



WESTERN NEUROPATHY ASSOCIATION

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Neuropathy Hope

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

WEBINAR WITH VANESSA KETTLER, BALANCE DEVELOPMENT INSTRUCTOR - THURSDAY, APRIL 8, 2021 – 11 AM PST/1 PM CST



Vanessa is an expert in the field of balance and fall prevention and also a professional dancer at the age of 77 with over 45 years of physical training. Vanessa is an expert educator in the field of exercise for older adults, specializing in helping seniors improve their balance and preventing falls. She has created a distinct approach called Building Better Balance. She will present some of the concepts of this approach.

Reservations are required. To receive the link to the online event, send your email address to lindsayc@pnhelp.org or leave a message at 888-556-3356.

COULD GENE THERAPY HALT THE PROGRESSION OF ALZHEIMER'S DISEASE? A FIRST-IN-HUMAN CLINICAL TRIAL WILL SEEK ANSWERS

By Scott LaFee, UC San Diego, Thursday, February 25, 2021

Researchers at University of California San Diego School of Medicine have launched a first-in-human Phase I clinical trial to assess the safety and efficacy of a gene therapy to deliver a key protein into the brains of persons with Alzheimer's disease (AD) or Mild Cognitive Impairment (MCI), a condition that often precedes full-blown dementia.

The protein, called brain-derived neurotrophic factor or BDNF, is part of a family of growth factors found in the brain and central nervous system that support the survival of existing neurons and promote growth and differentiation of new neurons and synapses. BDNF is particularly important in brain regions susceptible to degeneration in AD.

In previously published research, principal investigator Mark Tuszynski, M.D., Ph.D., professor of neuroscience and director of the Translational Neuroscience Institute at UC San Diego School of Medicine, and colleagues described the prevention and reversal of brain cell degeneration and death in animal models.

"We found that delivering BDNF to the part of the brain that is affected earliest in Alzheimer's disease — the entorhinal cortex and hippocampus — was able to reverse the loss of connections and to protect from ongoing cell degeneration," said Tuszynski. "These benefits were observed in aged rats, aged monkeys and amyloid mice."

Amyloid mice are genetically engineered to inherit a mutation in the gene encoding the amyloid precursor protein, and as a result develop amyloid plaques — aggregates of misfolded proteins in the brain that are considered a hallmark characteristic of AD.

BDNF is normally produced throughout life in the entorhinal cortex, an important memory center in the brain and one of the first places where the effects of AD typically appear in the form of short-term memory loss. Persons with AD have diminished levels of BDNF.

But BDNF is not easy to work with. It is a large molecule and cannot pass through the blood-brain barrier. As a result, researchers will use gene therapy in which a harmless adeno-associated virus (AAV2) is modified to carry the BDNF gene and injected directly into targeted regions of the brain, where researchers hope it will prompt production of therapeutic BDNF in nearby cells.

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Please contact
your group leader or
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page on the
WNA website –
www.WNAinfo.org
to find out about the
topic/speaker for the
upcoming meeting.

Bev Anderson
Editor

Newsletter Design by



WNA APRIL TELECONFERENCES AND ONLINE ZOOM SCHEDULE

Everyone is welcome to join any of the following calls. We encourage you to join in this opportunity to be on a call with other people that know about or experience neuropathy.

- **April 12** (Monday) 6:30pm PDT 8:30 pm CDT
- **April 14** (Wednesday) 1:00pm PDT 3:00pm CDT
- **April 17** (Saturday) 10:30pm PDT 12:30pm CDT
- **April 20** (Tuesday) 1:30pm PDT 3:30pm CDT
- **April 21** (Wednesday) 1:00pm PDT 3:00pm CDT

HOW TO CALL IN TO TELECONFERENCES

At the meeting time, call this number: **1-877-366-0711**. You will hear an automated voice ask for the pass code to join the conference call. Using your telephone keypad, dial **36199447#**. A notification sound will chime in the "conference room" so we know someone has joined the call, and we will welcome you.

ZOOM MEETINGS - Everyone is invited to join in on any of the online meetings. Contact the leader.

