

PN News

Yolo County

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Dr. Valerie Monteiro, DC, CCST, ACN

Charles Moore

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Alexander McLellan N.D.

Marc Spitz, D.P.M.

Gina Shaw – *Neurology Now*

Mary Sprifke



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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.

DAVIS

TUESDAY, JANUARY 10, 3:30 – 5:00 p.m.

Program: Round-table Discussion

Davis Senior Center

646 A Street, Davis, 95616

Call: Mary Sprifke (530) 756-5102 or
Retta Gilbert at (530) 747-0186

WOODLAND – NO MEETING, NO LEADER(S)

SACRAMENTO

TUESDAY, JANUARY 17, 1:30-3:30 p.m.

Program: Dr. Karen Romines, podiatrist, returns to address foot care. Her programs are well received.

Northminster Presbyterian Church

3235 Pope Avenue, Sacramento, CA 95825

Call: Charles Moore (916) 485-7723



MEETING RECAPS



DAVIS DECEMBER NOTES

By Mary Sprifke

There were pauses, laughter, banter, nods of agreement and some 'oh no's' as we shared things we have learned, tried or let go of ... just a regular get-together of our PN group.

Food occupied a good portion of our time (no, not eating) and we revisited the food chart found in *Defeat Your Neuropathy Now ... In Spite of Your Doctor* (pp. 187-188). The authors note, "The content of this book is provided for information purposes only ... and not to replace the advice and counsel of a doctor..."

A sample list of foods that will help **decrease inflammation and toxic loads** in the body:

CATEGORIES	INCLUDE these foods	EXCLUDE these foods
Fruits	Unsweetened fresh, frozen or bottled fruit juices (preferably organic)	No orange juice No oranges
Vegetables	All fresh, raw, steamed, sautéed, juiced or roasted vegetables	No corn, canned or creamed vegetables
Grains	Brown rice (short or long grain) wild rice, millet, oats, teff, quinoa, amaranth, buckwheat	No white rice, wheat, corn barley, spelt, kamut, rye; any grains with gluten
Bread/Cereal	Products made from rice, oat, buckwheat, millet quinoa, teff, amaranth, tapioca, arrow-root, potato flour	No wheat, spelt, kamut, rye, barley, any gluten-containing grain
Legume/Beans	All beans, peas and lentils (soak all raw beans for 48 hours and change water)	No soybeans, tofu, tempeh soy milk, or other organic soy products (except organic tamari)
Nuts and Seeds - Raw	Almonds, cashews, walnuts, pecans, sesame, tahini, sunflower, pumpkin or any nut butters made from these nuts	No peanuts or peanut butter
Meat and Fish	Frozen or fresh fish, chicken turkey, wild game, lamb. Also Applegate Farms Organic sliced turkey, turkey-bacon, and cage-free eggs	No beef, pork, hot dogs, sausage, bacon, canned meats, shellfish; no cold cuts/sandwich meats not specified.
Dairy /Milk Substitutes	Unsweetened: rice milk, almond milk, coconut milk, oat milk, hazelnut milk, other nut milks	No milk, cheese, cottage cheese, yogurt cream/half and half, butter, ice cream nondairy creamers
Fats	Ghee, extra-virgin olive oil, coconut oil, walnut oil, pumpkin oil, almond oil, flaxseed oil (do not heat flaxseed oil)	No butter, margarine, shortening, vegetable oils, hydrogenated oils, mayonnaise
Beverages	Spring, filtered, or sparkling water, Teecino (coffee sub), herbal or green teas; you may have iced tea made from herbal teas	No soda or soft drinks, alcohol, coffee, black tea, sweet tea, regular iced tea

CATEGORIES	INCLUDE these foods	EXCLUDE these foods
Spices, Herbs, Condiments	Any fresh or dried organic spice-herb (unless otherwise indicated); Bragg's Liquid Aminos, organic tamari sauce Celtic sea salt, Mediterranean pink sea salt, whole grain organic mustard, Muir Glen organic ketchup	No chocolate, soy sauce, ketchup, mustard, relish, BBQ sauce or other condiments not specified
Sweeteners	Sweet Leaf Stevia, Xylo-Sweet Xyla (by Emerald Forest) brown rice syrup, raw honey, blackstrap molasses	No white or brown sugar, maple syrup, corn syrup, high fructose corn syrup, Nutrasweet, Sweet'n Low, candy desserts

As you might agree, there were some things we'd never heard of, some items that giving up might be hard to do, and some that made us curious to try. One of my favorite challenges is to go to Trader Joe's or Whole Foods or other food store and find something totally new to try. I'll use this list as a guide to reducing overall inflammation (body stress). I'm willing to follow this for a month and then see how I'm feeling (we won't go into dairy deprivation!).

Juicing can be a great way to combine new things. One shared that he uses the Plant Fusion Complete Plant Protein powder as a base for his juice recipes (interesting recipes are online). One adds Metamucil and protein powder too.

Reducing stress led to talk of exercises, Davis Sutter Hospital's cardiac exercise program, meditation, attention to breathing, pausing, and doing things in moderation. For pain, one combines arnica with cortisone cream as a topical. For better overall health, we're all drinking more water now.

