



WESTERN NEUROPATHY ASSOCIATION

April 2019
Issue 04
Volume 17

- Medical Marijuana And Older Adults
- WNA Support Groups
- President's Message
- Teleconference Schedule
- Shingrix®: Herpes Zoster (shingles) Vaccine
- Neuropathy Medical Literature Review
- Soap For Cramps
- Wonder Of Water
- Recent Member Reports
- WNA 2019 Annual Conference - Information And Registration
- GoodRx Can Help With Prescription Costs



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)

MEDICAL MARIJUANA AND OLDER ADULTS

Well tolerated among elderly patients; nearly a third reduced opioids

By Judy George, Contributing Writer, MedPage Today, February 28, 2019

PHILADELPHIA -- Medical cannabis was well-tolerated among elderly patients and provided significant symptomatic benefits, a retrospective chart review showed.

Adults who were an average age of 81 experienced relief in chronic pain, sleep, neuropathy, and anxiety with medical cannabis, reported Laszlo Mechtler, MD, of Dent Neurologic Institute in Buffalo, New York, and colleagues, in an early-release abstract from the American Academy of Neurology meeting to be held here in May.

Moreover, 32% reduced their opioid pain medication, they added.

At first, about a third of patients experienced adverse effects -- mostly sleepiness, balance problems, and gastrointestinal disturbances -- but in 13% of patients, those problems resolved when dosages were adjusted.

Similar findings were seen last year in a study published in the European Journal of Internal Medicine, in which elderly patients reported significantly less pain with medical cannabis and more than 18% stopped or reduced opioid analgesics.

In the U.S., people age 65 and older are among the fastest-growing group of cannabis users. To date, 33 states and the District of Columbia have legalized medical marijuana. Ten states also have legalized recreational use, and that's caused some experts to be concerned about older adults who may self-treat medical problems without guidance.

"Evidence is growing in support of some indications for medical cannabis -- pain, for example -- and that needs to be weighed against side effects to which older adults may be more vulnerable, like dizziness, somnolence, confusion, and dry mouth," Joshua Briscoe, MD, of Duke University Medical Center, told MedPage Today. "Older adults should use caution when experimenting with medical cannabis on their own and share the details of such use with their physicians."

In this study, Mechtler and colleagues analyzed charts of 204 patients from ages 75 to 102 years who used the New York state's Medical Marijuana Program. They had an average age of 81 and were followed in a neurologic outpatient setting in Buffalo. Of the total sample, 129 were women and 75 were men.

Participants took various ratios of tetrahydrocannabinol (THC) to cannabidiol (CBD) by mouth as a liquid extract tincture, capsule, or in an electronic vaporizer, for an average of 16.8 weeks.

Initially, 34% of participants experienced adverse effects; after adjusting dosages, that figure dropped to 21%. The most common side effects were sleepiness (13%), balance problems (7%), and gastrointestinal disturbances (7%). Due to side effects, seven patients (3.4%) stopped using medical marijuana. The most common ratio of THC to CBD among people who reported no side effects was 1:1.

- Continued on page 6

WNA 2019 ANNUAL CONFERENCE
Friday, May 10, 2019

Trinity United Presbyterian Church, 1600 Carver Road, Modesto, CA
Information and Registration form on page 7

Roster of Our WNA Information and Support Groups

2019 WNA Board of Directors

Bev Anderson
President

Karen C. Polastri, IOM
Vice President

Anne Bentz
Secretary

Darrell O'Sullivan
Treasurer

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

 **Diane Blakley**
Designs

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

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

3rd Wednesday, 12:30 PM
Association Resource Center
950 Glenn Dr., Suite 150
Bev Anderson (877) 622-6298

Fresno

3rd Tuesday, 11:00 AM
United Community Church of Christ
5550 N. Fresno St.
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
(Hoffmeiser 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

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

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, 2:30PM & 4:30 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

**Start a support group
in your area:
Contact Bev Anderson at
(877) 622-6298 or
info@pnhelp.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. New Leadership needed. No meetings for now. Contact for information: Bev Anderson 877-622-6298. **California:** Alturas, Antioch-Brentwood, Bakersfield, Berkeley - Oakland, Carmichael, Clearlake, Costa Mesa, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Lodi, Madera, Mt. Shasta, Oxnard, Quincy, Redding, Salinas, Santa Maria, San Rafael, 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.



