



WESTERN NEUROPATHY ASSOCIATION

November 2022

Issue 10

Volume 20

FDA Clears New Neurostimulation System For Chronic Pain

Non-Invasive Brain Stimulation For Diabetic Neuropathic Pain - Clinical Trial Results

Peripheral Neuropathy Support Groups November Schedule

Update To WNA

From The President

Benefit Of Exercise: Basketball Eased My 48+ Year PN Pain

The Holidays And Chronic Pain: 5 Tips

11 Natural Depression Treatments

Can Depression Cause Lasting Changes In Immune Cells?

Vixotrigine Promising For Neuropathic Pain - Phase 2 Clinical Trial Results



Awarded by GuideStar® 2022 Guidelines Certification

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

Celebrating our 24th Year!

Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

FDA CLEARS NEW NEUROSTIMULATION SYSTEM FOR CHRONIC PAIN

Megan Brooks, Medscape, August 23, 2022 (submitted by Darrell O'Sullivan, WNA Vice President/Treasurer)

The US Food and Drug Administration (FDA) has approved Abbott Laboratories' new Proclaim Plus spinal cord stimulation (SCS) system featuring FlexBurst360 therapy for the treatment of patients with chronic pain. FlexBurst360 therapy provides pain coverage across up to six areas of the trunk and limbs, with programming that can be adjusted as a patient's individual therapeutic needs evolve over time.

"Using FlexBurst360 therapy on the Proclaim Plus system, physicians can identify the lowest effective dose of stimulation for each patient and adapt it based on evolving pain needs," the company said in a news release. The system also has therapy settings accessed using a mobile device. Through their mobile device, patients can access the manufacturer's NeuroSphere Virtual Clinic, which allows them to communicate with their provider and receive remote adjustments to their therapeutic settings as needed.

NON-INVASIVE BRAIN STIMULATION FOR DIABETIC NEUROPATHIC PAIN - CLINICAL TRIAL RESULTS

Electrosonic Stimulation (ESStim) is a noninvasive neurostimulation technology that combines independently controlled electromagnetic and ultrasonic fields. The combined fields focus and boost neurostimulation currents via tuned electromechanical coupling in neural tissue.

Conventional Non-Invasive Brain Stimulation (NIBS) has been effective in treating chronic pain, yet with limited efficacy on neuropathic pain. ESStim™ is an improved NIBS modality with enhanced focality, penetration, and targeting control, which has shown benefits in other chronic pain.

A recent clinical trial tested 10 patients with diabetic neuropathic pain on the ESStim compared to 10 patients with sham stimulation. Stimulation was provided for 5 sessions, 20 min/day, over a 1-week period. Assessments occurred at baseline, following stimulation, and at follow-ups 2-, 4-, and 6-weeks following stimulation.

ESStim patients showed a clinically and statistically significant improvement (2.2-point vs. sham 1.1-point reduction; and a 39 % reduction vs. 19% for sham averaged from the last treatment session through the last follow up). Clinically and statistically significant effects observed across pain questionnaires, quality of life assessments, QST, and biomechanical assessments. Also, 30% of the ESStim patients demonstrated a reduced pain-relieving use vs. no changes in the sham group.

The clinical trial results suggest that ESStim™ is a safe and efficacious therapy for the treatment of chronic diabetic neuropathic pain.

Reference

Sukpornchairak, P. et al. (2022, May). Non-Invasive Brain Stimulation For Diabetic Neuropathic Pain. *Neurology*, 98(18), 3075. https://n.neurology.org/content/98/18_Supplement/3075

**2022
WNA Board of
Directors**

Pam Hart
President

Darrell O'Sullivan
Vice President and Treasurer

Glenn Ribotsky
Secretary

Katherine Stenzel
Director, Editor

John Phillips
Director, Membership
Chairperson

Martin Price
Director

Lindsay Campoy
WNA Administration
(888) 556-3356
admin@pnhelp.org

Emeritus Council

Bev Anderson

Michael Green


Karen Polastri, IOM

Sonya Wells, PharmD, MPH

**WNA Neuropathy
Assistance Line
833-980-4181**

Katherine Stenzel
Editor

Newsletter Design by

 **Diane Blakley
Designs**

PERIPHERAL NEUROPATHY SUPPORT GROUPS NOVEMBER SCHEDULE

*Encourage, inform, share, support, and hope.
Join a meeting to help others, learn something new, and/or share experiences.
In-person or virtual – connect to others with peripheral neuropathy.*

In-Person Support Group Meetings

November 7 (Monday)

Auburn CA Support Group

11:00 am PST, Woodside Village Mobile Home Park, 12155 Luther Road

Contact: Sharlene McCord (530) 878-8392, Kathy Clemens (916) 580-9449, kaclemens@earthlink.net

November 17 (Thursday)

Grants Pass OR Support Group

3:30pm PST

Contact David Tally at david@tallymediagroup.com for meeting information.

