



WESTERN NEUROPATHY ASSOCIATION

April 2016  
Issue 4  
Volume 14

- Our 2016 Annual Conference – Exploring Neuropathy Research Options
- Arthritis Information
- WNA Support Groups
- President’s Message
- PN Literature Review
- 2015-2020 Dietary Guidelines For Americans
- Amazon Smile Smiles On WNA
- Gene Therapy For The Treatment Of Chronic Peripheral Nervous System Pain
- Arthritis And Exercise
- Alpha Lipoic Acid – Effective Antioxidant
- IRA Tax Rollover Now Permanent

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

# Neuropathy Hope

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

## ■ OUR 2016 ANNUAL CONFERENCE – EXPLORING NEUROPATHY RESEARCH OPTIONS

Our keynote speaker, Bruce Hammock, PhD, received a \$4 million grant to start clinical testing of a new drug for neurological pain that looks quite promising. It has been found to help mammals like dogs and cats in the veterinary hospital at U.C. Davis – considered one of the top veterinary schools in the nation. It makes sense to me as when I had a cat diagnosed with bronchitis at this same veterinary hospital, my cat was sent home with a prescription for a medication I had purchased for my stepfather with the same ailment from a similar pharmacy.

Leonard Chuck, MD, PhD, who will speak following Dr. Hammock, has been co-medical director / internist of Diablo Clinical Research, Inc., since 2007. Dr. Chuck has been with Diablo Clinical Research since 2006 as a sub-investigator and principal investigator for many studies. Prior to joining Diablo Clinical Research, Dr. Chuck was in community practice for 20 years as an internist. Prior to his community work, Dr. Chuck spent 10 years as a clinical/laboratory researcher at several major academic institutions: UCLA, Cedars of Lebanon, The Cardiovascular Research Institute

at UCSF, The University of Antwerp in Belgium, and The University of Calgary. Dr. Chuck also taught in the physiology department at UCSF and The University of Calgary.

During our delicious catered lunch by Chef Daniel Bell of Chef to Go Catering, we will present some well-deserved awards and make any major announcements of coming events. In the afternoon, in small groups, we'll talk about what we want to see researched, make a list of what each group talked about, and rank them according to interest. To culminate the day with some fun, Vanessa Kettler will make a presentation on Keeping Our Balance – Balance Techniques that Help with some physical activity to get our blood moving so we stay awake and alert on the drive home. Those that want to take the Jelly Belly Factory Tour will comprise a special group led by a guide at the close of the conference at 3:00 PM. The store is open until 5:00 PM if shopping is what tempts you.

If you want to go to the conference and you have not yet registered, do so immediately as we may reach our limit soon.

## ■ ARTHRITIS INFORMATION By Vanessa Kettler [www.building-better-balance.com](http://www.building-better-balance.com)

*(The two articles on arthritis are by Vanessa Kettler who will be presenting at our 2016 Annual Conference on April 20. At each meeting I attend, the topic of arthritis usually comes up. It is quite common for us to have a little or a lot of arthritis as we get older. I thought using her articles here as a basic class on arthritis might be quite helpful to many. Then, you can see what she has to say and show at the conference that can help your neuropathy and arthritis.)*

Seventy-five percent of those over the age of 65 report having arthritis. There are over 200 different kinds. Each involves deterioration of the cartilage of the joints. Treatment varies depending on the type. Common forms of arthritis include osteoarthritis (74%), rheumatoid arthritis (4%), gout (8%), and fibromyalgia (14%). The most common locations are hands, knees, hips, and spine.

**Similar symptoms but different causes:** Osteoarthritis is called the wear and tear arthritis and often exhibits as deterioration in joints injured or overused earlier in life. Rheumatoid arthritis is an autoimmune disorder that first targets the lining of joints (synovium). Rheumatoid arthritis has a genetic component. Gout is caused by abnormal metabolism. Find out which type of arthritis you have.

### **Each person's body can react differently:**

Symptoms vary extensively from person to person but frequently pain and stiffness result, though some report no pain at all. There are different sensations of pain. Some feel dull aching, some feel sharp pains. Arthritis can flare up or be ever present. The cause of flare-ups is difficult to diagnose as there is often no pattern. Cold seems to affect arthritis adversely, perhaps dampness too. Aggressive joint use can cause flare-ups. Certain foods also.

### **How arthritis makes falls more likely:**

- The pain of motion that arthritis causes makes us much less likely to stay active. Balance skills deteriorate and fall risk increases as a consequence.

