



WESTERN NEUROPATHY ASSOCIATION

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WESTERN
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Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

■ NEW BALANCE TECHNOLOGY HELPS DIABETIC MAN WALK AGAIN

"I put them on, and it was like a miracle," says neuropathy sufferer and study subject, Mr. Tim Kelley. Walkasins work by restoring sensory signals that are not functioning normally in patients with neuropathy. This immediate restoration of sensory function also impressed Dr. Diane Wrisley of Wingate University. "His brain learned to use the Walkasins immediately," says Wrisley. "He put them on and it was like, 'Wow! I know where I am in space.' His improvement is phenomenal."

Minneapolis, MN, May 10, 2017 --(PR.com)-- RxFunction, manufacturer of Walkasins® - the first Wearable Sensory Prosthesis to help improve balance, announced exciting results from an ongoing research study at Wingate University on the long-term benefits of Walkasins use. Walkasins help improve gait and balance in patients who have peripheral neuropathy, a condition that significantly increases the risk of falling due to loss of balance. The Foundation for Peripheral Neuropathy reports an estimated 40 million Americans have some form of peripheral neuropathy, most commonly due to diabetes or chemotherapy.

Over 40% of diabetic patients develop neuropathy, which negatively affects quality of life and confidence to walk without falling.

"These exciting results have exceeded our expectations and illustrate how Walkasins can significantly improve the lives of millions of patients who experience gait and balance problems due to peripheral neuropathy," says



Dr. Lars Oddsson, co-inventor of the technology and president of RxFunction. "This is a game-changer that can improve health and quality of life and help decrease healthcare costs," says Dr. Oddsson.

With neuropathy, "You don't know where your feet are in space," says Dr. Diane Wrisley, principal investigator of the study and director of post-professional programs for Wingate University's Department of Physical Therapy. "It's like you're walking with bricks on your legs."

Tim Kelley, a volunteer participant in the research study at Wingate, developed diabetes three years ago. Kelley lost his truck driving license, his career of 31 years, as he became unable to drive due to his peripheral neuropathy. Over the next three years, Mr. Kelley lost confidence in

his ability to walk and move safely, gained 30 lbs., and even used a wheelchair for getting around. He attended physical therapy in the months leading up to the study but had noticed limited improvements.

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■ TREATMENTS TO KNOW ABOUT – by Bev Anderson, President/Editor

In the past several months, several treatments, new to many, have been presented in meetings I've led that I'd like to describe. In March, Dan Wills of Grandpa's Compounding Pharmacy in Placerville spoke at several support group meetings presenting their B5/B6 cream. Bill, Dan's father who is a pharmacist, had compounded it some years ago. Some in the Placerville Neuropathy Support Group, when it was meeting, tried it and found it helpful. I teased Bill about the B6 content as too much B6 can cause neuropathy. He explained that as a topical cream, it enters the system far enough away that it helps where it is rubbed on but does not affect the body as a whole very much. I understood but didn't try it. Dan said B5 is good for healing, B6 is good for nerves.

After Dan presented it, I had more pain than usual and decided to try it. I took the information to my doctor and

she agreed to sign for the prescription. It has been very helpful. I had disturbed my sciatic nerve and the pain was all the way up my legs. I noticeably limped. I started using it on my feet which improved. One morning I was having difficulty walking and the pain was quite bothersome so I used it more generally. The relief was almost totally immediate and seemed to last for days. It is set up to be monthly but I made it last longer and was told that was fine. I can just reorder when I am ready. I plan to keep it on hand. It is not inexpensive at \$44 a small container.