- **Saturday, April 10**, 11:00am-12:30pm PDT / 1:00-2:30pm CDT: **Houston, TX Neuropathy Support Group**. For Zoom link – email Katherine Stenzel at klstenzel@hotmail.com, giving name, address, telephone number and email address.
- **Thursday, April 15**, 1:00pm PDT / 3:00pm CDT: **Nevada Neuropathy Support Group**. For Zoom link – email Bev Anderson at faith95@colfaxnet.com, giving name, address, telephone number and email address. You will also receive a telephone number you may call if you want to participate by voice only.
- **Wednesday, April 21**, 10:30am-11:30am PDT / 12:30pm-1:30pm CDT: **Monterey, CA Neuropathy Support Group**. Sign-in opens at 10:00 AM. For Zoom link – email Bill Donovan MD at seabreezexo9@gmail.com, giving name, address, telephone number and email address. Do this even if you have done it before. He may have a new link to give you.

Support groups are not meeting in person unless a leader notifies the group that they are. If in doubt, call your leader.

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Castro Valley

Joy Rotz (510) 842-8440

Concord

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Davis

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faith95@colfaxnet.com

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Dr. William Donovan (831) 625-3407

seabreezexo9@gmail.com

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(512) 970-5454 • mgmeraviglia@gmail.com

Houston*

Katherine Stenzel

klstenzel@hotmail.com

* Leader of online Zoom Meeting(s)

Leader of Teleconference(s)

For information on new groups or other online teleconferences or Zoom meetings, call Bev Anderson at (877) 622-6298. Once we are safe for in-person meetings, new leadership will be needed in the following areas and others: California: Alturas, Antioch-Brentwood, Bakersfield, Berkeley – Oakland, Carmichael, Clearlake, Costa Mesa, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Livermore, Lodi, Madera, Mt. Shasta, Oxnard, Quincy, Redding, Redwood City, 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.

President's Report By Bev Anderson

Does it seem like this year is speeding by? Here it is April already. Daffodils are blooming in many areas. Mine are just coming up. There are many planting times in my area. Plant nurseries have to plan that some will plant in April, more will plant in May, and some in my immediate area will wait until June 1 or later. It depends on if you live on the valley floor or up the side of the Sierra Nevada Mountain Range. You probably have variations where you live. One thing we should value is the variety of flowers we will start seeing along with the variety of people we see. We sure would not want everyone to be the same. We have many of the values of life because of the contributions and hard work of many different varieties of people.

Our Annual Conference is scheduled for May 12-14. Your Board is working on this to be an outstanding opportunity to be together virtually. Please plan to participate as many days as possible. It will be a time of information and fun as our Annual Conferences usually are. Do plan to have some snacks and a beverage on hand. We would also like you to have a picture you or someone else has taken that represents the town where you live. Be ready to show it and tell in a few sentences what makes your town unique and memorable. You may also choose to just tell us in a couple of sentences, without a picture, what your town is known for.

For our Spring fundraising emphasis, we will be asking for contributions for research in support of the pain medication that is to be in clinical trials now. We want to help it get through these and be available for doctors to prescribe as soon as possible. We have funds given to provide matching grants for the first \$2500 of the amount so we hope to raise at least \$5,000. The Big Day of Giving is May 6. We hope to meet or go over the goal on that day. We will announce the funds raised on May 10 with encouragement to meet it by the end of the Annual Conference. It would be nice to meet our goal on May 6 and celebrate during the conference.

If you suffer from having hot feet or cold feet, be sure to see the article by PK. The article on page 5 talks about ways to get hot socks or cold socks to help keep your feet a good temperature for sleeping. We had the idea of a way to help with hot feet, thought of cold socks, looked on the web, and someone not only thought of it first, they had them for sale. Hurrah! PK tried the cold socks and found they work.

I hope you took the opportunity to hear Dr. David Copenhaver speak at our webinar on March 8. He was a tremendous help. By the time you read this, a video of his talk will be on our website so you can go to www.pnhelp.org, click on Resources, and on Audio/Visual and then the Pain Management video to see and hear it. I definitely plan to watch it again.