# Roster of Our WNA Information and Support Groups

## 2016 WNA Board of Directors

**Bev Anderson**  
President

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

**Pam Hart**  
Secretary

**Johnathan Istilart**  
Treasurer

**Sandra Grafrath**  
Director

**Brad Livingood**  
Director

**Darrell O'Sullivan**  
Director

**Anne Trim**  
Director

**Sonya Wells, PharmD, MPH**  
Director

## Emeritus Council

**Michael Green**  
Emeritus

**Arvin Magusara**  
Emeritus

**Casimir Sammanasu**  
Emeritus


**Sandra Vinson**  
Emeritus

**Dick Ward**  
Emeritus

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

**Bev Anderson**  
Editor

Newsletter Design by

 Diane Blakley  
Designs

## CALIFORNIA

### Alturas

For information call:  
Bev Anderson (877) 622-6298

### Antioch-Brentwood

3<sup>rd</sup> Wednesday, 2 PM-odd numbered months  
Antioch-Kaiser  
AMC-1H2 (from hospital lobby)  
Sandra (925) 443-6655

### Auburn

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

### Bakersfield

For information call  
Bev Anderson 877-622-6298

### Berkeley-Oakland

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

### Carmichael - Eskaton

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

### Carmichael - Atria

3<sup>rd</sup> Tuesday, 3:30 PM  
Atria - Carmichael Oaks  
8350 Fair Oaks Boulevard  
Tanysha (916) 944-2323  
Community members welcome

### Castro Valley

2<sup>nd</sup> Wednesday, 1:30 PM  
First Presbyterian Church  
2490 Grove Way (next to Trader Joe)  
Judson Leong (510) 581-6697

### Clearlake

For information, call  
Bev Anderson (877) 622-6298

### Concord

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

### Crescent City

For information call:  
Bev Anderson (877) 622-6298

### Davis

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

### Elk Grove

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

### Eureka

For information call:  
Earlene (707) 496-3625

## Folsom

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

## Fort Bragg

For information call:  
Bev Anderson ((707) 964-3327

## Fresno

3<sup>rd</sup> Tuesday, 11:00 AM  
Denny's Restaurant  
1110 East Shaw  
Marvin Arnold (559) 226-9466

## Garberville

For information call:  
Bev Anderson (877) 622-6298

## Grass Valley

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

## Jackson

For information, call  
Bev Anderson (877) 622-6298

## Lakeport

March meeting day and time, call Mito.  
Lakeport Senior Center  
507 Konocti Ave.  
Mito Koderia (707) 245-7605

## Lincoln

For information call:  
Bev Anderson (877) 622-6298

## Livermore

4<sup>th</sup> Tuesday, 10 AM  
Heritage Estates  
900 E. Stanley Blvd.  
Sandra Grafrath (925) 443-6655

## Madera

For information, call  
Bev Anderson (877) 622-6298

## Merced

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

## Modesto

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

## Monterey

3<sup>rd</sup> Wed., 10:30 AM-odd numbered months  
First Presbyterian Church  
501 El Dorado Street  
Dr. William Donovan (831) 625-3407

## Napa

1<sup>st</sup> Thursday, 2 PM  
Napa Senior Center  
1500 Jefferson Street  
Ron Patrick (707) 257-2343  
[bonjournapa@hotmail.com](mailto:bonjournapa@hotmail.com)

## Oxnard

For information call:  
Bev Anderson (877) 622-6298

## Placerville

For information, call  
Bev Anderson (877) 622-6298

## Quincy

1<sup>st</sup> Thursday, 1 PM  
Our Savior Lutheran Church  
298 High St.  
Stacey Harrison (530) 283-3702

## Redding

For information call:  
Tiger Michiels (530) 246-4933

## Redwood City

4<sup>th</sup> Tuesday, 1 PM  
Sequoia Hospital Health and  
Wellness Center  
749 Brewster Avenue  
Danielle LaFlash (650) 593-6758

## Roseville

2<sup>nd</sup> Wednesday, 1PM-odd numbered months  
Sierra Point Sr. Res.  
5161 Foothills Blvd.  
Bev Anderson (877) 622-6298

## Sacramento

3<sup>rd</sup> Tuesday, 1:30 PM  
Northminster Presby. Church  
3235 Pope Street  
Charles Moore (916) 485-7723  
<http://sacramento.neuropathysupportgroup.org/>

