



WESTERN NEUROPATHY ASSOCIATION

May 2019
Issue 05
Volume 17

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Awarded by
GuideStar
November 13, 2018

WESTERN
NEUROPATHY ASSOCIATION
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Neuropathy Hope

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

ANNUAL REPORT FOR 2018

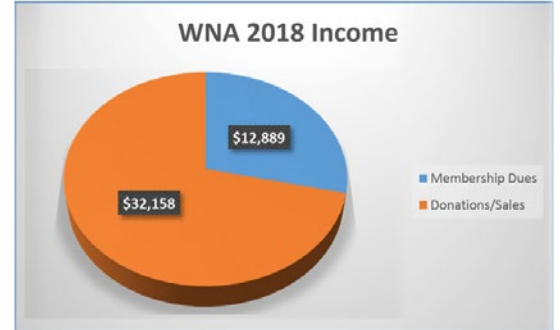
2018 was a busy year. Probably our greatest effort was in making a substantial contribution at the University of California at Davis towards the research being conducted by Professor Bruce Hammock, Ph.D., in producing an opiate free medication for neurological pain. At the time this is being written for the May 2019 issue of Neuropathy Hope, human clinical trials are to begin in June. It was originally scheduled for April but it was stalled due to the government shut down. The National Institutes of Health is involved in the planning and production of the clinical trials and they were shut down during that time.

Kathy Clemens helped us raise the funds needed for our contribution of \$5,000 for this research. At last year's Annual Conference, she stood up and offered \$1,000 asking that it be matched. Before the end of the Conference it was matched and a bit more.

We worked with Thrifty Bargain, which picked up on their routes a variety of donated items from our members and affiliates. A percentage of the amount received when these items are sold comes to WNA. It has been of great support to WNA as well as to those that were able to move along items they didn't want to someone who could use them.

April 17 was the date of our Annual Conference held at the Mind Institute on the campus of the U.C. Davis Medical Center in Sacramento. Fredric Gorin, M.D., Ph.D., Director of the Neurology Department and well aware of neuropathy, spoke. We also heard from Ricardo Masselli, M.D., about the SUDOSCAN machine that helps diagnose small fiber neuropathy. Karen Wagner, Ph.D., brought us up to date on the research project led by Bruce Hammock, Ph.D. She assists in this research.

Due to the good work of Pam Hart of our WNA Board, we received this award. "Congratulations Western Neuropathy Association on achieving



the 2017 Gold Seal of Transparency on GuideStar! You are now in the top 0.5% of all nonprofit organizations on GuideStar." GuideStar is the reference funders and others check to assess the quality of nonprofit organizations.

Most of our support groups heard Lindsay Fosler from Alnylam Pharmaceuticals speak about a somewhat rare but very impactful hereditary neuropathy (ATTR Amyloidosis) for which there are now medications being developed and a test is available. She is continuing to speak to any groups that she was unable to get to in 2018.

Bev Anderson, WNA President, received the You Are Our Hero Award for the second time from the Neuropathy Action Foundation at their conference in Los Angeles in June. She said that this time there was an extra bonus – 5 minutes to speak to the people at the conference about what the Western Neuropathy Association does and needs.

A number of our members experienced evacuation and loss of part or all of their homes in the fires last year and this year. Our hearts go out to them for their loss and strife.

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Roster of Our WNA Information and Support Groups

2019 WNA Board of Directors

Bev Anderson
President

Karen C. Polastri, IOM
Vice President

Anne Bentz
Secretary

Darrell O'Sullivan
Treasurer

Pam Hart
Director

Sonya Wells, PharmD, MPH
Director

Emeritus Council

Michael Green
Emeritus

Johnathan Istilart
Emeritus

Brad Livingood
Emeritus

Sandra Vinson
Emeritus


Dick Ward
Emeritus

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

**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

Auburn

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

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

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

3rd Wednesday, 12:30 PM
Association Resource Center
950 Glenn Dr., Suite 150
Bev Anderson (877) 622-6298

Fresno

3rd Tuesday, 11:00 AM
United Community Church of Christ
5550 N. Fresno St.
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
(Hoffmeiser Center across 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

Placerville

2nd Wednesday, 1 PM
El Dorado Senior Center
937 Spring Street
Bev Anderson (877) 622-6298

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

San Francisco

2nd Monday, 11 AM – 12:30 PM
Kaiser French Campus
4141 Geary Blvd. between 6th & 7th Ave.
Rm. 411A - Watch for signs.
Merle (415) 346-9781

San Jose

3rd Saturday, 10:30 AM
O'Conner Hospital, 2105 Forest Avenue
SJ DePaul Conf. Rm.
Kathy Romero (407) 319-2557