Have you ever felt like you were doing your best, but something wasn't working right? That has been my feeling about the "cold that is going around" this winter. I usually come down with one cold annually that shows up in February, March, or April and once in a while in the fall. I was washing my hands every time I could and being careful, but soon after the new year my annual cold hit. It was a basic head cold. I stayed grounded in at home so I'd not give it to anyone. Staying in wasn't as difficult as I thought it might be as there were also periods were I was snowbound.

I was delighted that after the snow on my road hadn't melted for over two weeks my neighbor used his tractor to clear the thick amount of snow that had frozen solid. Finally, I could get out just prior to some routine doctor appointments. For the first appointment day, I felt great. My fibrillating heart stood still for the whole blood pressure check. Only one pulse number came up so it looked great for my cardiologist. On the next day, I was so irregular that they couldn't get a blood pressure. By that night I knew I'd intercepted a new bug and was in trouble -- this time in my chest.

Several days after, I agreed that I needed professional help. A friend, a retired licensed vocational nurse (LVN), insisted on the emergency room (ER) as recommended by my medical group and met me there. Sutter Auburn Faith Hospital ER did a marvelous job of helping this U.C. Davis patient being supervised by a Kaiser patient. Tests were made, treatments given, etc. by a wonderful staff dealing with a full load of patients.

- Continued on page 6

TELECONFERENCE SCHEDULE

THURSDAY, APRIL 18

- **10:30 AM** Nevada (except Las Vegas as they have a support group)
- **1:00 PM** San Bernardino/Loma Linda/Redlands to Indio and Blythe and contiguous areas between
- **3:00 PM** Oceanside to San Diego areas
- **6:00 PM** If you are in any area and would like a support group, call in.

TUESDAY, APRIL 23

- **10:30 AM** Oregon (except Grants Pass region as they have a support group)
- **1:00 PM** Anaheim, Orange, Santa Ana Costa Mesa to San Clemente and regions nearby
- **3:00 PM** Greater Los Angeles/Southern California area not mentioned otherwise and you want a support group, call in

THURSDAY, APRIL 25

- **10:30 AM** Stockton, Tulare-Visalia or Bakersfield areas
- **1:00 PM** San Francisco peninsula south of San Francisco, San Jose and South to include Lompoc area
- **3:00 PM** Northern California north of Santa Rosa on the coast or north of Davis inland

If you don't see one that fits you, choose one somewhat close or at a time that works for you and please check in. If you are interested in leading a support group at any location, please call Bev at 877-622-6298 for information and start making plans.

TO CONNECT TO A CALL

To connect at the time you want to join, call **1-877-366-0711**. When the female voice says "Welcome to the Conference Group," and asks you to put in the pass code, using your telephone keypad put in **36199447#**. When you are in, a bell will sound in the virtual conference room and you will be welcomed in. If you should happen to be the first to check in, you will be told you are the only one in the conference room. Wait for others to arrive on the call. I try to be the first in but sometimes someone checks in more than a minute or so earlier so they are there first. It is not a problem. Just wait until others come. Welcome them when they do.

Help With Health Care Challenges

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

Medicare

www.Medicare.gov

...

The Affordable Health Care Act

For current information go to www.HealthCare.gov

...

HICAP

Health Insurance Counseling

for seniors and people with disabilities.
www.cahealthadvocates.org/HICAP/
Call (800) 434-0222 to ask a question or to make an appointment.

...

Health Rights Hotline

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

...

HMO Help Center

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

...

DRA's Health

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

DISCOUNTS FOR WNA MEMBERS

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

HealthLight Infrared Light Therapy equipment - **5% 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
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

SHINGRIX®: HERPES ZOSTER (SHINGLES) VACCINE By William B. Donovan, M.D.

The federal Advisory Committee on Immunization Practices recommends the administration of this improved shingles vaccine for all adults 50 and over. It has proven 95% effective in preventing shingles compared with 40% for the older vaccine, Zostavax®. Out of 3.2 million doses the 3% serious side effect rate was not dissimilar from placebo (water) injection. Commonly occurring side effects included fever and inflammation and pain around the injection site.