Santa Cruz area CA Support Group

Starting meetings. Contact Mary Ann Leer at (831) 477-1239 for meeting information.

Virtual Support Group Meetings

(Open your internet browser, go to join.zoom.us, enter the meeting ID and Passcode)

November 12 (2nd Saturday)

11:00am-1:00pm PST/1:00pm-3:00pm CST, Meeting ID: 893 4117 5040 / Passcode: 123557

Host – Katherine Stenzel, klstenzel@hotmail.com

November 16 (3rd Wednesday)

10:00am-11:30am PST/12:00pm - 1:30pm CST, Meeting ID: 863 2548 2422 / Passcode: 609857

Host – Glenn Ribotsky, glenntaj@yahoo.com

November 26 (4th Saturday – Open Discussion)

11:00am-1:00pm PST/1:00pm - 3:00pm CST, Meeting ID: 818 9099 1051 / Passcode: 227946

Host – John Phillips, johnphillips.wna@gmail.com

UPDATE TO WNA

Dear WNA -

I have to update you as I feel it 'will' help others - that taking WaterAerobics, Aquasize or whatever 'water' classes anyone can take - will help their neuropathy and so much else!!! I'm now teaching WaterAerobics! I'm 74, have a Stent in my Left Descending Artery, Spinal Stenosis, PN in both feet, broke my back first of May (from a fall in my home) and tore 2 meniscus muscles in my knee. I'm now teaching WaterAerobics to a group of 20-24 people at my community Sr. Citizen pool. Tell your group to get in the water!!

You Are Not Alone!

Barbara Montgomery (former Support Group Lead, Las Vegas, NV)

FROM THE PRESIDENT Pam Hart, WNA President

It always excites me when I have wonderful news to share. For the last five years WNA has been the recipient of a monthly donation from **Thrifty Bargain** – a Sacramento area thrift store. The owner, Ted Mock, is a long-time member of WNA and came up with this idea when he decided to open thrift stores in our area. Originally the amount of the donation was based on the number of bins filled with items collected. Thrifty Bargain sends out postcards to neighborhoods indicating the dates that trucks will be in the area for curbside pickup. Our WNA information is listed on these postcards, so we get wonderful exposure. We get to speak with many people when they miss their pickup time or just want to find out where to donate items.

Ted's son, Brian Mock, took over the business a few years ago and recently affirmed that he wants to continue the relationship. To make bookkeeping easier, he decided to make a standard monthly contribution. This is wonderful news as this helps our organization with budgeting for administrative and advertising costs. He has also offered to increase the contribution as they open new stores.

Brian is also following in his father's footsteps with his hereditary neuropathy. I think this is one of the reasons that his support is so meaningful. At least Brian knew of his father's neuropathy, unlike Bev Anderson who struggled with finding a cause. Opening up to our children about our challenges can be enlightening to them as they may identify with the symptoms also. Don't be afraid to let them know. It may solve a lot of mystery for them as to why they feel as they do. There is a known genetic defect and tests are available for diagnosis and prenatal counseling.

Some of you may know of thrift stores in your area that may be looking for a non-profit to link with. As we are a registered 501c3, we qualify for these alliances. If the thrift store has a question on how to set this up, I am sure Brian Mock would be glad to answer questions.

In the meantime, if you are in the Chico or Yuba City area, please consider visiting Thrifty Bargain:

Thrifty Bargain locations

1400 Bridge St. • Yuba City, CA 95993

2432 Esplanade • Chico, CA 95926

And, if you are in the greater Sacramento area, please watch for a postcard announcing their pick-up dates. Recycling is one of the best things we can do to help others.

As we approach the Holidays, I want to thank each one of you. Just being a part of WNA is very supportive and encouraging. Please let me know if there is something more we can do to help and support you!