## Salinas

Contact Bill Donovan (831) 625-3407

## San Francisco

4<sup>th</sup> Thursday, 10 AM  
UC-San Francisco Med Ctr.  
400 Parnassus Avenue  
Amb. Care Ctr. 8th Flr., Rm A888  
Y-Nhy (e nee) Duong  
[Nhy-y.duong@ucsf.edu](mailto:Nhy-y.duong@ucsf.edu)

## San Jose

3<sup>rd</sup> Saturday, 10:30 AM  
O'Conner Hospital  
2105 Forest Avenue  
SJ DePaul Conf. Rm.  
Danielle LaFlash (650) 593-6758

## San Rafael

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

## Santa Barbara

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

## Santa Cruz

3<sup>rd</sup> Wednesday, 1PM-odd numbered months  
Trinity Presbyterian Church  
420 Melrose Avenue  
For information call  
Bev Anderson (877) 622-6298

# President's Message

By Bev Anderson



After the March issue of NEUROPATHY HOPE was prepared, we held a teleconference for Neuropathy Support Group Leaders. Those that participated learned about some activities and programs that other groups were trying and information about upcoming events for The Western Neuropathy Association. They learned that the San Rafael Group led by Scott Stokes starts with 15 minutes of exercises each month. Modesto has door prizes brought in by Ray Nichols currently standing in for Monte Schrader whose health precludes him from continuing. Items are also brought by other members of the group. They have enough items for everyone to go home with something.

Mito Kodera has restarted the Lakeport Neuropathy Support Group. Carol Smith of Grants Pass, OR, described her way of preparing for a meeting and Joyce Horne, also of Grants Pass, talked about getting the website provided by Neuropathy Support Network up and going. Charles Moore of Sacramento also mentioned their website is in operation.

Larry Frice of Merced mentioned that his neuropathy is from an auto accident, which affected the peripheral nerves, reminding us that we need to think widely about the causes of neuropathy. Roger White, Elk Grove, mentioned ways they let people know about the meeting which includes being listed on the Senior Center calendar and being in the newspaper. Others mentioned they have similar approaches. Joanne Waters, Turlock, said many of her group comes from Covenant Village, the senior community where the meetings are held.

I mentioned that the Support Group Financial Account tracking will have a change that provides more flexible funding of Support Group activities by not restricting funds group by group but via this larger funding pool. This way, each group can be assured of being able to cover their basic expenses for copies,

– Continued on page 5

## Help With Health Care Challenges

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

### Medicare

[www.Medicare.gov](http://www.Medicare.gov)

...

### The Affordable Health Care Act

For current information go to [www.HealthCare.gov](http://www.HealthCare.gov)

...

### HICAP

#### Health Insurance Counseling

for seniors and people with disabilities.

[www.cahealthadvocates.org](http://www.cahealthadvocates.org)

/HICAP/

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

...

### Health Rights Hotline

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

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

In Sacramento, (916) 551-2100. [www.hrh.org](http://www.hrh.org).

...

### HMO Help Center

Assistance

24 hours a day, seven days a week.

(888) HMO-2219 or (877) 688-9891 TDD

...

### DRA's Health

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

## WNA Information and Support Groups – continued from page 2

### Santa Maria

For information call Bev Anderson (877) 622- 6298 or Mary (805) 344-6845

### Santa Rosa

1<sup>st</sup> Thursday, 10:30 AM  
Santa Rosa Senior Center  
704 Bennett Valley Road  
Larry Metzger (707) 541-6776

### Sonoma

For information, call Bev Anderson (877) 622-6298

### Sonora

For information, call Bev Anderson (877) 622-6298

### Stockton

For information, call Bev Anderson (877) 622-6298

### Susanville

For information call: Bev Anderson (877) 622-6298

### Thousand Oaks Region

For information, call Bev Anderson (877) 622-62988

### Truckee

For information call: Bev Anderson (877) 622-6298

### Tulare-Visalia

For information call Bev Anderson (877) 622-6298

### Turlock

3<sup>rd</sup> 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

4<sup>th</sup> Friday, 10 AM  
Rossmoor, Hillside Clubhouse  
Las Trampas Room  
Karen Hewitt (925) 932-2248

### West Sacramento

No meeting until new leader is found  
Sandra Vinson (916) 372-6093  
slvins11@gmail.com