Shingrix® should be given whether or not Zostavax® has already been received. The vaccine is important for older individuals, who have diminished immunity, and especially for neuropathy patients, who already have one form of the disorder.

I received my first injection at the time of my yearly flu shot, administered by the Visiting Nurses Association at a local senior center. My second injection was about two months later. My arm was a little sore for a couple of days. The immunization was expensive, close to \$400, but my drug plan (Medicare Part D) covered most of it. It is possible to check coverage beforehand with the insurance carrier of your drug plan.

References:

1. MMWR Morb Mortal Weekly Rep 2019 Feb1; 68(4) 91-94
2. Syed, Y.Y. Drugs Aging (2018) 35: 1031. <https://doi-org.ucsf.idm.oclc.org/10.1007/s40266-018-0603-x>

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

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, 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:

- 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.
- 28676364 This article calls attention to the fact that severe pain associated with bladder, bowel and sexual pelvic pain can be due to neuropathy.
- 28837075 This Korean database review of journal articles from 1988 to 2017 found that botulinum toxin (BoNT) injections provided significant relief of most types of neuropathic pain. It is thought that BoNT inhibits the release of inflammatory mediators and neurotransmitters from sensory nerves.

SOAP FOR CRAMPS?

You likely have heard the story about putting soap in the sheets at the end of the bed to ward off foot cramps. You may have seen the cute little socks that Pam Hart made up and gave to people at the Anniversary Luncheons. The following is from an advertiser flyer from The People's Pharmacy for products they sell.

Q: I have suffered from foot and leg cramps for years. Every night! No matter how much potassium and calcium I took, these minerals didn't make a difference.

A friend told me that a friend of hers did the bar of soap underneath the bed sheet. It sounded so dumb that I just blew it off.

A few days later, I was so sore I decided to try it, and I thought "I'll try anything." I haven't had a leg or foot cramp since! I know this sounds stupid, but it really worked for me,

A: You and hundreds of other people have told us that the stupid soap trick works. We have also heard from people who say it is worthless. But the good news is that soap doesn't cost much and when put under the bottom sheet should produce no side effects.

They also produce soap chips to put in your socks as some people wear socks to bed like I do. Pam's idea of soap in the socks and then into bed has power too.

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.

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

WONDER OF WATER

This is from Barbara Montgomery, Leader of our Las Vegas Support Neuropathy Group. Now that we have received so much moisture this winter, we have plenty to make use of.

Don't Medicate, Hydrate!

Did you know...?

- Water Increases Energy & Relieves Fatigue
- Water Promotes Weight Loss
- Water Flushes Out Toxins
- Water Improves Skin Complexion
- Water Maintains Regularity
- Water Boosts Immune System
- Water is a Natural Headache Remedy
- Water Relieves Joint Pain

- Water Prevents Cramps & Sprains

Today, it's recommended that an average adult female drinks 11 cups of water and an adult male, 15 cups.

(Editor's note: Do realize that people differ in their response to water. Do not make yourself drink more than you feel comfortable with at any point of any day. You can be sick or even die with too little water but also with too much.)

RECENT MEMBER REPORTS

- If you are diabetic, are you applying for and receiving pairs of free shoes? (<https://medicare.com/health/what-are-diabetic-shoes/>)
- Member found Cymbalta (Duloxetine) gave amazing relief to her neuropathic pain.
- Swallowing supplements – Could your multivitamin send you to the emergency room? Popular supplements such as vitamins and diet pills cause 23,000 ER visits yearly, according to the first large study on the products' adverse effects. The research published in the New England Journal of Medicine, found swallowing and choking problems caused nearly 40 percent of ER visits among older adults. The study urged older people to avoid taking extra-large supplements or swallowing several pills at once, and to take them with plenty of fluid. – Candy Sagon and Elizabeth Agnvall. (Editor's note: A suggestion for easier swallowing is to use a large mouth liquid container which encourages the body to see a larger item being introduced and prepare for it with a wider

opening for the fluid and thus the item.)