Santa Barbara

4th Saturday, 10AM (Sept., Oct., Jan., March, May)
St. Raphael Catholic Church
5444 Hollister Ave., Conference Room
Shirley Hopper (805) 689-5939

Santa Cruz

3rd Wednesday, 12:30 PM (odd numbered months)
Trinity Presbyterian Church
420 Melrose Avenue
Mary Ann Leer (831) 477-1239

Santa Rosa

1st Wednesday, 10:30 AM
Steele Lane Community Center
415 Steele Lane
Judy Leandro (707) 480-3740

Thousand Oaks – Westlake Village

2nd Monday, 2:30PM & 4:30 PM
United Methodist Church of Westlake Village
1049 S. Westlake Blvd.
Angie Becerra (805) 390-2999

Walnut Creek

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

NEVADA

Las Vegas

3rd Thursday, 1 PM
Mountain View Presbyterian Church
8601 Del Webb Blvd.
Barbara Montgomery
lvneuropathygroup@gmail.com

OREGON

Grants Pass

3rd Wednesday 2:00 PM
Club Northwest
2160 N.W. Vine St.
David Tally 541-218-4418

**Start a support group
in your area:
Contact Bev Anderson at
(877) 622-6298 or
info@pnhelp.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. New Leadership needed. No meetings for now. Contact for information: Bev Anderson 877-622-6298. **California:** Alturas, Antioch-Brentwood, Bakersfield, Berkeley - Oakland, Carmichael, Clearlake, Costa Mesa, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Lodi, Madera, Mt. Shasta, Oxnard, Quincy, Redding, Salinas, Santa Maria, San Rafael, Sonoma, Sonora, Stockton, Susanville, Truckee, Tulare-Visalia, Turlock, West Sacramento, Weed, Ukiah, Woodland, Yreka, Yuba City-Marysville. **Nevada:** Reno-Sparks. **Oregon:** Brookings, Medford, Portland, Salem.

President's Message By Bev Anderson



Our Annual Conference is the big news for this month. If you can possibly come and haven't registered yet, please do so as soon as possible. We will give our total registered to the caterer on May 3. We can likely add a few in the following week but not many. Modesto is not too far for any of you, and for a good number of people, it is quite handy.

To register, send a check for \$25 with 'Registration' on the subject line to WNA, P.O. Box 276567, Sacramento, CA 95827-6567. You can also go to our website www.WNAinfo.org to register. You can even call Lindsay at the WNA office at (888) 556-3356 and give her registration information and credit card number over the phone.

If you are coming to the Conference, come prepared for the raffle, we have some fun items. Darrell O'Sullivan of our Board is an award-winning photographer. He will be bringing 10 matted pictures ready for framing. A donation of \$25.00 or more and you are eligible to select a piece of art. You may find one that fits well in your home or that of a friend for whom you are looking for a gift.

Our guest speaker, Dr. Ralph, is bringing a colleague with him who is also a neurologist – Paul Sampognaro, M.D.. They will share the morning with a collaborative talk and taking Q & A's, so be sure to bring your questions. Dr. Ralph has just returned from the large, prestigious conference led by the American Academy of Neurology that publishes the periodical Brain & Life that many of us receive. Dr. Ralph was also one of the speakers at that conference. He will have up to date information not yet being circulated. Any person with neuropathy can get a free subscription of Brain & Life. Send a note with your mailing address to Brain & Life, P.O. Box 1908, Lowell, MA 01853-9967. Let them know that you have neuropathy and you would like a free subscription. The subtitle of the magazine is 'Neurology for Everyday Living'. It doesn't always have an article about neuropathy but it is always interesting. The copy I have has articles on healthy living, films, books, Alzheimer's Disease,

– Continued on page 4

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".

TELECONFERENCE SCHEDULE

THURSDAY, MAY 16

- 10:30 AM Nevada (except Las Vegas as they have a support group)
- 1:00 PM San Bernardino/Loma Linda/Redlands to Indio and Blythe and contiguous areas between
- 3:00 PM Oceanside to San Diego areas
- 6:00 PM If you are in any area and would like a support group, call in.

THURSDAY, MAY 23

- 10:30 AM Stockton, Tulare-Visalia or Bakersfield areas
- 1:00 PM San Francisco peninsula south of San Francisco, San Jose and South to include Lompoc area
- 3:00 PM Northern California north of Santa Rosa on the coast or north of Davis inland

TUESDAY, MAY 28

- 10:30 AM Oregon (except Grants Pass region as they have a support group)
- 1:00 PM Anaheim, Orange, Santa Ana Costa Mesa to San Clemente and regions nearby
- 3:00 PM Greater Los Angeles/Southern California area not mentioned otherwise and you want a support group, call in.

If you don't see one that fits you, choose one somewhat close or at a time that works for you and please check in. If you are interested in leading a support group at any location, please call Bev at 877-622-6298 for information and start making plans.