Cheers,

Pam Hart

Western Neuropathy Association Contact Information

Neuropathy Assistance

(833) 980-4181

WNA Admin Assistance (membership, website, etc.)

(888) 556-3356 or admin@WNAinfo.org

Donation Pick Up from Thrifty Bargain

WNADonations@gmail.com

Help With Health Care Challenges

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

Medicare

www.Medicare.gov

...

The Affordable Health Care Act

For current information go to www.HealthCare.gov

...

HICAP Health Insurance Counseling

for seniors and people with disabilities.

www.cahealthadvocates.org/HICAP/

Call (800) 434-0222 to ask a question or to make an appointment.

...

Health Rights Hotline

Serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage.

Tollfree (888) 354-4474 or TDD (916) 551-2180.

In Sacramento, (916) 551-2100.

www.hrh.org.

...

HMO Help Center

Assistance

24 hours a day, seven days a week.

(888) HMO-2219

or (877) 688-9891 TDD

...

DRA's Health

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

BENEFIT OF EXERCISE: BASKETBALL EASED MY 48+ YEAR PN PAIN Dana Delgado, Austin, TX

It's been nearly 50 years since peripheral neuropathy first came knocking at my door. My initial thought was that I had over exerted or strained something. I had deep aching pain in both legs accompanied by severe leg cramps, chronic fatigue and weakness. Walking was a struggle and painful. My legs felt so incredibly heavy. While I stumbled through my days in anguish, the nights seemed to bring out the worse of my symptoms - more intense and never ending. I was only 24 in 1974 and it was unlike anything I had ever experienced before, but I figured it would eventually just go away. In those early years, my efforts in seeking medical help seemed to go nowhere. Doctors and specialists would merely shake their heads after running basic tests and suggest I get a new pair of shoes and work less. Bouts with vertigo and dizziness as well as sensory issues and balance problems soon followed. I told myself over and over that there was something that could be done. But not having a diagnosis yet, I didn't know where to start.

To avoid being consumed by all the pain, I needed to find something else that would detract or deflect the effects of my neuropathy. "Stay engaged in life," I told myself. "And keep moving. I am not going to be defined by this menacing phenomenon." For decades, I immersed myself in work, family, college, the community and whatever else I could find. It seemed to work to some extent. The continuity of involvement brought me success and fulfillment in helping others. It boosted my feelings of confidence, gave me back a sense of being in control and for the first time in quite a while, I felt optimistic of life and my future. A level of peace came over me that gave me the strength to weather the peripheral neuropathy storm. However, I was exhausted by all my activity. I came to realize that while I set out to neutralize my symptoms, I had actually learned that there were some things I could control to manage my symptoms. The only thing was that I couldn't keep up that crazy pace of being so involved, but staying active seemed to be a key.

A neurologist finally diagnosed me with Idiopathic Peripheral Polyneuropathy in 2008. "At last," I thought to myself. "There was light at the end of the tunnel." Under professional care, I believed my suffering with peripheral neuropathy would be over. I believed that until each doctor and specialist told me there was no cure for my neuropathy but added that symptoms could be eased with medications. Unfortunately for me, medications came with a price - adverse effects. But I knew I couldn't give up. So, I went back to my old adage - "stay active, keep moving and don't let this disease define you."

With increasing weakness, balance issues and falls, I went looking for a gym. I thought all those machines and active people in the facility could motivate me to gain strength and increase my mobility while minimizing my pain. It didn't take me long for me to realize that the gym idea was not going to work for me. I was like a fish out of water. However, I had a rather remarkable thing happen to me just before I stopped going to the gym. I was invited to join a pickup volleyball game in progress. I was reluctant because of my coordination, mobility and vertigo. I relented anyways, played several games that afternoon and had the time of my life. I would go on to play with them for several months before switching to basketball which I believed was a better fit. It would be a major turning point for me in coping with my neuropathy.

So excited about participating, I got into a regular exercise routine that included walking every day, lifting light weights, shooting a lot of hoops, and doing a host of basketball and soccer dribbling drills. I was amazed by my progress. It helped improve my mobility, balance, and strength and I believe it slowed down the progression of new symptoms. In addition, I felt that my energy level, focus and attention were greatly improved and my stress level was significantly reduced. I was ecstatic about being physically active and for the first time in a long time, I was truly happy. One neurologist would often comment about his amazement about my ability to play basketball because of the severity of my symptoms and kept insisting that I should be using a cane.