- Be cautious about Proton pump inhibitors, or PPIs, such as omeprazole (Prilosec OTC and generic) and esomeprazole (Nexium and generic). They can be appropriate for GERD, but only if lifestyle measures or H2 blockers don't help. Long term use poses the risk of bone fractures, kidney disease, and low magnesium and vitamin B12 levels. They may make you susceptible to infections, notably C. diff, bacteria that can cause severe diarrhea and, in some cases, death. "One role of the acid in your stomach is to kill off bad bacteria," Cresci says. "If you reduce it too much by taking a PPI when you don't need to, these germs can spread." Recommendation: On line go to Consumer Reports On Health, October 2016 for "Taking Too Many Meds? This common practice puts you at risk for mistakes and side effects. How to safeguard yourself." Excellent article.

Medical Marijuana and Older Adults – Continued from page 1

Overall, 69% of participants experienced symptom relief, largely improvements in pain (49%), sleep (18%), neuropathy (15%), and anxiety (10%).

“With legalization in many states, medical marijuana has become a popular treatment option among people with chronic diseases and disorders, yet there is limited research, especially in older people,” Mechtler said in a statement.

“Our findings are promising and can help fuel further research into medical marijuana as an additional option for this group of people who often have chronic conditions,” he added.

“Future research should focus on symptoms like sleepiness and balance problems, as well as efficacy and optimal dosing.” Used by permission of MedPage Today.

The study was supported by the Dent Family Foundation.

Primary Source

American Academy of Neurology

Source Reference: Bargnes V, et al “Safety and efficacy of medical cannabis in elderly patients: a retrospective review in a neurological outpatient setting” AAN 2019.

President’s Message – Continued from page 3

Day by day, I’m better, but it is the sickest I’ve been in some years so I’m glad to be getting over it. Meanwhile, being confined to home most of January and February, I’ve gotten a lot of home jobs done including some that have been hanging around for several years – and I have gotten more rest than usual. Both the catching up on chores and resting were greatly needed so in spite of some limitations it actually has been a fairly good time. The wildlife that inhabit my woods have appreciated the more regular feeding especially during the constant rain and/or snow we have experienced. I think some ski resorts are thinking of being open until the 4th of July because they have so much snow.

I hope not too many of you have a similar story to mine as to how this year has been so far. If you have, you may have faced one realization I went through during this time and, if not, you likely will. My mother died on March 5 in her 83rd year some years ago. I was realizing that at 83, if I passed that day in any semblance of health, I’d have passed the length of time my mother lived. Although I likely have some time left, I will take what I’ve learned in the last months and plan how best to go forward from here.

I hope to see many of you at the Annual Conference in Modesto on May 10. This is the last day of National Neuropathy Awareness Week so we will have an opportunity to celebrate our special week like we’ve not done before. This week we are finalizing the lunch menu with a Modesto caterer at the top of the recommended caterers from the Modesto Chamber of Commerce recommendation list. It isn’t the fanciest lunch they have but it is in our budget and I think we will enjoy it. Our nutritionist speaking after lunch will give it a good rating.

It is a buffet so will accommodate our variety of needs, which includes separate items for vegetarians and others.

The first article in this issue on seniors and medical marijuana is so current that it will be presented at the American Academy of Neurology meeting that will be held the week of our Annual Conference. It ends May 10. Dr. Jeffrey Ralph will be attending it and be one of the speakers there earlier in the week so he will have very up to date information to share with us.

If you have any pain be sure to check out Dr. Donovan’s column, which includes pain relief possibilities that might not otherwise be known to us. His column provides information from PubMed, which is a rich data base.

If you are not in a support group or unable to make it to meetings, please notice the list of teleconferences being offered. Although you are welcomed to join a teleconference from your area, you may choose any teleconference for any region. Please don’t be afraid to try this form of communication and learning if it is new to you. It is easy; just follow the directions. The call-in information is the same for all; what changes is the date and time. Please look at the list as the day and times are different than they were last month. I am also holding an all comers meeting for an evening for those who can’t call in during the day. They will be in April.

The 20th of March was the first day of spring. I’m trusting for a long, slow, lovely, lead up to summer after all the moisture we have gotten this winter.

Happy Spring,

Bea



www.facebook.com/Neuro

Join Us Online!