### Woodland

For information call Bev Anderson (877) 622-6298

### Yreka

For information call Bev Anderson (877) 622-6298

### Yuba City-Marysville

For information call Bev Anderson (877) 622-6298

### NEVADA

#### Reno-Sparks

For information call Bev Anderson (877) 622-6298

### OREGON

#### Brookings

For information, call Robert Levine (541) 469-4075

#### Grants Pass

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

#### Medford

For information, call Bev Anderson (877) 622-62988

#### Portland

For information call Bev Anderson (877) 622-6298

#### Salem

For information call Bev Anderson (877) 622-6298

Start a support group in your area:

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

## 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 PCNA/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](http://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](http://www.healthlight.us)

### Auburn

#### The Footpath

825 Lincoln Way  
(530) 885-2091  
[www.footpathshoes.com](http://www.footpathshoes.com)  
**PCNA Discount: 10% off the regular price shoes.**

### Elk Grove

#### Shoes That Fit

8649 Elk Grove Blvd.  
(916) 686-1050  
**PCNA 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  
**PCNA Discount: 10% off the regular price shoes.**

### Sacramento

#### Midtown Comfort

#### Shoes

3400 Folsom Blvd.  
(916) 731-4400  
**PCNA discount: 15% on the regular price.**

– Continued on page 5

## PERIPHERAL NEUROPATHY 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 take us to the **NLM: [www.ncbi.nlm.nih.gov/sites/entrez](http://www.ncbi.nlm.nih.gov/sites/entrez)**

If you are reading this article on the computer, just click on the above link to go there. If you are reading the print edition of the newsletter, type this link into the address bar of the browser on a computer. If you don't know how, get a librarian or friend to help you.

After you get to **PubMed**, you will see a line that says "**Search PubMed**" followed by "**for**" and a space. Every article in the **NLM** is given a **PMID**, an eight digit identification number. I will give you **PMID** numbers of the selected articles. Type the **PMID** into the space after the "**for**" and click on "**Go**" at the end of the space, or press the ENTER key on your keyboard. You will then see a one paragraph abstract of the article appear, as well as links to related articles.

This month's PMIDs:

- 24552573 This is a review of twenty-five studies of nerve regeneration as a result of phototherapy. The effectiveness of phototherapy is rejected because of the shortcomings of those studies: no randomization, no blinding, inadequate tests

of injury and poor experimental conditions.

- 24553305 This paper discusses the inflammatory cascade by which tumor necrosis factor alpha is released from the ruptured intervertebral disc inducing the production of neurotrophins that sensitize the nerve roots and dorsal horn of the spine. Pulsed radiofrequency is explored as a treatment for radicular pain.
- 24565006 This rather technical article reviews the various classes of chemical compounds yielding effective new analgesics. Recent research is documented in the following areas: serotonin/norepinephrine reuptake inhibitors, opioid receptor agonists, cox inhibitors, sodium and calcium channel blockers, topical capsaicin, P 38 kinase inhibitors, alpha adrenoreceptor agonists, and NMDA inhibitors.
- 24595705 This article promotes the use of spinal cord stimulation (SCS) as a minimally invasive, reversible and relatively safe alternative to otherwise unresponsive chronic pain. Among those with diabetic peripheral neuropathy, 63% obtained greater than 50% relief at one year.
- 24641437 This Mount Sinai article reviews the efficacy literature of botulinum toxin injections for neuropathic pain and spasticity. The efficacy is established for post herpetic neuralgia and spasticity; probable for trigeminal and posttraumatic neuralgias; possible for diabetic polyneuropathy; lacking for carpal tunnel syndrome; and insufficient for complex regional pain syndrome, phantom limb and stump pain, and occipital neuralgia.

## THE 2015-2020 DIETARY GUIDELINES FOR AMERICANS

The 2015-2020 Dietary Guidelines were released this month with a new focus. Instead of the spotlight shining on individual nutrients and food groups, it recommends Americans to make choices that add up to an overall healthy eating pattern. The guidelines state "to build a healthy eating pattern, combine healthy choices from across all food groups—while paying attention to calorie limits, too."

There are five overarching Guidelines:

1. Follow a healthy eating pattern across the lifespan. To maintain a healthy body weight, consume all nutrients the body needs, and reduce the risk of chronic disease; choose a healthy eating pattern. A healthy eating pattern is not rigid, but adaptable for all individuals based on personal preferences, culture, traditions, and budget. All food and beverage choices matter.
2. Focus on variety, nutrient density, and amount. Choose nutrient dense foods, ones that contain

many vitamins, minerals, and other substances that help the body, from all food groups.