Over the next ten years, I met countless courageous women on the basketball court working through their own health challenges. We traveled around the country playing and competing in tournaments sponsored by the National Senior Games Association (NSGA). After years together, we became really good friends and one big family bonded by the sport and our love and respect for each other. My team won the Huntsman World Games Championship in our age division in 2010 and took the Gold Medal at the 2019 National Senior Games in the 70+ age division. That National Championship team, the Chicago North Stars, was made up of women with various health challenges including Parkinson's, a brain aneurysm, heart disease, pulmonary issues, and neuropathy. While there was and continues to be euphoria in winning, staying engaged, being active, being around supportive and positive people and eating healthy have been my greatest triumphs for coping with peripheral neuropathy. While my neuropathy is not likely to go away any time soon, neither am I nor my commitment to exercise.

Nowadays, as I surf the internet for new or more effective interventions for peripheral neuropathy, I find more and more acclaim for the overwhelming benefit of regular exercise. It's kept me going for nearly 50 years since neuropathy first entered my life. It's never too late to get started and get moving.

■ THE HOLIDAYS AND CHRONIC PAIN: 5 TIPS

Rock, MD. Chicago Institute for Neuropathic Pain. 2021, December.

<https://www.chicagoneuropain.com/blog-the-doctors-notes/2021/12/2/the-holidays-and-chronic-pain-6-tips>

Decorating, planning, shopping, cooking and visiting with loved ones brings much to look forward to during the holidays — but for people with chronic pain, these things can also bring anxiety, stress and trepidation. If you live with chronic pain, you know how challenging it can be to perform simple chores and everyday functions. The thought of adding the holiday “stuff” too can be daunting. It can really put a damper on what could be a wonderful holiday season. To help, here are 5 holiday tips for a more enjoyable holiday season:

START EARLY

Time flies. Before you know it, you have too much to do and too little time. This can mean over-exerting yourself to catch up, causing undue stress. This can really take a toll on your body, increasing your pain. Give yourself time to enjoy the festivities in a more leisurely fashion and pace yourself through the day and season.

GIVE YOURSELF A BREAK

If you are one of those people who love to go all-out for the holidays, host elaborate parties, display the most dazzling decorations... please consider what you can let go of for this year. Certainly you'll always want to observe certain traditions, but try going through your list of to-do's to see how you might lighten the load. Try it. See if you find yourself feeling more relieved than disappointed once something is not on that list!

ASK FOR HELP

Not everyone has friends and family nearby to help, but if you do, ask them to lend a hand. Sharing your to do list not only helps alleviate some of the pressure on you, it also presents an opportunity for interaction with those you love. For example, if you have guests for dinner, make it a potluck! It takes some tasks off your list and creates a new tradition.

OPT FOR CONVENIENCE

Are you someone who likes to have a real tree for Christmas? Fine china on the dinner table for Thanksgiving? The holidays are special. They warrant the best for the celebrations. BUT a little compromise can go a long way when it comes to the impact on your pain level. It can be worth lowering the bar a little. And, if it helps to reduce your pain and makes you more comfortable throughout the holidays, isn't it a worthwhile trade-off?

DON'T FORGET TO TAKE CARE OF YOU

This may sound like an impossible goal when you are in the flurry of seasonal festivities, but it's imperative that you make time for self-care. The better you feel, the more you can participate. While it's not always easy to keep up with everything at once, try to do your best to look out for yourself. Don't forget to find time to relax and recuperate, when possible, to replenish your energy for that next holiday event.

BONUS:

Try to stay positive by doing more of the things you enjoy when possible, and with people who bring you the most happiness. Avoid isolating yourself from the festivities, even if you can't fully participate in all of them. Believe it or not, your state of mind plays a large part in your pain experience.

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!



iGive.com

You Shop. Your Charity Gets Money. For Free.

DISCOUNTS FOR WNA MEMBERS

The following companies or individuals have agreed to give WNA a discount to give 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.

- Continued on page 7

11 NATURAL DEPRESSION TREATMENTS Griffin, M., WebMD, October 1, 2021.

Being depressed can make you feel helpless. You're not. Along with therapy and sometimes medication, there's a lot you can do on your own to fight back. Changing your behavior -- your physical activity, lifestyle, and even your way of thinking -- are all natural depression treatments. These tips can help you feel better -- starting right now.

