mail is delivered to Folsom three times a week. About 25 small to large nonprofit organizations participate. The Association Resource Center manages the personnel that work there with each organization paying a share. WNA has an Administrative Assistant that works for three organizations. There is also a person in the Financial Office that does the deposits and one that does the financial report. A person who does the technical work with the website and DVDS is also available.

Now, the future is in focus. Bev is looking for people for the Board who can take on roles she has taken for 20 years. It is a perfect opportunity for a person who has been retired long enough to be ready for an Encore. This needs to be a person who likes people and is ready to lead forward until there is a cure or an excellent treatment for all and there is not a need to have such groups or organizations.

Contact Bev at [info@pnhelp.org](mailto:info@pnhelp.org) or at (877) 622-6298 for more info.



20th Anniversary Luncheon in Rancho Cordova

## NEUROPATHY MEDICAL 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 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:

- 28084646 This Cochrane systematic review of all treatments of chronic inflammatory demyelinating polyneuropathy (CIDP) finds little evidence for a significant difference among intravenous immunoglobulin (IVIG), plasmapheresis, high dose corticosteroids and azothioprine. There is a need for more long-term randomized controlled cost benefit studies.
- 28092909 The authors share their experience of three patients who were treated with autologous hemopoitin stem cell transplantation following which, in clear temporal association, developed immune mediated neuropathies.
- 28324318 This is a meta-analysis of the efficacy of botulinum neurotoxin (BoNT) in the treatment of headache including migraine, trigeminal neuralgia and other neuropathic pain. BoNT has a favorable safety profile and often achieves long lasting relief after a single injection.
- 28339433 This double blind randomized placebo controlled 90-day study found a 40% reduction on pain with ketamine. There was no further pain reduction with the addition of methadone.
- 28429337 This is a meta-analysis of the treatment of neuropathic pain. The review concluded that pain should be treated early in its course to prevent it from becoming chronic. The use of tapentadol (Nucynta®) was suggested as it is both a norepinephrine uptake inhibitor as well as an opioid

---

### What Are The Best Remedies For Neuropathy From Chemo? – *Continued from page 5*

people have weakness and find it difficult to hold small objects. Symptoms can be severe and significantly impact a person's quality of life.

Common symptoms include:

- pain in the hands and feet
- tingling or burning in the hands and feet
- shooting or electrical sensations in the hands, feet, or legs
- ringing in the ears
- difficulty picking up objects
- difficulty with tasks that require close control, such as buttoning a shirt
- very cold or hot hands or feet
- loss of balance
- painful or difficult urination
- constipation

CIPN is particularly problematic to treat because it is not possible to predict when symptoms may occur – sometimes, they develop after treatment has ended – or how long they will last.

**How is it diagnosed?** A doctor can usually diagnose neuropathy by looking at a person's symptoms, especially when they are taking one of the chemotherapy drugs that are known to cause neuropathy. However, nerve pain may be due to something other than chemotherapy.

Other medical conditions that can cause neuropathy include:

- kidney failure
- diabetes
- autoimmune diseases
- infections
- carpal tunnel disorder
- alcohol abuse
- nutritional deficiencies

A doctor may conduct testing to rule out these other causes.

**Outlook and takeaway.** Neuropathy can be extremely painful, but it is not usually permanent. For most people, symptoms go away after they stop chemotherapy. Sometimes it takes a few months for symptoms to fade. A 2014 study found that 30 percent of people still had symptoms of CIPN six months or longer after stopping chemotherapy. In rare instances, neuropathy can be permanent, but there is no way to predict whether this will be the case. Although CIPN can be debilitating, it is important to keep in mind that symptoms almost always improve.

Used by permission of Medical News Today.



# WESTERN NEUROPATHY ASSOCIATION

A California public benefit, nonprofit, tax exempt corporation

P.O. Box 276567, Sacramento, CA 95827-6567

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)

## OUR CHECK FOR \$5,000 PRESENTED TO BRUCE HAMMOCK, PhD, FOR HELP TAKING A NEW MEDICATION FOR NEUROLOGICAL PAIN TO HUMAN TRIALS IN APRIL



Bev Anderson, WNA President; Bruce Hammock, PhD, UC Davis Distinguished Professor; Darrell O'Sullivan, WNA Treasurer; Cindy McReynolds, Project Manager, Eicosis, LLC



### Western Neuropathy Association (WNA)

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

Bev Anderson, Editor

P.O. Box 276567

Sacramento, CA 95827-6567

(877) 622-6298 ■ (888) 556-3356

[info@WNAinfo.org](mailto:info@WNAinfo.org) ■ [www.WNAinfo.org](http://www.WNAinfo.org)

WNA Headquarters: [admin@WNAinfo.org](mailto:admin@WNAinfo.org)

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.

*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. Western Neuropathy Association (WNA) does not endorse any treatments, medications, articles, abstracts or products discussed herein. You are strongly encouraged to consult a neurologist with any questions or comments you may have regarding your condition. The best care can only be given by a qualified provider who knows you personally.*



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

# Join Us!

@Neuropathy\_WNA