Mario Palombo, a new member who submitted all the links to articles of interest, saw the webinar. He called the number for Circle Lab that Dr. Copenhaver mentioned. He made an appointment and talked with Eloise Theisen, RN, MSN, AGPCNP-BC. She sent him a dosing guide that I thought was good information for anyone considering trying a cannabis product. Having a doctor of the stature of Dr. Copenhaver mention this dispensary and special product encouraged me to help everyone with this excellent guidance.

Please remember to look at the schedule and plan to call in or Zoom in some day this month. We are having some good times in the support groups with people from various areas. Many of you are missing this opportunity for some fun. If you have a telephone, all you have to do is pick it up and call as instructed on the schedule. We hope you'll join us!

Happy April,

Bev



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

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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".



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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

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.

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DR. DAVID COPENHAVER

Dr. David Copenhaver is a diplomat of the American Board of Anesthesiology. He is board certified in both Anesthesiology and Pain Medicine. He is the director of the cancer pain management and pain telehealth programs at UC Davis. He has received national recognition for his commitment and dedication to both cancer pain management and the endeavor to train primary care providers in the fundamental principles of pain management. Dr. Copenhaver serves as the chief of the pain division for UC Davis Health and as an associate director for the Center for Advancing Pain Relief at the University of California in Davis. He is an associate professor and has faculty appointments in the departments of Anesthesiology, and pain medicine, and neurological surgery.

Dr. Copenhaver said that pain management has grown. We are living longer. However, this may mean that the final quality of life may not be the best. As you age, you need pain management. His specialty is chemotherapy pain. The chemo causes neuropathy and the neuropathy causes pain. This can happen in the first dose of chemo making it harder to continue the therapy or in the last when the patient thinks it isn't going to happen.

The neuropathy that happens is much like what happens in diabetes. Often it is a stocking and glove response where the tingling, numbness and pain is felt chiefly in the hands and feet feeling like you are wearing a glove or tight stocking. The feet can have hot or cold feelings. Chemo induced neuropathy can have autonomic, sensory, and/or motor responses. There can be foot drop. It can happen with no pain involved.

The platinum-based chemotherapies are toxic to the nerves as they course through the body and cause damage to the nerves. The dorsal root ganglia at

the interface with the spinal cord are affected so the peripheral nerves are damaged at the point they start the journey into the body. To stop the pain, what modulates the pain has to be effective here. This mechanism is a guardian of the central nervous system. Problem in this area is sometimes called radiculopathy.

Current treatments:

- Gabapentin – antiseizure in the peripheral system, calcium channel blocker
- Pregabalin – Lyrica also antiseizure
- Amitriptyline/Nortriptyline – sodium channel blockers
- Dioxepine – Cymbalta – antidepressant
- Compounded medications like amitriptyline with baclofen and ketamine – They can be put in a cream that is rubbed on and goes into the blood stream directly.
- CBD oil – There is a high potency type called CBDa that can be especially helpful. It is out of Marin with a plant grown in Oregon. Contact Circle Lab at 415-322-9619 for information.
- Reducing inflammation can help.
- The Scrambler has helped some.
- Acupuncture is good to try. Medicare has approved it for low back pain.
- Lidoderm ointment has lidocaine and ketamine compounded. Compounded medication averages \$60-80 a tube by prescription. Insurance usually doesn't cover compounded medications. This ointment is good for burning pain.

By Notetaker & Editor, Bev Anderson

SHORT INFORMATION NOTE

Harvard Heart Letter Volume 31, Number 6, February 2021- Reports that 12-minute bursts of vigorous exercise benefit your heart and makes other health improvements. Doing this may lower risks for heart disease and diabetes.

DO YOU SHOP ONLINE? May 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**, 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 Western Neuropathy Association.

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!



