

# PN News

Yolo County

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APRIL 2017

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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.** The Western Neuropathy Association (WNA) and the Yolo Neuropathy Groups (*PN News*) do not endorse any treatments, medications, articles, abstracts or products discussed herein.



Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help at all.

Dale Carnegie

### DAVIS

TUESDAY, APRIL 11, 3:30 – 5:00 p.m.

**Program: DVD: *Forks Over Knives*: a documentary following two doctors and their research on disease and healthy eating.**

Davis Senior Center  
 646 A Street, Davis, 95616  
 Contact: Mary Sprifke (530) 756-5102 or  
 Retta Gilbert at (530) 747-0186

### SACRAMENTO

4<sup>th</sup> TUESDAY, APRIL 25 – 1:30-3:30

**Program: Speaker, Dan Wills, from Grandpa's Compounding Pharmacy** in Placerville, will give a brief presentation on some compounded creams that he claims work as topical treatments for neuropathy pain.

Northminster Presbyterian Church  
 3235 Pope Avenue  
 Sacramento, CA 95825  
 Contact: Charles Moore (916) 485-7723



# MEETING RECAPS



## DAVIS - No March Meeting



### SACRAMENTO MARCH NOTES

By Charles Moore

The PN meeting on March 21 featured **Shannon Guthrie**, dietitian at Eskaton. She focused on the Mediterranean diet and used a nicely detailed PowerPoint presentation to illustrate her talk. Here is the outline:

#### Highlighting Mediterranean-Style Cuisine: In Pursuit of a Healthy Lifestyle

The Mediterranean diet is based on the dietary traditions of the people living in the Mediterranean Sea region.

- People with heart disease placed on a Mediterranean style diet reduced their risk of a second cardiac event by 30% to 70%
- A previous study of heart-attack survivors showed that the mortality rate was **70% lower** among those who followed a prescribed Mediterranean diet compared with people on a low-fat diet.
- Mortality rates were **65% lower among elderly** people who combined a so-called Mediterranean diet with 30 minutes of daily exercise, moderate drinking and no tobacco use. (SOURCE: Journal of the American Medical Association, September 22/29, 2004)

#### Mediterranean Diet and Diabetes

- Mediterranean-style diets helped patients with "metabolic syndrome," which increases the risk of heart disease and diabetes and affects 1 in 4 American adults.
- After two years, 44% of those on the Mediterranean diet still had features of metabolic syndrome, compared with 86% of others who were not following the diet. (SOURCE: Journal of the American Medical Association, September 22/29, 2004)

#### Major Risk Factors for Heart Disease include:

High LDL (Bad Cholesterol)  
High Blood Pressure  
Low HDL (Good Cholesterol)  
Cigarette Smoking  
Family History  
Age

- High Cholesterol Is the most important risk factor for coronary artery disease  
What does cholesterol do? Cholesterol is an essential nutrient necessary for many functions, including repairing cell membranes, manufacturing vitamin D on the skin's surface, producing hormones, such as estrogen and testosterone and possibly helping cell connections in the brain that are important for learning and memory.

#### Total Cholesterol Level

- Less than 200 mg/dL is desirable
- 200-239 mg/dL borderline high
- 240 mg/dL and above high

#### LDL Cholesterol Level

- Less than 100 mg/dL Optimal
- 100-129 mg/dL near optimal/above optimal
- 130-159 mg/dL borderline high
- 160-189 mg/dL high
- 190 mg/dL and above very high

**Foods that Raise LDL Cholesterol** and are overall high in saturated fat include dairy fat, animal fat and tropical fat. These foods affect the heart.

Foods With a Lot of trans-fatty acids  
Foods With Hydrogenated Shortening  
Stick Margarine and Shortening  
Fried Foods

#### **"Stealth" (Hidden) Cholesterol-Raising Foods**

**include:** Brownies, mounds, coconut cream pie, mashed potatoes, desserts & baked goods

**What Helps Lower LDL Cholesterol** and also plays a big role in the Mediterranean Diet?

- Plant sterols and stanols

- Soluble fiber
- Vegetable proteins
- Grains: barley & oatmeal are the best sources of cholesterol lowering soluble fiber
- Corn is the best source of cholesterol-lowering plant sterols
- Whole wheat & brown rice contain some soluble fiber plus plant sterols and stanols
- Fruit: Citrus, apples and pears are the highest in cholesterol-lowering soluble fiber
- All fresh fruits contain pectin, a cholesterol-lowering soluble fiber
- Vegetables
- Best sources of soluble fiber: Root vegetables: beets, carrots, potatoes, Tomatoes, Peppers
- Beans are the best of all cholesterol-lowering foods, they are high in soluble fiber, plant sterols and plant protein