Then came the news that Grandpa's Compounding Pharmacy closed due to not grossing enough profit to continue. They sent all their special compounds and patient clients to Parkside Compounding Pharmacy in

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Roster of Our WNA Information and Support Groups

2017 WNA Board of Directors

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**Please contact
your group leader
or check your
local paper to
find out about
the topic/speaker
for the upcoming
meeting.**

Bev Anderson
Editor

Newsletter Design by

 **Diane Blakley
Designs**

CALIFORNIA

Antioch-Brentwood

3rd Wednesday, 2 PM (odd numbered months)
Antioch-Kaiser, Deer Valley Rooms 1 & 2
Marty Price (925) 626-7988

Auburn

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

Berkeley-Oakland

3rd Wed., 3-4 PM
North Berkeley Senior Center
1901 Hearst Ave.
Kathleen Nagel (510) 653-8625

Carmichael - Eskaton

2nd Tuesday, 1:30 PM
Eskaton, 3939 Walnut Ave.
Karen Robison (916) 972-1632
*Call first as it is a gated community. Sometimes the
day/time changes. She welcomes newcomers!*

Carmichael - Atria

Atria - Carmichael Oaks
8350 Fair Oaks Boulevard
For information, call:
Ryan Harris 916-342-8440

Castro Valley

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

Concord

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

Costa Mesa

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

Davis

2nd Tuesday, 3:30-5:00 PM
Davis Senior Center, 646 A Street
Mary Sprifke (530) 756-5102

Elk Grove

2nd Tuesday, 1 PM
Elk Grove Senior Center
8830 Sharkey Avenue
Roger White (916) 686-4719

Folsom

1st Thursday, 12:30 PM
Burger Rehabilitation
1301 E. Bidwell St., Folsom
Bev Anderson (877) 622-6298
<http://folsom.neuropathysupportgroup.org>

Fresno

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

Grass Valley

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

Livermore

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

Merced

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

Modesto

3rd Monday, 10:30 AM
Trinity United Presbyterian Church
1600 Carver Rd., Rm. 503
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

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
<http://sacramento.neuropathysupportgroup.org/>

San Jose

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

San Rafael

3rd Wednesday, 1 PM
Lutheran Church of the Resurrection
1100 Las Galinas Avenue
Scott Stokes (415) 246-9156

Santa Barbara

4th Saturday, 10AM (odd numbered months)
The First Methodist Church
Garden & Anapamu
Shirley Hopper (805) 689-5939

Santa Cruz

3rd Wednesday, 1PM (odd numbered months)
Trinity Presbyterian Church
420 Melrose Avenue
Mary Ann Leer (831) 477-1239

Santa Rosa

1st Wednesday, 10:30 AM
Santa Rosa Senior Center
704 Bennett Valley Road
Larry Metzger (707) 541-6776

Thousand Oaks Region

4th Monday, 6:15 - 7:45 PM
The Goebel Adult Community Center
1385 Janss Rd.
Angie Becerra 805-390-2999

Turlock

3rd Monday, 1 PM (odd numbered months)
Covenant Village Adm. Bldg. Classroom
2125 N. Olive St.
Joanne Waters (209) 634-0683

Ukiah

Last Tuesday, 5:30 PM
North Coast Opportunities (NCO)
413 N. State St.
Carole Hester (707) 972-2795

Walnut Creek

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

Woodland

3rd Tuesday, 1:00 PM
Woodland Senior Center
2001 East Street
Sue (530) 405-6304

OREGON

Grants Pass

3rd Wednesday, 2:00 PM
Club Northwest
2160 N.W. Vine St.
Carol Smith (541) 955-4995
<http://grantspass.neuropathysupportgroup.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.

California: Alturas, Bakersfield, Clearlake, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Lodi, Madera, Mt. Shasta, Oxnard, Placerville, Quincy, Redding, Salinas, San Francisco, Santa Maria, Sonoma, Sonora, Stockton, Susanville, Truckee, Tulare-Visalia, West Sacramento, Weed, Yreka, Yuba City-Marysville. **Nevada:** Reno-Sparks. **Oregon:** Brookings, Medford, Portland, Salem.

President's Message By Bev Anderson



What a joy it was to receive the weekly bank deposit this past Friday and see the response to the letter I wrote that was sent out about the time of the newsletter and the Big Day of Giving. Major donations were given and many were listed as joining or renewing their membership. The number of members makes a difference in how we feel about and how we are viewed as an organization. It makes a difference in the impact we have when we advocate for legislation and when we apply for grants. If everyone in every support group and the many who find out about us in other ways were members, it could be amazing. Not only would it be financially helpful but our mission to get neuropathy known and recognized would get a major boost. So, thank you to those who joined or renewed their membership, and made an additional donation. You are greatly appreciated.