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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:

- 32560626 This article calls our attention to chronic persistent mild traumatic brain injury-related headaches (MTBI-HA) that may be unresponsive to conventional treatment for non-MTBI-related headaches. Treatments used for neuropathic pain should be considered.
- 32663897 This paper calls our attention to the widespread use of mushroom in the treatment of chronic neurologic disorders often manifested by ataxia and dementia. Mushrooms contain many compounds that seem to protect against neurological dysfunction—polysaccharides, protein, beta glucan, polysaccharide-protein complexes, lactins, lactones, terpenoids, alkaloids, terpenoids, antibiotics and chelating agents.
- 32732653 This paper discusses the difficulty of diagnosing suprascapular neuropathy, resulting from compression or traction on that nerve as it courses through the shoulder joint and over the scapula. Overhead shoulder exercises can cause the problem. Surgical intervention should be reserved for those who fail to regain improvement in pain and strength following conservative treatment.
- 32991431 This is a Cochrane database meta-analysis of eleven controlled trials of the use of a minimum of fourteen days treatment of diabetic peripheral neuropathy moxibustion. There were statistically significant improvements in both sensory and motor nerves with increased velocity in the median as well as the peroneal nerves, along with increased overall clinical state.
- 32595941 This article describes documented carpal tunnel syndrome with reflex and electrical evidence in one upper extremity, but with symptoms occurring bilaterally. This phenomenon suggests the cause may be located centrally in the spinal cord and/or the brain—and not be amenable to treatment at the wrist.

HELP FOR HOT FEET OR COLD FEET AT NIGHT

By PK Agarwal (member, San Jose Support Group)

Many neuropathy sufferers have the challenge of managing hot feet or cold feet condition at night. This often prevents a sound sleep further exacerbating the condition the next day. When awake it is easier to deal with this issue by using a hot foot bath or a cold foot bath. However, a foot bath is not that practical in the middle of the night.

I recently came across products to help with this which could be called a hot sock or cold sock. These are essentially a large sock with pockets with replaceable gel packs in them. You could freeze these if you have hot feet or microwave them if you have cold feet. Gel packs are not intended for walking or standing on as that would burst open the gel packs. A simple internet search on "hot socks for neuropathy" or "cold socks for neuropathy" will show you many options.

I suffer from hot feet at night. I recently purchased the cold socks (listed below) from Amazon and tried it out. These work well and has improved my sleep duration and quality. When my feet start to trouble me, I get these from the freezer and put them on and back to sleep. The only challenge is that they lose their cold effect in about two hours, which is to be expected. You can buy spare gel packs to be on standby in the freezer and replace them easily.

Example of a cold sock: <https://natracure.com/products/cold-therapy-socks>

Example of hot/cold sock: <https://www.amazon.com/Cold-Hot-Therapy-Socks-Compression/dp/B07WZVRY56?th=1>

DISCOUNTS FOR WNA MEMBERS

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Neuropathy Support Formula/Nerve Renew

(1-888-840-7142) is a supplement that a 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. They now have Nerve Renew Fast Acting Cream at \$20 for WNA members. It reportedly takes the edge off numbness.

Building Better Balance DVD, Developing Spine Health

– The DVDs are \$30 each. The price of a full set (4 DVDs) is \$100 (that's a 20% discount). You can order the DVDs by going to the website www.building-better-balance.com. Shipping is free. You can also order the DVDs over the phone using a credit card. Call (707) 318-4476 and leave a message. Vanessa Kettler, Balance and Fall Prevention www.building-better-balance.com (707) 318-4476

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.

RESEARCH LINKS FOR YOUR INFORMATION

Mario Palombo, a new member, has been doing some research. He has shared some excellent links to presentations that I am enjoying and learning from. I decided to share them with group leaders but, since they can't show them to their groups, I chose to list them for everyone. If you get the newsletter in the mail or if you have any trouble clicking on them on your email edition, you can copy the link into your internet browser and it should come up for you. If you are curious about small fiber neuropathy, there is a good deal of information for you here.

Small Fibers/Big Pain, Anne Louise Oaklander, MD PhD, Department of Neurology and Pathology, Massachusetts General Hospital, Harvard Medical School.