#### Vegetable Protein

- Consuming soy protein rather than animal protein has been shown to decrease total cholesterol and LDL
- The Mediterranean Diet is also rich in Omega 3 Fatty Acids
- Omega 3's: reduce risk of cardiac arrhythmias, reduce clotting, lowers cholesterol and decreases triglycerides

Get to know your greens as they are sources of omega 3 fatty acids:

- Arugula
- Chicory
- Collard Greens
- Kale
- Mustard Greens
- Purslane
- Swiss Chard
- Wild Greens

#### Eat Fish 3 Times Per Week

- Cold water *fatty fish* is high in Omega 3's -- Mackerel, Herring, Trout, Anchovy, Salmon, Fresh tuna or tuna canned in water
- 7 oz. per week was found to be effective

#### Other Sources of Omega-3's include:

- Flaxseed oil and ground flaxseed
  - Canola oil
  - Canola/olive oil mayonnaise
  - Walnuts and walnut oil
  - Beans: soybeans and tofu
  - Dark leafy greens
  - Use canola or olive oil as your primary oil
- Spray or drizzle, **don't pour** - it is the **most** calorie dense food; 1T is a serving
- **Flaxseed:** More than half the fat in flaxseed is of the essential omega-3 fatty acid type. *Cholesterol can be reduced by adding flaxseed to the diet.* Omega-3 fatty acid that is abundant in flaxseed, offers protective effects against both coronary heart disease and stroke. Flaxseed has a nutty flavor and tastes good sprinkled on salads, cooked vegetables, nonfat yogurt or cereals. **Grind the seeds or else chew them very well—** whole seeds simply pass through the body. Keep them refrigerated. Combine flaxseed flour with wheat flour for breads, quick breads, and pancakes. Flaxseed oil *cannot* be used for frying or sautéing. A few people may have allergic reactions to flaxseeds. Available at a health food store or possibly local grocery store.
  - English walnuts are also high in omega 3 fatty acids
  - Just one handful of walnuts provides as much omega-3's as a comparable serving of salmon.
  - Studies indicate that the omega-3 fatty acids found in walnuts may help lower cholesterol; protect against heart disease, stroke and some cancers; ease arthritis and other inflammatory diseases; and even fight depression and other mental illnesses.

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More slides addressed weight loss, specific gram content of several plants and fish, reducing sugar use, eating smaller portions more often, lowering salt to below 2,400 mg/day, and specific portion recommendations. See next month's *PN News* . . .

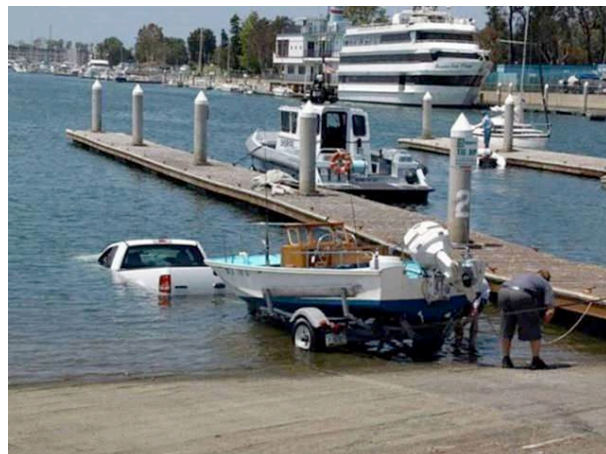
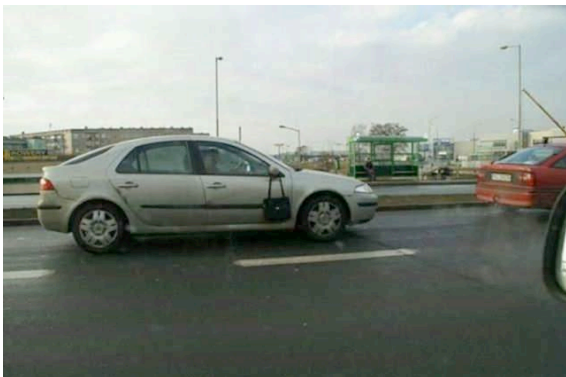
## It's To Laugh . . .

The medical community is unable to reach consensus on what to do with America's health insurance situation. The Allergists were in favor of scratching it, but the Dermatologists advised not to make any rash moves. The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve. Meanwhile, Obstetricians felt certain everyone was laboring under a misconception, while the Ophthalmologists considered the idea shortsighted.



Pathologists yelled, "Over my dead body!" while the Pediatricians said, "Oh, grow up!" The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it. Surgeons decided to wash their hands of the whole thing and the Internists claimed it would indeed be a bitter pill to swallow. The Plastic Surgeons opined that this proposal would "put a whole new face on the matter." The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea. Anesthesiologists thought the whole idea was a gas, and those lofty Cardiologists didn't have the heart to say no. In the end, the Proctologists won out, leaving the entire decision up to the folks in Congress.