In this issue, I'm sharing about two new pain reduction treatments. If you find something that helps you to be more comfortable with the neuropathy that impacts you, please send me information about it. If you have a problem with any company we have listed in our Complementary and Alternative Treatments for Neuropathy listings, I'd like to know. I've listed Arthralgia for years partly as a memorial to Martha Chandley who said it helped so much. I've had two people now who said it didn't help and one who is having trouble getting her money back as they say if it doesn't work for you they will refund your payment. If you have any dealing with this company and can tell me your experience, I'd appreciate it. So little helps with the burning that I was hoping this was an answer but it may not be as good as newer treatments or help as much as it did for Martha.

You can now buy *Chicken Soup for the Soul: Inspiration for Teachers* on our website or by sending in a check for \$18. \$15 goes into our fund for buying the neuropathy book to give to neurologists in training so they will have something about neuropathy on hand. The \$3 is for handling and shipping as it requires an envelope and postage to get it to you. You get a book of 101 short stories one of which is mine called "Soaked Alive." It is fun for anyone to read but especially good for elementary and high school teachers. If you have a teacher friend or relative, it would make a great gift. I signed all the issues the office has to send out so you get an autographed copy when you order. You also received a specially designed WNA bookmark that will fit in any book you want to use it in.

2017 is the 100th Anniversary of the occupational therapy profession. We will be mentioning it more, but it would be wonderful if you could have an occupational therapist speak with your group this year.

Thanks again for being your wonderful selves. Have a grand June!

Bev

MAGNESIUM, IMPORTANT FOR HEALTH – by Bev Anderson, President/Editor

Magnesium is a mineral that is critical but not as well-known as some. Cells need it to produce energy. It is involved in regulating blood pressure, blood sugar, heart rate, and nerve transmission. It also contributes to bowel health. As we age, we may absorb less of it and our kidneys may release more of it. Some digestive disorders also affect the absorption.

Fudi Want, MD, PhD, professor of nutrition at Zhejiang University in China, found in a review of 40 studies of more than one million people that every 100 mg increase in magnesium in food reduced the risk of heart failure by 22 percent, type 2 diabetes by 19 percent, and stroke by 7 percent. He found that people who were higher in magnesium were less likely to die from any cause from four to 30 years. It helps migraine sufferers and may help with leg cramps.

High doses from supplements may cause side effects such

as diarrhea, nausea, and abdominal cramps and may hinder certain medications from being effective. It is not hard to get enough through food such as dark, leafy greens legumes (beans), fish, soybeans, nuts, avocados, bananas, low-fat yogurt, and whole grains. Cooked quinoa, pumpkin seeds, almonds, chickpeas, raw spinach, and (happily) dark chocolate are also good sources. Men need 420 mg. and women 320 mg. daily.

One warning: Magnesium, especially in supplements, can be a powerful laxative. Epsom Salts, for example is magnesium sulfate. So be careful. It is best to get the magnesium you need via food. For the full article, reference: *The Mineral You're Probably Missing*, ON HEALTH CONSUMER REPORTS, April, 2017

BE TESTED FOR VITAMIN D – by Bev Anderson, President/Editor

Be sure your doctor includes Vitamin D level in your yearly physical blood test or other tests during the year. Many people are being found deficient in Vitamin D. It may be because many of us are not out in the sun the number of hours needed for sufficient Vitamin D to be

absorbed by the skin. Some people don't gather it from the sun well enough or are indoors most of the time. Some of us take medications that tell us to stay out of the sun so we are vulnerable for Vitamin D deficiency. This is a vitamin that is required for good health.

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".