1. Get in a routine. If you're depressed, you need a routine, says Ian Cook, MD. He's a psychiatrist and director of the Depression Research and Clinic Program at UCLA. Depression can strip away the structure from your life. One day melts into the next. Setting a gentle daily schedule can help you get back on track.

2. Set goals. When you're depressed, you may feel like you can't accomplish anything. That makes you feel worse about yourself. To push back, set daily goals for yourself. "Start very small," Cook says. "Make your goal something that you can succeed at, like doing the dishes every other day." As you start to feel better, you can add more challenging daily goals.

3. Exercise. It temporarily boosts feel-good chemicals called endorphins. It may also have long-term benefits for people with depression. Regular exercise seems to encourage the brain to rewire itself in positive ways, Cook says. How much exercise do you need? You don't need to run marathons to get a benefit. Just walking a few times a week can help.

4. Eat healthy. There is no magic diet that fixes depression. It's a good idea to watch what you eat, though. If depression tends to make you overeat, getting in control of your eating will help you feel better. Although nothing is definitive, Cook says there's evidence that foods with omega-3 fatty acids (such as salmon and tuna) and folic acid (such as spinach and avocado) could help ease depression.

5. Get enough sleep. Depression can make it hard to get enough shut-eye, and too little sleep can make depression worse. What can you do? Start by making some changes to your lifestyle. Go to bed and get up at the same time every day. Try not to nap. Take all the distractions out of your bedroom -- no computer and no TV. In time, you may find your sleep improves.

6. Take on responsibilities. When you're depressed, you may want to pull back from life and give up your responsibilities at home and at work. Don't. Staying involved and having daily responsibilities can help you maintain a lifestyle that can help counter depression. They ground you and give you a sense of accomplishment. If you're not up to full-time school or work, that's fine. Think about part-time. If that seems like too much, consider volunteer work.

7. Challenge negative thoughts. In your fight against depression, a lot of the work is mental -- changing how you think. When you're depressed, you leap to the worst possible conclusions. The next time you're feeling terrible about yourself, use logic as a natural depression treatment. You might feel like no one likes you, but is there real evidence for that? You might feel like the most worthless person on the planet, but is that really likely? It takes practice, but in time you can beat back those negative thoughts before they get out of control.

8. Check with your doctor before using supplements. "There's promising evidence for certain supplements for depression," Cook says. Those include fish oil, folic acid, and SAME. But more research needs to be done before we'll know for sure. Always check with your doctor before starting any supplement, especially if you're already taking medications.

9. Do something new. When you're depressed, you're in a rut. Push yourself to do something different. Go to a museum. Pick up a used book and read it on a park bench. Volunteer at a soup kitchen. Take a language class. "When we challenge ourselves to do something different, there are chemical changes in the brain," Cook says. "Trying something new alters the levels of [the brain chemical] dopamine, which is associated with pleasure, enjoyment, and learning."

10. Try to have fun. If you're depressed, make time for things you enjoy. What if nothing seems fun anymore? "That's just a symptom of depression," Cook says. You have to keep trying anyway. As strange as it might sound, you have to work at having fun. Plan things you used to enjoy, even if they feel like a chore. Keep going to the movies. Keep going out with friends for dinner.

11. Avoid alcohol and other drugs. Substance misuse is common in people who have depression. You may be more likely to turn to alcohol, marijuana, or other drugs to deal with the symptoms of your depression. It's unclear if drinking and using drugs causes depression. But long-term drug use could change the way your brain works and worsen or lead to mental health problems.

When you're depressed, you can lose the knack for enjoying life, Cook says. You have to relearn how to do it. In time, fun things really will feel fun again.

CAN DEPRESSION CAUSE LASTING CHANGES IN IMMUNE CELLS?

Gallagher, M., RN; Medical News Today; April 19, 2022.

For the first time in history, a new study has established a connection between long-term persistent depressive disorders and mechanical changes in blood cells, and changes in immune cell shape and function. The researchers performed a cross-sectional case-control study using a test that could determine a cell's ability to change its shape using healthy blood samples based on changes in blood cell images.

Dual focus: biological and psychological therapies

The lead author of the study Dr. Andreas Walther feels it is essential to advance biological and psychological therapies to treat depressive conditions more efficiently and sustainably in the long term. He explains: "We are working in parallel on research into pharmacological therapies to improve dysfunctional biology as well as psychological therapies to improve dysfunctional cognitive and emotional processes. Indeed, in my opinion, only a holistic approach can understand and efficiently treat this complex disorder and hopefully prevent much suffering in the future."