[@Neuropathy_WNA](https://twitter.com/Neuropathy_WNA)



**Western Neuropathy Association
 2019 Annual Conference**

Date: Friday, May 10, 2019

Time: 9:30 AM to 3:30 PM

**Pre-register By:
 Tuesday, April 20, 2019**
 Seating is limited. Must register in advance.

Registration Fee: \$25.00

**Location:
 Trinity United Presbyterian Church
 1600 Carver Road, Modesto, CA**

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

- 9:30am **Registration check-in** (must register in advance; limited seating)
 Morning snacks, coffee, and tea included
- 10:00am **Announcements and Introductions**
- 10:30am **Jeffrey Ralph, M.D.** – Highly Rated Neurologist, University of California – San Francisco
 He plans to bring an associate with him.
What a Neuropathy Patient Needs to Know
- Noon **Catered Lunch** (included with registration)
 Check out raffle prizes and silent auction opportunities
 Awards
- 1:00pm **Bryn E. Miller, Registered Dietitian** – Kaiser Permanente – Modesto
A Guide to Healthy Eating
- 2:00pm **Alan Eighmey** – Elder Law Attorney, Turlock, CA
Being Sure All Is in Order
- 3:00pm **Raffle Prizes, Silent Auction, Evaluation, Closing Announcements**
- 3:30pm **Close of Conference**

A special event provided by the Modesto Neuropathy Support Group Leader, Ray Nichols, will send attendees home with a souvenir. It is done at each of their support group meetings.

WNA has a special rate for stay at the Holliday Inn and Suites Express for king bed or 2 queen bed rooms. It is \$139.00 plus tax. To make a reservation call the hotel directly at 209-543-9009 and ask for the Western Neuropathy Association room block. Reservations must be received by Friday, April 19, 2019, to qualify for this rate. Otherwise, it will be the regular rate for the room. Every attempt will be made to accommodate special requests for room types, however, due to the arrival and departure patterns, not all requests may be able to be fulfilled.



Register online at
www.WNAinfo.org



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

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

Call WNA using our toll free phone numbers:

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

■ PN Information/Advice ■ Support Group Inquiries

(888) 556-3356 ■ Email: admin@WNAinfo.org

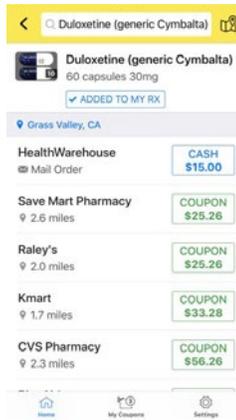
■ Membership Information/Inquiries ■ Sponsorships

■ General Organizational Inquiries ■ www.WNAinfo.org



GOODRx CAN HELP WITH PRESCRIPTION COSTS

By WNA Member, Diane Blakley



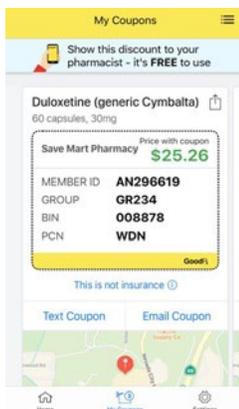
Have you heard about Good Rx? I use their app now and have saved money. It requires a bit of research but as a for instance, I take Cymbalta (Duloxetine) 30mg capsules, twice a day for a total of 60 capsules a month. I originally paid over \$45 WITH my insurance at CVS. Then I checked GoodRx and paid \$25 WITHOUT insurance at Savemart Pharmacy.

To use GoodRX, you download the app onto your smartphone and enter in your drug's name, dosage and type. It gives you a listing of all the prices without insurance that you can pay. You pick the pharmacy you want to use and the app (left) creates a GoodRx code (right) that you present to your pharmacist. It worked great and I saved over \$20 without using insurance!

The amazing part was that the price ranges from \$24 to over \$60 depending on the pharmacy. I'm getting ready to reorder my prescription and checked the app again as sometimes the price fluctuates.

I did speak to the pharmacist and she said that sometimes their GoodRx price is slightly different but it's usually really close within a dollar or a few cents.

I still use my insurance depending on the drug and that's where the research comes in. But every little bit helps. The snapshots give an idea of what the app shows as well as the cost difference in the comparison listing.



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 ■ www.WNAinfo.org

WNA Headquarters: 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.