NOTES FROM THE CONFERENCE

By Bev Anderson, President/Editor

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 - **\$50 off Model Freedom 300 (single leg at a time) and \$50 discount on Model 120 that does both legs at the same time.** Contact: 800-521-6664 or www.anodynetherapy.com

HealthLight Infrared Light Therapy equipment - **10% off Single Boot System and Dual boot system.** Contact: 888-395-3040 or www.healthlight.us

Auburn

The Footpath
825 Lincoln Way
(530) 885-2091
www.footpathshoes.com
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. Yuen So, MD, PhD

Neuro-muscular Neurologist, Chief, Neurology Clinics, Stanford University Medical Center

Dr. So reminded us that the brain and the spinal cord are our Central Nervous System. Peripheral neuropathy is in the nerves that come off of the spinal cord or the Peripheral Nervous System. He said that 10% of the population is now thought to have symptoms of neuropathy but many have not been diagnosed. More get it as they age. This means 20-30 million people in the United States have neuropathy.

He said that some nerves don't last as long as some of us live. Neuropathy is a chronic disease. It is the most common neurological complication, a systemic disease.

Nine percent of the population is now thought to have diabetes as an average across the nation. Some areas have a higher and some lower amounts. Diabetes is the most common cause of neuropathy. There is more diabetes in older people so there are more after the age of 50 which contributes to the increase in neuropathy.

Symptoms Include:

Sensory: tingling, pins/needles, burning, aching, electric-like pains, stabbing pains, numbness, loss of sensation

Motor: weakness, cramps, muscle atrophy, high arch

Most nerve response is length dependent. The longest nerve is involved first. This is why it usually starts in the feet. When it gets to calf level, it may start in the fingers.

Dr. So said there are hundreds of different types of neuropathies. The diabetic type of neuropathy starts in the feet and spreads up the legs. It is symmetrical, meaning both feet have it and it goes up the ankles and legs at about the same rate. Other types of neuropathy may follow a similar pattern.

Autonomic: blood pressure, bowel, urinary tract, sexual difficulties, other responses from internal organs. All our internal organs are directed by peripheral nerves.

Some types of neuropathies deal with a single nerve. Multi-focal Motor Neuropathy is one of these. Nerves feed the muscles so we have muscle response to what a nerve is doing or not doing.

Carpel Tunnel Syndrome can develop in one hand. It seems to be involved with over use of one hand so the nerve swells in the tunnel and needs surgery to open it up to release the trapped nerve. This is an entrapment or compression neuropathy.

Key Points and Answers to Patient Questions:

Identify the neuropathy type. If possible, find the underlying cause(s).

25-90% are idiopathic neuropathies – no one knows the cause.

Sometimes a diagnosis of neuropathy may turn out to be something else because neuropathy mimics causes of some other diseases at times.

A neuromuscular neurologist can be helpful in sorting out more causes and coming up with an accurate diagnosis.

Gabapentin is to suppress symptoms. It doesn't change the disease.

When you see a neurologist, you need to have:

- Detailed history of symptoms
- Full neurological examination
- Blood tests
- EMG/NCS (electromyography/Nerve Conduction Study)
- Discussion of possible diagnosis and treatment

Neurologists are Board Certified by the American Board of Psychiatry and Neurology -- sometimes it is referred as that but it doesn't necessarily mean they are certified in both. Child Neurologists are certified separately. There is also an added qualification as a neuromuscular neurologist. Electro diagnostic is another certification.

Not all numbness or weakness is due to neuropathy.

Medications approved for neuropathy include:

- Gabapentin for pain
- Lyrica – Pregabalin – also for pain and other symptoms
- Antidepressants
 - Amitriptyline - Elavil
 - Nortriptyline
 - Cymbalta

All have side effects. They don't eliminate all of the pain but do suppress or take the edge off of it. Start with a low dose and work up gradually.

Have a test for diabetes – which one depends on the doctor:

Blood Test

- Hemo A 1 C
- Glucose
- Fasting

Kyle Fink, PhD

Assistant Adjunct Professor, Neurology and Institute for Regenerative Cures, UC Davis School of Medicine – Stem Cell Program

Dr. Fink provided a good introduction to some of what Dr. Hammock told us about clinical trials. He started by saying that the work of researchers goes to the FDA, has medical trials, and produces a

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SMALL FIBER NEUROPATHY AND B12 DEFICIENCY

A review of an article by Judy Siegel-Itzkovich published in THE JERUSALEM POST, March 12, 2017.