How the study was conducted

The study included 69 pre-screened individuals at high risk for depressive disorders and 70 matched healthy controls. The participants underwent clinical evaluation using a globally recognized clinical interview process for diagnosing mental health conditions, called the Composite International Diagnostic Interview.

An artificial intelligence (AI) method of deep learning scanned over 16 million blood cell images. These images were then classified into main blood cell types and measured using parameters such as cell size, in addition to their ability to change shape and exhibit cell membrane deformability.

The scientists discovered that immune system cells known as monocytes, lymphocytes, and neutrophils were most deformable in patients with a persistent depressive disorder over their lifetime than in control subjects.

Two depression subtypes

A major depressive disorder (MDD) requires a two-week phase to be diagnosed and select specified criteria. Similarly diagnosed, a persistent depressive disorder (PDD) lasts for more than two years and can affect an individual for a lifetime. Depressive disorders are the leading causes of disability worldwide.

Depression causes chronic low-grade inflammation and increases stress hormone production. Both of these effects can potentially interfere with the structure of immune cells by deforming their shape. It is unclear whether the increase in immune cell deformability that occurs with PDD confers over-or under-activity of the immune system, both states being bad for health outcomes.

Medical News Today spoke to Dr. Jean Kim, a clinical assistant professor of psychiatry at George Washington University, about the study's findings. "[The results] postulate that blood cell deformability is a marker of altered immune cell states, although it seems somewhat unclear and variable in which direction (higher or lower) it correlates with immune hyperactivity versus hypoactivity from what they described," she said. "Stress hormones like glucocorticoids are thought to increase some white blood cells and indicate inflammation when the [hypothalamus-pituitary-adrenal] axis is activated during anxiety or depression," she added.

Additional effects on the body

MNT also spoke with Dr. Sheldon Zablou, a child, adolescent, and adult psychiatrist and a voluntary assistant professor of child psychiatry at the UC San Diego School of Medicine. "Chronic inflammation as well as chronic depression produces a wide variety of chemicals, such as cortisol, which deforms the structure of the white blood cells of immunity," said Dr. Zablou. "This [depression-induced] deformability of white blood cells reduces their capacity to fight infection or repair damage and increases the risk of a wide variety of illnesses besides depression...chronic inflammation causes or worsens obesity, heart disease, dementia, diabetes, and autoimmune illnesses."

Reference

Walther, A. et al. (2022, April 08). Depressive disorders are associated with increased peripheral blood cell deformability: a cross-sectional case-control study. *Translational Psychiatry*, 12(150). <https://doi.org/10.1038/s41398-022-01911-3>

DISCOUNTS FOR WNA MEMBERS

Continued from page 6

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 888-556-3356 or email admin@WNAinfo.org.

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



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

VIXOTRIGINE PROMISING FOR NEUROPATHIC PAIN - PHASE 2 CLINICAL TRIAL RESULTS

Megan Brooks; Medscape Medical News; September 16, 2021

Top-line results from a 12-week, Phase 2 study of 265 patients experiencing pain from confirmed idiopathic or diabetes-associated small fiber neuropathy suggests vixotrigine (BIB074, Biogen), a nonopioid investigational oral pain medication (voltage- and use-dependent voltage-gated sodium channel blocker) reduces chronic neuropathic pain caused by small fiber neuropathy and is generally well-tolerated.

At week 12, vixotrigine 200 mg twice daily met the primary endpoint of a statistically significant reduction from baseline in the mean average daily pain (ADP) score versus placebo (P = .0501). A subgroup analysis showed a treatment effect in patients with diabetes-associated SFN but not in the smaller subgroup of patients with idiopathic SFN. The 200-mg dose also led to a significant improvement over placebo in mean worst daily pain score at 12 weeks (P = .0455).

“The totality of data from the vixotrigine program will inform potential doses for study in future phase 3 clinical trials,” the company said.



Western Neuropathy Association (WNA)

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

Katherine Stenzel, Editor

P.O. Box 276567
Sacramento, CA 95827-6567
(888) 556-3356
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.



www.facebook.com/WNeuro

Join Us!

@Neuropathy_WNA