3. Limit calories from added sugars and saturated fats and reduce sodium intake. Cut back on foods that are high in added sugars (dessert foods – cookies, ice cream, etc.) and saturated fats (fat that is solid at room temperature).

4. Shift to healthier food and beverage choices. Choose healthy foods and beverages in place of less healthy choices. Personal and cultural preferences are important to consider to help make these choices easier.

5. Support healthy eating patterns for all. Help yourself and others by supporting and promoting healthy food choices at home, at school, and in community settings.

While eating a healthy diet is vital, The Dietary Guidelines also emphasizes the importance of physical activity in the prevention of chronic diseases and to help maintain a healthy body weight.

If you order from Amazon, go to Amazon Smile and sign up to be supportive of The Western Neuropathy Association. A percentage (\$0.5%) of what you spend will come to WNA. In February, we received a check for just under \$11 because a few of us have signed up. Every penny helps. You don't pay any more and it is the same as the regular Amazon website in every way. It is a way that Amazon gives back to the charitable causes of its customers.

I tend to do quite a bit of shopping on Amazon Smile for Christmas and birthdays. It is amazing how many kinds of merchandise they offer and

the variety keeps growing. Of course, I shop locally, too, but I don't live near any major shopping malls and I don't have a lot of time for it either. Recently, I found that if I chose the relaxed shipping for a previous book order, I got a credit that covered shipping for the Pantry area if I chose to order. Most of what I found there was about half the price I'd pay for it otherwise and it would come directly to my house as the other orders do. As we get older, this is a good help to have. Of course, you do have to have a computer, but if you have someone who will order for you, they can easily have it shipped to you.

## GENE THERAPY FOR THE TREATMENT OF CHRONIC PERIPHERAL NERVOUS SYSTEM PAIN

William F. Goins, Justus B. Cohen, and Joseph C. Glorioso, Dept. of Microbiology & Molecular Genetics, University of Pittsburgh School of Medicine, Pittsburgh, PA 15219 USA

### Abstract

Chronic pain is a major health concern affecting 80 million Americans at some time in their lives with significant associated morbidity and effects on individual quality of life. Chronic pain can result from a variety of inflammatory and nerve damaging events that include cancer, infectious diseases, autoimmune-related syndromes and surgery. Current pharmacotherapies have not provided an effective long-term solution as they are limited by drug tolerance and potential abuse.

These concerns have led to the development and testing of gene therapy approaches to treat chronic pain. The potential efficacy of gene therapy for pain has been reported in numerous preclinical studies that demonstrate pain control at the level of the spinal cord. This promise has been recently supported by a Phase-I human trial in which a replication-defective herpes simplex virus (HSV) vector was used to deliver the human pre-proenkephalin (hPPE) gene,

encoding the natural opioid peptides met-and leu-enkephalin (ENK), to cancer patients with intractable pain resulting from bone metastases (Fink et. Al., 2011).

The study showed that the therapy was well tolerated and their overall pain scores for up to a month post vector injection. These exiting early clinical results await further patient testing to demonstrate treatment efficacy and will likely pave the way for other gene therapies to treat chronic pain.

(This study is from 2012 so much more has been done since then but progress is slow both in being achieved and in being accepted and put into practice. If someone wants to follow these researchers or others that come out with credible research and results and send me an article from someone doing some cutting edge progress, feel free to do so. This study is from the NIH Public Access site and published in final edited form as:

Neurobiol Dis.2012 November; 48(2): 255-270. doi:10.1016/j.nbd.2012.05.005

### President's Message – Continued from page 3

name tags, etc. Help with rent or other ongoing costs not able to be completely covered by group contribution can be supported. This approach would also support us investing in some kind of major project as well as funding for me to visit more groups more often. But it does all depend upon our membership. The more memberships, as \$6 from each membership goes into this pool of funds, the more support groups can do to promote and bring education about neuropathy to more people.

We also discussed on this call that the new support group websites may not get a lot of traffic at first but if it is listed with the announcements in the

newspapers, visitors will have direct access to the WNA site as well as others. It also has a major amount of information about neuropathy, which is presented by video immediately as the site opens. People who search the internet will find our multiple sites and learn about us and support groups. The websites will be added to the group information in the Roster of this newsletter as they go online.