Small fiber neuropathy is being diagnosed more actively lately. Many times, it is through the use of the “punch test” where a biopsy of the skin is taken and sent to a lab for testing. Small fibers are the unmyelinated fibers at the end of the nerve axon that go to the skin. The author encourages these people to walk or run on a regular basis.

Many of these people have an idiopathic diagnosis but with further study, they may be found with uncontrolled or mild diabetes, glucose intolerance (a pre-diabetic stat of hyperglycemia), are overweight, have high blood fat levels (triglycerides), Vitamin B12 deficiency, hypothyroidism, Sjogren’s syndrome, lupus erythematosus, vasculitis, sarcoidosis, celiac disease, HIV, Fabry disease, taking chemotherapy, alcoholism, or fibromyalgia amyloidosis.

This can result in unpleasant symptoms of pain, burning, tingling, or numbness that affects the legs. Sometimes the symptoms also affect other parts of the body including the arms, the oral cavity, including teeth, face, hands, chest or trunk.

She quotes Dr. Amir Dori, a leading Israeli neuromuscular neurologist, who spoke on small fiber neuropathy at the 13th Annual Update Conference Series on Clinical Neurology and Neurophysiology held at the Crowne Plaza Hotel in Jerusalem. “Symptoms may at first be mild,” Dori said, “with some patients complaining of vague discomfort in one or both feet similar to the sensation of a sock

gathering in the end of a shoe. At a somewhat later stage, patients complain about numbness in their toes, a “wooden” sensation or feeling that they’re walking on sand, pebbles, or something as large as golf balls. The most bothersome and fairly typical symptom is burning pain in the feet that extends toward the point of origin or attachment of the limb. The pain often occurs as aching, as pins and needles, or an electric shock.”

“The small fiber type, in addition to innervation of the skin, innervate internal organs, and blood vessels and therefore help control autonomic function, including control of blood pressure, bowel movements, and ejection of urine from the bladder through the urethra,” he said.

Small fiber neuropathy is diagnosed by the skin biopsy taken by a punch that picks up a tiny round of the layers of the skin. The nerve fibers seen are counted. There are fewer as we get older but there still is a certain number that should be present. If there are fewer, small fiber neuropathy is diagnosed. When there are fewer, the foot is more numb and the person can step on something they don’t feel and get a bad infection. They should not go barefoot.

Dr. Dori urged those at the meeting to exercise, especially to run, walk briskly, or use an elliptical machine. The earlier neuropathy is diagnosed and treated the better the result especially with the patient participating actively in education about neuropathy and change of life style, if necessary.

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.

Free DVD on “Coping with Chronic Neuropathy”

introduced by Dominick Spatafora of the NAF and endorsed by major university neurologists, is available by contacting the Neuropathy Support Network at www.neuropathysupportnetwork.org/order-neuropathy-dvd.html

Additional Discounts

Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call (877) 622-6298 or e-mail info@pnhelp.org.

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

NEW PRODUCTS NEED TO BE APPROACHED WITH CARE – By Bev Anderson, President/Editor

Roger White, leader of our Elk Grove Neuropathy Support Group reported, “A half page paid advertisement in today’s Sacramento Bee is for a product called Neuroquell. In the ad, it stated that experts believe this “miracle” pill repairs and renews damaged nerves. If this were true, it would be the answer to many neurological diseases. The pill includes the same old touted “special B vitamins” and Alpha Lipoic Acid and nutrients formula. I hope you are extremely cautious if you are considering.”

I told him that the Neuropathy Support Formula which is now called NerveRenew has been rather popular and a number of people think it is helpful. So now we are getting numerous spin offs on it. Usually it is the same ingredients with possibly one

new one. I ran it by our compounding pharmacist to check out that added ingredient. Some of them are not appropriate to be added.

Roger included some other good information. “PBS Frontline produced a one hour show called Supplements and Safety about a year and a half ago. This show is still available on You Tube and can also be streamed from the PBS Channel if you sign up for it for free. If you have wi fi and a streaming device or Smart TV, you can watch it on your big screen TV or just use your computer, smart phone, or tablet etc.” I could add that if your meeting site has wi fi and the right viewing device, you could show it at a meeting.