TO CONNECT TO A CALL

To connect at the time you want to join, call **1-877-366-0711**. When the female voice says "Welcome to the Conference Group," and asks you to put in the pass code, using your telephone keypad put in **36199447#**. When you are in, a bell will sound in the virtual conference room and you will be welcomed in. If you should happen to be the first to check in, you will be told you are the only one in the conference room. Wait for others to arrive on the call. I try to be the first in but sometimes someone checks in more than a minute or so earlier so they are there first. It is not a problem. Just wait until others come. Welcome them when they do.

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 - **12% off all home units.**
Contact: 800-521-6664 or www.anodynetherapy.com

HealthLight Infrared Light Therapy equipment - **5% 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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NEUROPATHY MEDICAL 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 connect to the NLM:

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.

The reader can also go to the WNA website www.pnhelp.org, click on the RESOURCES tab and select MEDICAL LITERATURE REVIEW from the

menu to review the archive of summaries that have appeared in this column over recent years.

This month's PMIDs:

- 29979431 This Chinese review searched the medical literature for randomized controlled trials that used Fasulin, a rho-kinase inhibitor, to treat diabetic peripheral neuropathy. Thirteen acceptable studies totaling 1148 patients were found. By adding Fasulin to either methylcobalamine (B12) or lipoic acid, highly significant improvement was found in both clinical efficacy and nerve conduction velocities. The literature cited was mainly from China where Fasulin is commonly used as a vasodilator.
- 29948355 This is a Turkish single-blind study of 44 patients with carpal tunnel syndrome. They were randomized to a splint group and a Kinesio taping group. After 6 weeks of treatment there was significantly more improvement in the taping group in terms of nerve conduction, symptom severity and functional status.
- 30069477 This is a meta-analysis of 11 randomized, controlled trials involving post herpetic neuralgia. There was highly significant improvement of pain and insomnia in the gabapentin (Neurontin®) group, but adverse symptoms included somnolence, dizziness and edema.

President's Message - Continued from page 3

'Marijuana as Medicine', spinal injury, concussion, handling social situations when you are disabled, robots in patient care, epilepsy, Parkinson's Disease, M.S., and spinal muscular atrophy.

We will have the privilege of experiencing the Modesto Neuropathy Support Group 'Everybody Wins' activity they have at the end of each of their meetings. Ray Nichols is collecting an array of interesting items that you can look but not handle during the break times. A special way of distributing them will be unveiled at the end of the Conference. You will have your opportunity to pick your choice of what is available on the table at the time you are called.

Their group also does something that helps others that we can assist with. They collect magazines and books suitable for home-bound veterans, eye glasses we no longer need that they give to the Lion's Club to help others, and old cell phones that are used as calling cards for overseas military personnel. If you have any of these, please bring them.

I am hearing concerns from some support group leaders that people who usually come are not showing up. This is discouraging to our leaders. If

anyone can report why this is happening and offer a solution, please send me a note by mail or e-mail to info@pnhelp.org.

There are many of you who don't have a support group to attend but wish that you did. Please call into a teleconference for your area as listed on page 3 of this issue of Neuropathy Hope. If you are interested in leading a group, I'd like to hear from you by phone or e-mail. 877-622-6298 or info@pnhelp.org.

You likely have received a letter, or will shortly, from me encouraging you to make a donation to help with ongoing expenses of WNA, especially the Annual Conference and the liability insurance that we have to buy to cover our support groups. I hope you will renew if your membership is due. It makes a huge difference in what we can do for people with neuropathy,

We have had our April showers so there should be many May flowers. I hope you enjoy a beautiful spring,

Bew

RESEARCH AT THE WEILL CORNELL MEDICINE NEUROPATHY CENTER

The Neuropathy Center at Weill Cornell Medicine is committed to translational and clinical research designed to improve our understanding of the underlying pathogenic mechanisms and develop more effective therapies for peripheral neuropathies.

A major focus of research at the center has been the diagnosis and treatment of autoimmune and inflammatory neuropathies. Dr. Latov's laboratory is credited with the discovery of anti-MAG and GM1 antibodies in neuropathy, and the development of diagnostic tests for detecting these antibodies in patients with neuropathy. A current project is the development and potential use of therapeutic, antimacrophage receptor CD204 antibodies for treatment of inflammatory and diabetic neuropathies in experimental animal models of these diseases. Dr. Latov also served on the steering committees of several international therapeutic trials, including the ICE trial, which led to FDA approval of intravenous immunoglobulin (IVIG) for CIDP. He was a founding board member, and medical and research director, of The Neuropathy Association, which subsequently merged with the Foundation for Peripheral Neuropathy. He has over 100 publications in peer reviewed journals, chapters, and books.