YouTube video - <https://youtu.be/s66LvWQ5Qso>

Portal for National Institutes of Health and Massachusetts General Hospital, Harvard Medical School
<https://neuropathycommons.org>

Peripheral Nerve Anatomy: Autonomic Nervous System

Shanna Patterson, MD, Site Medical Director of Neurology, Director EMG Lab at Mt. Sinai West and Mount Sinai Morningstar, New York, NY. Excellent information.

Youtube video: https://youtu.be/ZIn1yuR_KHI

Stanford Hospital's Dr. Ian Carroll on Nerve Pain. Interesting presentation with some unique information.

Youtube video: <https://youtu.be/v8CP-rfq0s>

Small Fiber Neuropathies in Dysautonomia - Dr. Amanda Peltier, Neurologist, Vanderbilt University Autonomic Dysfunction Center

Youtube video: <https://youtu.be/7ikMY8kTHvU>

Corneal Nerve Fiber Size Adds Utility To The Diagnosis And Assessment Of Therapeutic Response In Patients With Small Fiber Neuropathy | Scientific Reports

<https://www.nature.com/articles/s41598-018-23107-w>

Eye-Opening Finding: Small Fiber Neuropathy Found in Fibromyalgia Patients Eyes - Health Rising

<https://www.healthrising.org/blog/2015/04/25/eye-opening-finding-small-fiber-neuropathy-found-in-fibromyalgia-patients-eyes/>

Corneal Confocal Microscopy Detects Small Nerve Fibre Damage In Patients With Painful Diabetic Neuropathy | Scientific Reports

<https://www.nature.com/articles/s41598-020-60422-7>

Is the Cornea a Window to Non-Length-Dependent Small-Fiber Neuropathy?

<https://www.jwatch.org/jn201010050000003/2010/10/05/cornea-window-non-length-dependent-small-fiber>

Information on Chronic Inflammatory Demyelinating Polyneuropathy. This is not as rare as some think. It is just not often diagnosed.

https://www.hopkinsmedicine.org/neurology_neurosurgery/centers_clinics/peripheral_nerve/conditions/guillain_barre_and_cidp.html

INTRODUCTION TO CBD DOSING

If you are new to CBD and cannabinoids, you may be asking yourself, "Where do I even start?" There are many types of products including oils, capsules, gummies, topicals, patches and suppositories as well as different ratios and potencies of cannabinoids to choose from. This can be overwhelming!

It is always recommended that you work with a qualified healthcare professional who can guide you and ensure that you are using cannabis safely and effectively. In cases where a cannabis clinician may not be accessible, here are some general guidelines.

Start low and slow. If you have never consumed cannabis before, a general rule of thumb is to take the smallest dose possible. A small dose may be between 1-5mg of cannabinoids. The easiest way to measure a dose is through a cannabis-infused-oil or tincture that comes with a dropper-top. You can measure out a fraction of the dropper or start with a few drops. The label on the bottle should also tell you the potency of cannabinoids in a full

dropper or mL of oil. From there, you can do some math to determine how many mgs of cannabinoids is in a drop. For example, if you have a CBD tincture that is 10mg/mL then ¼ of a mL is equal to 2.5mg. While you are starting out, it is especially important to keep a daily journal of your experience:

- Record how much you took
- When you took it
- How long it took to take effect
- How long the effects lasted for
- Any noticeable side effects and/or benefits

We highly recommended that you take the same daily dose for 3-4 consecutive days before increasing so you can fully observe your response to that dose. Frequency of dose will depend on what you are using it for. Some find once a day dosing is best for sleep or anxiety, while several doses a day may be necessary for pain, nausea and/or seizures.

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Could Gene Therapy Halt The Progression Of Alzheimer's Disease? A First-In-Human Clinical Trial Will Seek Answers – Continued from page 1

The injections are precisely controlled to contain exposure to surrounding degenerating neurons since freely circulating BDNF can cause adverse effects, such as seizures.

The three-year-long trial will recruit 12 participants with either diagnosed AD or MCI to receive AAV2-BDNF treatment, with another 12 persons serving as comparative controls over that period.