SCENES FROM OUR 2017 ANNUAL CONFERENCE AT THE UC DAVIS MEDICAL CENTER



The Mind Institute



Larry Metzger



Bev Anderson



Kyle Fink, PhD



Darrell O'Sullivan, Scott & Barbie Stokes
(San Rafael Group)



Mary O'Sullivan (right)



Virginia Randall, Arlene Bouman, Sharlene
McCord (Auburn Group members)



The conference was well attended. These photos were taken after many people had left following the conference adjournment. Please send us the names of the people in the photos who we were not able to identify. We will reprint the photos with the corrected captions in the next newsletter.

Notes From The Conference - continued from page 4

medicine for patients. He works with stem cells. A stem cell is a cell that comes from the body and there are different kinds. The goal is to find ways to find the right cells to mesh with the body mechanism to help the patient. Random introduction of stem cells to a person's body can be very dangerous, which is what many advertisers that we see are doing. Please be careful and VERY cautious about where and on what you spend your money. He described the process that an approach must go through:

- Phase 1 – Safety. The trials test to be sure the substance being tested does no harm.
- Phase 2 – Does it do any good?
- Phase 3 – What does it help? Does it help someone and in what way? Is it consistent? Does it last?

Bruce D. Hammock, PhD

Distinguished Professor, Department of Entomology & UCD Comprehensive Cancer Center: Director NIEHS-UCD Superfund Research Program, Principal Investigator, NIH Biotechnology Training Program

Dr. Hammock described his project for a medication to address neurological pain that will go into Phase 1 Human Testing later this year. The testing will be done at Duke University, Durham, North Carolina. He also showed the videos of the cat and horse he showed last year to illustrate the way the research has served to develop mediations for cats, dogs, and horses as they have followed their findings through the various animal classifications. The human medications to be tested were tested in India a few years ago and all subjects received the expected help.

New Balance Technology Helps Diabetic Man Walk Again – *Continued from page 1*

Mr. Kelley has shown dramatic changes following his participation in the Walkasins study at Wingate University. “I put them on, and it was like a miracle,” Kelley says. Walkasins work by restoring sensory signals that are not functioning normally in patients with neuropathy. This immediate restoration of sensory function also impressed Dr. Wrisley; “His brain learned to use the Walkasins immediately. He put them on and it was like, ‘Wow! I know where I am in space.’ His improvement is phenomenal,” Wrisley says.

Dr. Wrisley has tracked Mr. Kelley’s improvement in gait and balance using standardized measurement tools, the Functional Gait Assessment (FGA), and the Mini Balance Evaluation Systems Test (Mini-BEST). After a month of daily Walkasins use, these measures have continued to improve even further. “We may be maxing out the FGA and Mini-BEST. He almost has perfect scores in them,” Dr. Wrisley said. What this means for Mr. Kelly is that he has gone from using a wheel chair to get around to now where he can walk two to three miles with confidence.

Dr. Wrisley has seen Mr. Kelley’s self-confidence improve immensely with Walkasins use as measured by the Activities Specific Balance Confidence scale (validated clinical outcomes measure). Patients with a confidence score below 67% are predictive to have an 84% chance of falling. Mr. Kelley has changed from 24% to 74% (on a zero to 100% scale).

Another measurement of improvement is Mr. Kelley’s increased walking speed which has improved more than 0.5m/s since using Walkasins. Walking speed is an important indicator of overall health and has been termed “the Sixth Vital Sign.” It’s a simple measure that can predict future health status, physical decline, adverse events and even death. Studies have associated increments of 0.1 m/s of walking speed

improvements with improved health status, less physical disability, fewer hospitalization days, and a one-year reduction in medical costs of \$1,188.

“We’re thrilled to be able to report these results during Peripheral Neuropathy Awareness Week,” says Dan Leach, CEO of RxFunction. “We’re energized by the exuberance shown by our trial patients and are looking forward to helping millions of people who have peripheral neuropathy with the release of Walkasins later this year.”