***To brighten your day, I No Longer Feel Quite So Stupid!***



**Light Therapy** has been mentioned in PN meetings over time. A quick look at the web found many sites. Here is just one example: Emerson Worldwide (www.emersonww.com/infraredtherapy.htm)



**Emerson**  
WORLDWIDE

Since 2001 888-861-8883



HOME Products Infrared Therapy Equine Pets

***Infrared Light Therapy Products***

**Neuropathy, Arthritis, Fibromyalgia, Alzheimer's, Dementia, Gum/Teeth Care, Diabetic Foot, Wound Healing, Back Pain, Tinnitus, Sinusitis, Bursitis, Tendonitis, Osteoarthritis, Bell's Palsy, scar tissue, inflammation, ear ringing, degenerative osteoarthritis, Gingivitis, and much more.**

Infrared Light Therapy is becoming a common treatment for neuropathy, sinus and brain stimulation, utilized by Medical Doctors, Veterinarians, Chiropractors, Massage Therapists, and Physical Therapists. See Before & After photos of ulcers and bruises. See exciting discoveries about Intranasal Light Therapy and the [Neuro](#) for Alzheimer's and dementia patients. Emerson WorldWide's Infrared Light Therapy products use the same technology NASA uses aboard the Space Shuttle, and the same technology used by the NAVY Seals! "The use of light therapy with LED's can help prevent bone and muscle atrophy as well as increase the rate of wound healing in a microgravity environment, thus reducing the risk of treatable injuries becoming mission catastrophes." [NASA Studies](#). • **No side effects.** • **Non-invasive.** [Read Testimonials](#)

**So Many Models, How Do I Choose Right One for Me?**

It is important to note that all the models have medical LEDs and work the same, and the wavelengths on each model penetrate the same depth.

**What causes the Price Differences?** The number of Light Emitting Diodes (LEDs) in each unit The configuration/shape of the model (Hand-Helds are smaller, some are portable, etc) The size of the treatment area (Wraps, Pads for larger areas, and hands free.) You can determine how much pain area you need to treat at one time and how much cost you want to spend. Less LEDs, less treatment area, the unit must be moved around more, taking more time to treat your problem area. In other words, the outcome will be the same--pain relief, healing--but NUMBER of LEDs shooting into your area at one time is what is different.



Infrared Light therapy or Phototherapy, is the treatment of a disorder by exposure to specific wavelengths of light using light-emitting diodes (LEDs), controlled with various devices. The light is administered for a prescribed amount of time. Light therapy has been shown, in over 40 years of independent research worldwide, to deliver powerful therapeutic benefits to living tissues and organisms. In the same way that plants use chlorophyll to convert sunlight into plant tissue, light emitting diodes (LEDs) can trigger natural intracellular photo-biochemical reactions in our bodies.

Plants must have the sunlight to grow. Our cells benefit from light therapy.

Photo-stimulation was first discovered in the 1960s when European scientists began to use light beams of specific wavelengths and frequencies to treat damaged cell tissues. Today, that technology has been harnessed into portable, light-emitting diodes (LED) hand-held units, and full-body units. Studies show when light therapy breaks through blocked energy, and the light enters and stimulates the cells as photons. The photons are absorbed by the photoreceptors within the cell. Photons strike the damaged tissue including skin, blood, muscle, and bone, and create a cellular response that reduces pain and jump-starts the healing process.

The use of monochromatic low intensity infrared laser and LED diodes has been promoted in several countries for many years as an effective treatment for arthritis, soft tissue injuries and pain. Infrared Diode Therapy has been used as a monochromatic device since around 1960. It was not until 1998 that PAIN-X-2000 - Polychromatic Infrared Diode Therapy was developed and first used in the United States.

It is becoming increasingly rare to find a physiotherapy department or clinic without access to this modality. Polychromatic Devices are being used by Medical Doctors, Nurses, Veterinarians, Equine Therapists, Chiropractors, Anesthesiologists, Dentists, Massage Therapists, Physical Therapists, and many more. More and more publications within the medical and scientific community attest to the clinical usefulness of these devices and their many biological effects upon the cells.

**Web searches related to light therapy for pain:** (click on the first word)



- deep penetrating** light therapy **device**
- infrared** light therapy for **arthritis**
- laser** light therapy pain
- infrared** pain **relief device**
- what is infrared** light therapy
- infrared** light therapy **devices**
- infrared** therapy **lamp**
- infrared** light therapy **side effects**

*Disclaimer: PN News does not endorse any particular product or therapy, as noted on page 1.*

**PARKING for the WNA Annual Conference** at the MIND Institute on the Sacramento UC Davis Health Center campus can be found in the new Parking Structure adjacent to the Institute (Ellison, #2). Also, the first 3 floors of Structure #3 have some visitor spaces, and the top two levels are for staff parking. The institute is at 2825 50<sup>th</sup> Street. Parking on 50<sup>th</sup> Street is free.