SACRAMENTO DECEMBER NOTES

No meeting was held in December.

It's To Laugh . . .



So I got my concealed gun permit yesterday...

...and went over to the local Bass Pro Shop to get a small 9mm pistol for home protection.

When I was ready to pay for the gun and bullets, the cashier said "Strip down, facing me."

Making a mental note to complain to the NRA about the gun control wackos running amok, I did just as she had instructed.

When the hysterical shrieking and alarms finally subsided, I found out she was referring to how I should place my credit card in the card reader!

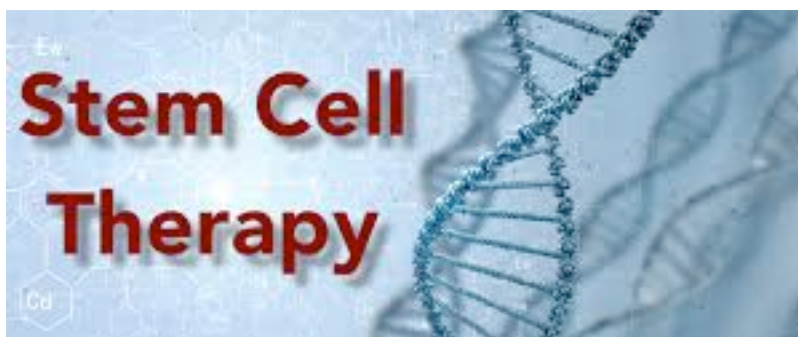
I've been asked to shop elsewhere in the future. They need to make their instructions to seniors a little clearer.

I still don't think I looked that bad.

Once again **The Washington Post** has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternative meanings for common words. Some of the winners:

1. **Coffee** (n.), the person upon whom one coughs.
2. **Flabbergasted** (adj.), appalled over how much weight you have gained.
3. **Abdicate** (v.), to give up all hope of ever having a flat stomach.
4. **Esplanade** (v.), to attempt an explanation while drunk.
5. **Willy-nilly** (adj.), impotent.
6. **Negligent** (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
7. **Lymph** (v.), to walk with a lisp.
8. **Gargoyle** (n), olive-flavored mouthwash.
9. **Flatulence** (n.), emergency vehicle that picks you up after you are run over by a steamroller.
10. **Balderdash** (n.), a rapidly receding hairline.
11. **Frisbeetarianism** (n.), (back by popular demand): The belief that, when you die, your soul flies up onto the roof and gets stuck there.





From *Neurology Now Magazine*

December/January 2016 - Volume 12 - Issue 6 - p 50–53

By Gina Shaw (Excerpted)

Stem Cell Reality: Desperate patients are vulnerable to the promise of stem cell therapy—most of it unproven. Protect your health—and your wallet—with these facts.

THE ORIGINS OF STEM CELL THERAPY

Stem cell therapy has been around since at least the mid-1960s, when researchers first started transplanting bone marrow (or hematopoietic cells) to treat cancer, blood diseases, and disorders of the immune system. More recently, stem cells have also been used in tissue grafts to repair injuries or for diseases of the skin, eyes (specifically the corneas), and certain musculoskeletal tissues, including bone and cartilage. These are the only conditions for which stem cell therapy has been approved by the US Food and Drug Administration (FDA). All other uses of stem cells in medical treatment, including in neurologic diseases, are unproven and experimental at this point.

PIPELINE PROJECTS

In the meantime, legitimate research continues. Various types of stem cells are being studied for many neurologic conditions in test tubes or on animals. A few approved clinical trials are underway to test stem cell treatments for conditions such as ALS, spinal cord injury, and stroke, with more on the horizon.

FDA-approved clinical trials in a number of stroke centers are now researching the effectiveness of mesenchymal stem cells—a specific type of adult stem cell usually found in bone marrow or connective tissue—in reducing inflammation and helping the brain repair itself after stroke. These cells do not survive more than two weeks in the body and would probably be used more like a drug that would have to be given at regular intervals, Dr. Svendsen explains.

A few human clinical trials are testing various methods for spurring stem cells to take root and grow within the brain and central nervous system. As of press time, three companies are approved by the FDA to conduct clinical studies using direct injections of neural stem cells. [See “3 Neural Stem Cell Studies” below.]

Dr. Svendsen's group at Cedars-Sinai is awaiting FDA approval for clinical trials using a combination of stem cells and gene therapy in another ALS trial. They have developed fetal tissue cells engineered to make a substance called glial cell line-derived neurotrophic factor (GDNF), which has been found to protect motor neurons from damage in animal models of ALS, but not yet in human trials.

“We modify human neural stem cells to produce GDNF and then inject them directly into the spinal cord. There they act as Trojan horses, arriving at sick motor neurons and

delivering the growth factor exactly where it is needed,” he explains. The researchers are testing the safety of this approach in a phase 1 trial.