Interview with Mr. Kelley (trial patient at Wingate University, NC): youtu.be/MEq-nRnsAVU

Once on the market, Walkasins will be available by prescription following an assessment for neuropathy, clinical need, and physical benefit.

About RxFunction Inc.

RxFunction Inc. is a wearable technology company with an initial focus on developing and leading a new business segment within the U.S. medical grade assistive technology marketplace. The Company’s vision is to improve physical ability for social participation and quality of life. Privately held and headquartered in Minneapolis, MN, RxFunction has taken assignment of patented technology developed by co-founder, Dr. Lars Oddsson, as a research professor at Boston University’s Neuromuscular Research Center, and funded by Edina, MN Investment Bank, Cedar Point Capital, and the NIH’s National Institute on Aging (SBIR Grant AG040865). Walkasins have not been submitted to the FDA for review, and are not available for sale at this time.

Additional information about RxFunction is available at www.rxfuction.com

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Treatments To Know About – *Continued from page 1*

Sacramento. The pharmacist is a former intern at Grandpa’s. They consider him one of the best in the region. Parkside Compounding Pharmacy is at 4404 Del Rio Road, Sacramento. Phone number is 916-452-2200. They ship it without charge for postage. Everything that a compounding pharmacist produces must be by prescription ordered by the patient’s doctor.

In May, Betty Blasé (pronounced blaze), sister of Dr. Carolyn McMakin, author of “The Resonance Effect” and proponent of Frequency Specific Microcurrent, spoke about this old but new again approach to treating pain and other ailments. The technological means of treatment is updated and possibly more effective than earlier equipment.

“Specific frequencies as electrical pulses in micro amperage (1/1,000,000 amp) current have been observed to produce changes in pain and function in patients being treated since 1995.” It has been found to be effective for peripheral neuropathy and fibromyalgia. In the next few weeks several people plan to give it a try so this will tell us if it helps at least some people. One person who heard about it already told me it didn’t help him. However, it was a different person giving the treatment with different equipment and I don’t know how many times he tried it. How many times do you get the treatment from the sister of the doctor who developed it?

Betty says that if it is going to help you, you find it usually happens on the first or second treatment. She charges \$50 a treatment and

recommends two a week for six weeks, however, it can be spread over a longer period, if desired. She says it lasts but people usually come back for one treatment as a booster at varying lengths of time. If a person finds it doesn’t help, they can quit. If they paid ahead, it will be refunded. She says her purpose is to help people. She can be reached at 760-213-3230. (She used to live in San Diego so her cell phone still has that number. It works fine here and ATT charges it as if it were a Sacramento number as that is where she lives now.)

These are presented because we know about them and they might be of interest to you. You still need to consult with your doctor and make your own decision. As is listed elsewhere in this newsletter, “That said and distributed by Western Neuropathy Association (WNA) 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.”



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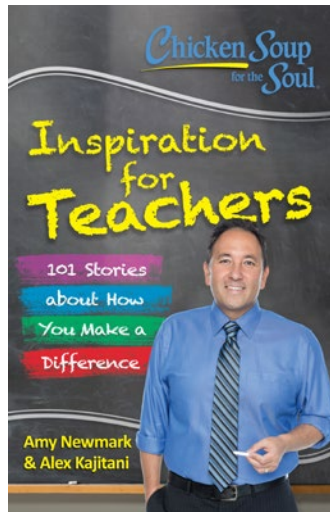
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FUNDRAISER FOR WNA

Chicken Soup For The Soul: Inspiration For Teachers is available for \$15 plus \$3 for shipping and handling on our website www.WNAinfo.org or by a check sent to WNA, P.O. Box 276567, Sacramento, CA 95827-6567. This is a fundraiser to obtain the funds to send the book *Peripheral Neuropathy & Neuropathic Pain Into the Light* by Gerald Said MD FRCP, one of the world's leading experts in neuropathy, to neurology residents studying to be neurologists so they will have more knowledge about neuropathy. More than \$18 toward this project is welcome. Bev Anderson, WNA President, has a story in the book.



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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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