I emphasized the Annual Conference – Exploring Neuropathy Research Options. You can preview in a separate article. (see page 1)

Best wishes,

*Bev*

### DISCOUNTS FOR WNA MEMBERS

*Continued from page 4*

**West Sacramento Beverly's Never Just Haircuts and Lilly' Nails**  
2007 W. Capitol Ave, West Hair-(916) 372-5606  
Nails-(916) 346-8342  
**PCNA discount: 10% off the regular price.**

### 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](http://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](mailto:info@pnhelp.org).

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

Exercise reduces the pain and inflammation associated with arthritis:

- From Arthritis Research UK: "If arthritis is causing pain, you may not want to move. But this can increase stiffness and in the long term your muscles will weaken, making movement even more difficult."

- According to the New York Times: "Exercise can help ease joint pain and stiffness for arthritis sufferers. But despite urgings from health officials and plenty of science documenting its benefits, many men and women with osteoarthritis do not engage in any meaningful physical activity in a typical week."

Even though exercise is recommended widely, I know why arthritis sufferers are not enthusiastic about it. I have arthritis too, just like 75% of those of 65 and older. Arthritis hurts. When you hurt, the last thing you usually want to do is move. The idea of exercising seems beyond the pale. BUT... mind over matter because exercise is our salvation. Over the past 40 years I have developed and adapted ideas that make moving much easier and end up really helping reduce symptoms. Those ideas are some of the fundamentals of the Building Better Balance technique.

Here are some effective but easy and often pain free ways that help.

- 1) Gentle joint rotation: Rotation (circling) of a joint is the safest and most thorough way to use any joint, but it is especially recommended for joints with arthritis. The motion is minimal (so there is less bone on bone abrasion), yet the benefit significant. Gentle circling keeps the joint from fixing and increases circulation through the joint which in turn reduces inflammation and pain. The key is to relax the joint. The smaller the circle the better. Often gentle circling does not hurt at all.
- 2) Stretch the muscles that pain has tightened: Pain tenses muscles and the tightening in turn increases pain. Stretch the muscles that are tense and pain is reduced.
- 3) Exercise the adjacent joints: The joint in question has problems but the joints on either side do not, yet they tighten in response to the trauma. Gently exercising the adjacent joints makes everything better.
- 4) Strengthen the joint's stabilizer muscles: Strengthening the muscles surrounding the joint takes stress off the joint itself, so the burden of motion shifts to the muscles instead of the fragile joint.

- 5) Use passive instead of aggressive exercise to increase strength of muscles near the joint: Isometric exercise builds strength without motion and is therefore ideal for arthritic joints. Be certain to stretch the muscles tightened afterwards.
- 6) Strengthen the core to reduce joint stress: If you increase core strength, the stress of weight is lifted off the joints themselves. This is particularly effective with knee, hip and spine arthritis.

Does arthritis affect your balance? You bet it can! The pain of motion that arthritis causes makes us much less likely to stay active. Balance skills deteriorate as a consequence. Arthritis of the knees, hips or spine makes the joints of the legs stiff and less able to maneuver in challenging situations. For example, we are less able to step out of the way when bumped. Lower body joint arthritis also makes it harder to pick up your feet while walking, resulting in shuffling. This in turn increases fall risk significantly. On the other hand, with regular balance practice you can have results like this:

Using these ideas for arthritis of the knee: Applying the concepts to knee arthritis: (these particular exercises are demonstrated in the 4th DVD of the Building Better Balance series, titled Arthritis & Other Chronic Conditions)

- 1) Gentle joint rotation: Circle the knee joint gently.
- 2) Stretch the muscles that pain has tightened: Stretch the back of the knee with a hamstring stretch and then stretch the top of the knee by pulling your knee into your chest as you are sitting.
- 3) Exercise the adjacent joints: Do gentle ankle and hip circles.
- 4) Strengthen the joint's stabilizer muscles: Strengthen the muscles that surround the knee joint itself.
- 5) Use passive instead of aggressive exercise to increase strength: Do not use large movements to bend and straighten your knee. So deep knee bends for example should not be attempted. Strengthen your knee using small or isometric exercise as shown in Arthritis & Other Chronic Conditions.
- 6) Increase core strength to reduce joint stress: The stronger your abdominal, glutes, and pelvic floor muscles, the less weight placed on your knees.