SIGN UP FOR LEGITIMATE TRIALS

To participate in an approved clinical trial of stem cell therapy, search <http://clinicaltrials.gov> to find studies that might be right for you. No legitimate clinical trial should ever require that you pay for the treatment you receive. If you choose to enroll in a trial, you might benefit from a new therapy if you receive it, says Dr. Gronseth. “You’re also contributing to medical science by helping to figure out whether a new therapy actually works.”

IRRESISTIBLE PULL

With just a few legitimate trials currently available, Dr. Maragakis understands that patients who have no other options for stopping or reversing the course of their disease can be tempted by the unproven promises of stem cell clinics. “I discuss the risks and the costs of these places with my patients. I tell them how rigorous the science has been to get legitimate research to the point it is now,” he says. “But I also tell them I will support whatever decision they might make. The reality is, though, that none of my patients who have tried these treatments have come back thinking that it helped them. Most often they tell me, ‘For the first week or two, I felt like it was helping, but now things are just the same as they were before.’”



3 Neural Stem Cell Studies

Three companies have received FDA approval to start trials using neural stem cells for neurologic conditions

1. Neuralstem, Inc. This biotech company in Rockville, MD, has completed a phase 2 trial (which tests for efficacy) in amyotrophic lateral sclerosis (ALS) in which human spinal cord-derived stem cells were injected directly into the spinal cord to protect the motor neurons that are destroyed by the disease.

Results from the trial have not yet been published. The company announced in mid-2015 that the treatment appeared to be safe and well tolerated, and early findings showed that 47 percent of patients had some response to the therapy, either improving or showing almost no decline on functional status tests.

2. ReNeuron This UK-based company has phase 1 trials (which test the safety of a procedure) and phase 2 trials (which test for efficacy) underway in stroke. Neural stem cells are injected directly into the brain, where it’s thought that they may reduce inflammation and release growth factors that help rebuild damaged areas.

3. Q Therapeutics, Inc. Based in Salt Lake City, UT, this company received approval last year to begin a trial of its patented glial progenitor cells into the spinal cords of people with ALS. The company hopes the cells will combat the disease by successfully developing into two different types of

specialized cells that protect neurons and improve transmission of nerve signals in the

brain and spinal cord. The trial is still in the planning stages.

To find out more about these and any future trials of stem cell therapies, search <http://clinicaltrials.gov> for “stem cell” and the condition you're interested in. © 2016 American Academy of Neurology

Nutrients for Neuropathy

Excerpted from *The Numb Foot Book*, Ch. 7 (see p. 8 of this newsletter)
By Alexander McLellan N.D. and Marc Spitz, D.P.M.

Written in 2008, the authors present short sections in this chapter, each on a different supplement. Often, they note that diabetics (and by extrapolation the rest of PN'ers) may benefit from them. In their discussion of the **nutli-B vitamins** they note a combination of B1, B6 and B12 was tested on animals, and findings were that the pain recovery was “rated at 20% to 100% at 12 hours, with recovery being twice as fast as a saline placebo.”



A factor in the animals' test was that neuropathy was induced just prior to the experiment. Human neuropathy, however, may take years to develop. They conclude, “including a multiple-B vitamin seems a prudent approach to maximizing the potential for nerve repair, especially for anyone taking pharmaceutical pain drugs, which are known to deplete B vitamin levels.

“If taking a multi-B vitamin, or a combination product, make sure it contains the important nutrient **follic acid or folate**. A deficiency of folate has been associated with the development of PN in a number of surveys.” Some medications may lead to insufficient folate: methotrexate, sulfa antibiotics, anticonvulsants and birth control pills. “Without healthy levels of this important nutrient, it is very difficult for nerve cells to regenerate and repair. At least 400 mcg of folate/day is recommended.

Biotin is mentioned as being helpful for uremic (kidney failure-induced) neuropathy and diabetic neuropathy. “A reasonable intake is 5mg /day.”

Inositol (B8) is found in nerve cell membranes and low levels may be part of PN formation, including diabetic neuropathy. When possible, nutrient needs should be met through a balanced, healthy diet rather than through a pill or supplement. A well-rounded diet that is rich in whole grains, fruits (cantaloupe and grapefruit), vegetables, legumes, and lean proteins provides sufficient amounts of inositol. Fruits, beans, grains, and nuts contain the highest amount, and fresh fruits and vegetables are a better source of inositol than frozen, canned, or processed.

As always, before making dietary changes or taking supplements, always consult with a physician.



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.

UPCOMING MEETINGS

Davis

2nd Tuesday, February 14, 3:30-5:00

(Mary Sprifke (530-756-5102)

Davis Senior Center

246 A Street, Davis

Sacramento

3rd Tuesday, February 21, 1:30-3:00

Charles Moore (916-485-7723)

Northminster Presbyterian Church

3235 Pope Avenue, Sacramento

Woodland - Cancelled

A special thank you to everyone who receives this newsletter via e-mail. It helps save a lot of postage,

Call the editor if you would like to change to electronic mail:

530-756-5102

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 (a national organization)
 - Western Neuropathy Association (WNA) (formerly PCNA) – www.pnhelp.org or toll-free (877) 662-6298
 - www.diabetes.org
 - www.neuropathysupportnetwork.org
 - Neuropathy Journal at 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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