This is the first safety and efficacy assessment of AAV2-BDNF in humans. A previous gene therapy trial from 2001 to 2012 using AAV2 and a different protein called nerve growth factor (NGF) found heightened growth, axonal sprouting and activation of functional markers in the brains of participants.

“The BDNF gene therapy trial in AD represents an advance over the earlier NGF trial,” said Tuszynski. “BDNF is a more potent growth factor than NGF for neural circuits that degenerate in AD. In addition, new methods for delivering BDNF will more effectively deliver and distribute it into the entorhinal cortex and hippocampus.”

Despite billions of dollars of research investment and decades of effort, there are only two symptomatic treatments for AD. There is no cure or approved way to slow or stop progression of the neurological disorder that afflicts more than 5 million Americans

and is the sixth leading cause of death in the United States.

Numerous clinical trials are ongoing to assess pharmaceutical remedies. Tuszynski said gene therapy, which debuted in 1980 and has been tested on multiple diseases and conditions, represents a different approach to a disease that requires new ways of thinking about the disease and new attempts at treatments.

“We hope to build on recent successes of gene therapy in other diseases, including a breakthrough success in the treatment of congenital weakness in infants (spinal muscular atrophy) and blindness (Leber Hereditary Optic Neuropathy, a form of retinitis pigmentosa),” Tuszynski said.

“BDNF gene therapy has the potential, unlike other AD therapies currently under development, to rebuild brain circuits, slow cell loss and stimulate cell function. We are looking forward to observing the effects of this new effort in patients with AD and MCI.”

For more information on this Phase I clinical trial, contact Michelle Mendoza at 858-249-3015 or email alphastemcellclinic@ucsd.edu Used by permission of Scott LaFee, UC San Diego

Introduction to CBD Dosing – Continued from page 6

While side effects with cannabinoids are rarely so dangerous that you need to stop using them, they can occur with any dose. It is important to remember that cannabinoids have a biphasic effect which means a low dose may create one response and a larger dose may create the opposite response. Starting low and slow allows you to reduce potential side effects and work your way up gradually until you find your therapeutic dose. Here is a small list of some potential side effects from CBD, though note this is not a comprehensive list.

CBD

- Increased sedation
- Changes in appetite
- Dizziness

The maximum dose will depend on the condition and the individual. This is where a qualified cannabis clinician can be beneficial. Drug interactions are more likely to occur with larger doses of cannabinoids. If you are taking other

medications, please inform your primary care clinician that you are using cannabis.

Bottom line is that cannabis is complex and there is no one-size-fits-all dosage plan. If you find that you are not reaching your goals with your current cannabis regimen, consider working with an experienced cannabis clinician who may be able to identify the right product and dose for your condition.

Still need more guidance? Circle Labs now offers a free 15-minute appointment with a qualified cannabis healthcare professional. No obligation. Sign up at www.circlelabs.co/appointments

**Eloise Theisen, RN, MSN, AGPCNP-BC is a board certified adult geriatric nurse practitioner who specializes in cannabinoid therapy. She has worked with over 6,000 patients in the last 6 years. She is currently serving as the president of the American Cannabis Nurses Association.



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2021 ANNUAL CONFERENCE – MAY 12-14, 2021 ON ZOOM OR BY TELEPHONE

Each day will have a two-hour program. One hour will be a special speaker. The other hour will be a time of getting acquainted and other activities together. Please mark your calendar for these days. It will likely be 1:00 – 3:00 PM PDT / 3:00-5:00 PM CDT. (It could be earlier some days.)

More information coming soon or check out WNA's website at www.WNAinfo.org

HOUSTON TEXAS NEUROPATHY SUPPORT GROUP MEETING REPORTS

For our February meeting, we had Dr. Zvi Yaniv, PhD, the inventor of nanobubbles, present his product NoxyPure to the group. I heard about this originally in May 2019 when they presented to the Houston Support Group under NATX. My first treatment with the nanobubbles was right after the first meeting as I ordered a full set of five to be delivered to my house. This has really helped my symptoms – especially the other extraneous spots of numbness that appear and move around my body – those have disappeared. My feet have improved also with reduced numbness and burning.

– Katherine Stenzel, Leader



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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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