## ALPHA LIPOIC ACID – EFFECTIVE ANTIOXIDANT

Alpha Lipoic Acid acts as a powerful antioxidant for the entire body, especially the brain. It has the ability to be both fat and water soluble so can get in and out of cells easily. It has been found quite effective for many with neuropathy. Some foods have Alpha Lipoic Acid in them, but it is also available by capsule or infusion or even in a cream made by a compounding pharmacist. Capsules should be taken with food. Some foods like brewer's yeast, organ meats, and red meats have some ALA in them but not in high amounts. The recommended amount per day is 300 mg. in the AM and 300 mg. PM or 600 mg. per day. It helps

produce energy, regulates blood sugars, and helps with neuropathy symptoms especial autonomic symptoms and refreshes vitamin E, C, and glutathione. It helps protect oxidation damage to the nerves and brain.

Alpha Lipoic Acid can be obtained in pharmacies and health food stores but also usually can be purchased by mail order at a more economical price. Two of several choices include Vitacost: 1-800-793-2601 or [www.Vitacost.com](http://www.Vitacost.com). Two bottles of 120 (240 total) \$12.69 each plus \$4.95 for shipping no matter the size of your order is \$30.33.

– Continued on page 7

- Arthritis of the knees, hips, or spine makes the joints of the legs stiff and less able to maneuver in challenging situations. For example, we are less able to step out of the way when bumped. The stiffness generated by arthritis significantly increases the likelihood of falling.
- Lower body joint arthritis also makes it harder to pick up your feet while walking, resulting in shuffling and a much higher possibility of having a fall.

**Arthritis and exercise:** The best way by far for dealing with the pain and stiffness of arthritis is to exercise on a regular basis. Coincidentally, regular exercise exponentially reduces falls.

**Arthritis and diet:** In general, an anti-inflammatory diet is recommended. Otherwise, recommendations differ based upon the cause. Gout for instance can react poorly to bread. Foods high in omega 3 fatty acids are especially good for those with rheumatoid arthritis. Following is a diet developed by Dr. Lana Sandahl of San Francisco in 1980 for treatment of arthritis:

- Drink two quarts of water daily.
- Eat small frequent meals.
- Reduce acidic food intake. (3:1 ratio of alkaline to acid foods)
- Practice food combining.
- Eat sparingly of concentrated sugars and starches. No refined sugars.
- Avoid processed foods.
- Avoid cooked animal fats (skins, gravies). Eat red meat minimally.
- No coffee, black teas, cola, soft drinks, chocolate, alcohol. No processed cheeses or meats.
- Eat sparingly of melons/apples, none without starches.
- Avoid seed spices and black pepper.
- Eat abundantly of all raw and cooked vegetables, fruits and juices except: cucumbers, radishes, onions, peppers, dried legumes, peanuts, dried corn, oranges, and citrus fruits.
- Eat sparingly of seeds and nuts, raw and cooked.
- Avoid wheat and most grains. Rice, rye, soy are usually acceptable.
- Beware of milk products.

#### **Holistic remedies:**

- **Topical anti-inflammatories:** Many are available. Arnica Montana is a natural herb based topical gel. Topricin is available now over the counter and is reported to have a stronger anti-inflammatory effect than Arnica. Capsaicin has strong anti-inflammatory properties. It is the essence of chili peppers so remember to use disposable gloves when applying capsaicin cream and avoid

getting it in your eyes, nose, and mouth.

- **Lose weight, especially if osteoarthritis of the knees, hips, spine, or feet is involved.** Every pound you lose translates into four pounds less pressure on your joints. Some people have reported that their symptoms disappeared after losing 10-20 pounds. Sixty-six percent of adults with doctor diagnosed arthritis are overweight or obese. Weight loss of as little as 11 pounds reduces knee osteoarthritis among women by 50%.
- **Acupuncture:** Many with arthritis find pain relief and lessening of disability with acupuncture.
- **Glucosamine and chondroitin:** These are supplements that help some people significantly. I know of one person who is dramatically helped but I also know others who have had no positive effect or who have had side effects from the substances.
- **Dry brush technique:** A Scandinavian technique that stimulates the nerve endings on the skin with a resultant reduction in inflammation.