# Western Neuropathy Association 2017 Annual Conference

**Date: Tuesday, April 18, 2017**

**Time: 9:30 AM to 3:30 PM**

**Pre-register By:  
Tuesday, April 4, 2017  
Seating is limited.  
Must register in advance.**

**Registration Fee: \$25.00**

**Location: UC Davis Mind Institute  
UC Davis Medical Center  
2825 50<sup>th</sup> Street  
Sacramento, CA**

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



**Neuropathy Today & Tomorrow**

9:30 am Registration check-in (must register in advance; limited seating)  
Morning snacks and coffee included.

10:00 Announcements and Introductions

10:30 **Yuen So**, M.D, Ph.D.—Professor, Neurology & Neurological Sciences; Associate Chair, Clinical Services; Chief, Neurology Clinic; Stanford University Medical Center; oversees clinical trials. “What is a neuro-muscular neurologist?” “Why is this type of neurologist often recommended for treating people with neuropathy?”

**Noon Catered Lunch**

1:00 pm **Stem Cell Researcher**—Invited  
“What is a stem cell?” “What does the research consist of?”  
“What does the future possibly hold for the impact of stem cells in the treatment of neuropathy?”

2:00 pm **Bruce D. Hammock**, Ph.D.— Distinguished Professor  
Department of Entomology & UCD Comprehensive Cancer Center, Director, NIEHS-UCD Superfund Research Program PI, NIH Biotechnology Training Program  
“Report on the progress of his current neuropathy treatment research and how soon human clinical trials begin.”

3:00 pm Closing activities:  
• Evaluations  
• Door Prizes and Silent Auction  
• Closing Announcements

3:30 pm Adjournment



**Mail registration fee and form to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

E-mail \_\_\_\_\_

At Large Member

## UPCOMING MEETINGS



### Davis

2<sup>nd</sup> Tuesday, May 9, 3:30-5:00  
(Mary Sprifke 530-756-5102)  
Davis Senior Center  
246 A Street, Davis

### Sacramento

3<sup>rd</sup> Tuesday, May 16, 1:30-3:00  
(Charles Moore 916-485-7723)  
Northminster Presbyterian Church  
3235 Pope Avenue, Sacramento

### Woodland

Seeking new leadership

## WNA ANNUAL CONFERENCE

Tuesday, April 21  
9:30 a.m. – 3:30 p.m.

**Pre-Register by APRIL 4**

M.I.N.D. Center, 2825 50<sup>th</sup> Street  
UC Medical Center, Sacramento

*The mission of the Yolo Neuropathy Groups is to ensure that through information, empowerment and mutual support, all may have hope and that no person will face their peripheral neuropathy alone.*

## RESOURCES:

1. Norman Latov M.D., Ph.D. – *Peripheral Neuropathy: When the Numbness, Weakness and Pain Won't Stop*
2. Harry J. Gould, III, M.D., and Ph.D. – *Understanding Pain: What It Is, Why it Happens and How It's Managed*
3. Alexander McLellan N.D. and Marc Spitz D.P.M. – *The Numb Foot Book – check Amazon.com -- Out of Print*
4. Mims Cushing & Norman Latov, MD – *You CAN Cope With Peripheral Neuropathy 365 Days a Year*
5. John Senneff – *Numb Toes and Aching Soles: Coping with Peripheral Neuropathy*
6. John Senneff – *Numb Toes and Other Woes: More of Peripheral Neuropathy*
7. John Senneff – *Nutrients for Neuropathy: How to use natural supplements to treat the severe pain of PN*
  - The Foundation for Peripheral Neuropathy- [www.foundationforpn.org](http://www.foundationforpn.org) (a national organization)
  - Western Neuropathy Association (WNA) (formerly PCNA) – [www.pnhelp.org](http://www.pnhelp.org) or toll-free (877) 662-6298
  - [www.diabetes.org](http://www.diabetes.org)
  - [www.neuropathyjournal.org](http://www.neuropathyjournal.org)
  - [www.neuropathysupportnetwork.org](http://www.neuropathysupportnetwork.org)
  - Neuropathy Journal at [www.neuropathyjournal.org](http://www.neuropathyjournal.org)
  - Eugene B Richardson MDiv, MSM, EdM, MS, Patient Educator in the DVD "Coping with Chronic Neuropathy"

To send *PN News* to others or if you no longer wish to receive this newsletter, please contact (530) 756-5102.

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