#### **Additional information about arthritis:**

- **Women are more affected:** Sixty percent of all people with arthritis are women. Arthritis has a significantly higher age-adjusted prevalence in women (23.9%) than men (18.6%), with the prevalence increasing with age and higher among women than men in every age group. However, men are more likely to suffer from gout than women.
- **Joint replacement:** As of 2010 there were 719,000 total knee replacements (up from 454,652 in 2004) and 332,000 hip replacements (up from 232,857 in 2004).
- **Activity level:** Forty-four percent of adults with doctor-diagnosed arthritis report no leisure time physical activity. Yet among older adults with knee osteoarthritis, engaging in moderate physical activity at least three times per week can reduce the risk of arthritis-related disability by 47%.
- **Disability:** Arthritis and other rheumatic conditions are the most common cause of disability among U.S. adults and have been for the past 15 years.
- **Quality of life:** People with doctor-diagnosed arthritis have significantly worse health related quality of life than those without arthritis. Adults with arthritis report two to four times as many unhealthy days in the past month than those without arthritis.
- **Depression:** Arthritis is strongly associated with major depression.
- **Financial cost:** In 2003, the total cost attributed to arthritis and other rheumatic conditions in the United States was \$128 billion, up from \$86.2 billion in 1997.

## **Alpha Lipoic Acid – Effective Antioxidant** – Continued from page 6

The recommended choice when asked is NSI Alpha Lipoic Acid, 300 mg. - 120 caps. Swanson: 1-800-437-4148 Item #D4SWU136. This is for bottles of 60 of the 300 mg. capsules. Each bottle is \$9.89. You save on shipping and handling by ordering more. So it is \$9.89 x 3 - \$29.67 - \$4.95 (S/H) - \$34.64 is the total. (These prices may vary.) The Vitacost product is reported to be a smaller,

easier to swallow capsule. It is important to take the capsules with food and best to not lie down immediately after taking it. Like other vitamins or supplements, you want to let it begin digesting before changing its environment. Before taking it, be sure to check with your doctor. If you have a bleeding or ulcer problem, you may not be able to take the type that goes through the digestive system.



# WESTERN NEUROPATHY ASSOCIATION

A California public benefit, nonprofit,  
tax exempt corporation

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

Call WNA using our toll free phone numbers:

**(877) 622-6298** ■ Email: [info@WNAinfo.org](mailto:info@WNAinfo.org)

■ PN Information/Advice ■ Support Group Inquiries

**(888) 556-3356** ■ Email: [admin@WNAinfo.org](mailto:admin@WNAinfo.org)

■ Membership Information/Inquiries ■ Sponsorships

■ General Organizational Inquiries ■ [www.WNAinfo.org](http://www.WNAinfo.org)

**PLAN ON ATTENDING!**

## THE 2016 ANNUAL CONFERENCE

**Wednesday, April 20, 2016**

Jelly Belly Factory Conference Center in Fairfield, CA

• Go to [www.WNAinfo.org](http://www.WNAinfo.org) for info and to sign up! •

## IRA TAX ROLLOVER NOW PERMANENT

By Darrell O'Sullivan, Director, WNA Board of Directors

A recent change to the U.S. tax code provides a means to make charitable rollovers from individual retirement accounts. The rollover option permits individuals 70 ½ or older to roll over from an IRA directly to a qualifying charity or nonprofit. The IRA charitable rollovers are tax-free and not included in adjusted gross income. The rollover also counts toward the required minimum distributions that IRA account owners must take at age 70 ½. By designating funds to go directly to charity, individuals can limit their taxable income and avoid consequences for Social Security and Medicare benefits based on income. The new law does not apply to Roth IRAs, to the rollover of charitable gifts annuities or charitable trusts or to donor-advised funds. The IRA charitable rollover was first enacted into law as part of the Pension Protection Act of 2006, but Congress has allowed it to lapse several times and delayed annual renewal late in the year. However, the passage and signing of the Protecting Americans from Tax Hikes Act of 2015 now makes this provision permanent.

## THE 2016 ANNUAL CONFERENCE

**Wednesday, April 20, 2016**

**Jelly Belly Factory Conference Center • Fairfield, CA**



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

*Join Us!*

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



### Western Neuropathy Association (WNA)

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

Bev Anderson, Editor

P.O. Box 276567

Sacramento, CA 95827-6567

(877) 622-6298 ■ (888) 556-3356

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

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

Our mission is to provide support, information and referral to people with neuropathy and to those who care about them, to inform and connect with the health care community, and to support research.

Dues - \$30 a year

All contributions and dues are tax-deductible.

We are supported by dues-paying members, contributions by members and friends, and occasionally, small grants and fundraisers.

*This newsletter is designed for educational and informational purposes only. The information contained herein is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. Western Neuropathy Association (WNA) does not endorse any treatments, medications, articles, abstracts or products discussed herein. You are strongly encouraged to consult a neurologist with any questions or comments you may have regarding your condition. The best care can only be given by a qualified provider who knows you personally.*