Dr. Russell Chin recently discovered that nerve conduction studies, which have traditionally been used to diagnose CIDP, can also be used to detect ongoing disease activity or predict the chances of relapse in patients that are undergoing treatment with IVIG. These data suggest that many such patients may be undertreated, in which case they could benefit from dose escalation. Dr. Mary Vo recently reported that testing nerve conduction in three limbs, instead

of the standard two, increases the chances of diagnosing CIDP, and that gait parameters are more sensitive than other clinical outcome measures for determining the response to therapy. Incorporation of these findings into routine clinical care improves our ability to diagnose CIDP and to optimize treatment.

Another focus of interest has been the neuropathies associated with nutritional anomalies. Dr. Chin has made major contributions to our understanding of the neuropathies associated with celiac disease, and we recently reported on our findings that a significant number of patients with neuropathy have highly elevated levels of mercury or vitamin B6, both of which can be toxic to nerves. Mercury toxicity is usually a result of excess consumption of sea food that is high in mercury and B6 toxicity results from excess amounts of vitamin supplements. The normal requirement of B6 is approximately 2 mg daily, but many daily supplements contain as much as 50 or 100 mg of B6. These anomalies can be treated by dietary modifications. Many patients also had more than one cause for neuropathy, emphasizing the importance of comprehensive testing.

Other areas of research interest are the neuropathies associated with metabolic syndrome or diabetes, Ehlers Danlos syndrome, and whole genome sequencing for idiopathic small fiber neuropathy.

Research is hope. As long as there is ongoing research into the mechanisms and treatments of the peripheral neuropathies, there is hope that we will find a cure.

DISCOUNTS FOR WNA MEMBERS

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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.

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.

Annual Report For 2018 – *Continued from page 1*

It was our 20th Anniversary in November. We celebrated with three events. Luncheons in Auburn and Sacramento and cupcake treats in Concord. Raley's in Auburn makes cupcakes with tall frosting tops. They were rather special treats. Now starts our 21st year.

Goals for 2019:

- Build the Board of Directors back to nine members.
- Open and develop additional support groups. (In

2018, several new groups started and several went dark until new leadership can be found.)

- Build membership so that we can continue to help as many as possible who suffer from neuropathy. There is also strength in numbers because the larger our membership, the more likely we are to be awarded grants to support our work.

REMEMBERING GENE RICHARDSON

Gene Richardson, who many have seen and heard on his video “Coping With Chronic Neuropathy”, died peacefully in his sleep the evening of April 1, 2019. We are grieving his loss but know that his long time suffering is over and can rejoice in that. Many of us remember hearing him when he spoke at a Neuropathy Action Foundation Conference in Sacramento some years ago. We have two podcasts on our website recorded by Gene Richardson – Doctor-Patient Relationships and Patients Helping Patients. Several years ago, Gene shipped all his remaining videos and publications to us for distribution. We have given some to veterans groups, as he asked of us, but will have copies of the video available at the Annual Conference as well as from our office. They are \$5 each.

To get more of an idea of who Gene Richardson was, I’m putting together excerpts from an article David Morrow, Vice President of the Neuropathy Support Network, wrote.

Chaplain (LTC) Eugene Richardson, USA (Retired) served in the U.S. Navy on expeditions to the Arctic and Antarctic 1957-1959 and after schooling received his commission as a Chaplain in 1966. He retired due to failing health from an undiagnosed and untreated condition in 1987. His awards include the Legion of Merit, Purple Heart, and Bronze Star, among other awards. His last two assignments were as the Director of Evaluation and Standardization at the U.S. Army Chaplains Center and School and as Deputy Command Chaplain of the Army Material Command. He lives in Florida with his wife Joyce.

Suffering for over four decades before a definitive diagnosis and treatment, Chaplain Richardson’s exposure to Agent Orange cost him two great careers and almost his life. Since 1969, fueled by the remaining remnants of Agent Orange, his immune system turned on his peripheral nerves throughout his body, slowly crippling him.

By 1999, life was a body tortured by electric shocks and burning sensations, digestive and urinary systems that worked erratically, difficulty in breathing, skin so sensitive the softest of touch resulted in excruciating pain, a body that was a prison of agony resulting in both physical and emotional exhaustion.



Then In 2004, armed with a diagnosis that years earlier would have been considered beyond ‘crazy’, he was given some long-awaited hope through monthly infusions of immune globulin (IVIG) followed by an affirmation from the VA in 2010 of a 100% service connected disability.

He sees himself as one of the lucky veterans, especially since so many have died from cancers and other deadly illnesses without receiving any help. Today there are still thousands living a tortured life resulting from Agent Orange exposure.

Because of the multitude of ignored veterans, Chaplain Richardson decided something needed to be done. There was no organization offering real help which fully understood what veterans were

experiencing. As a result he formed the Network for Neuropathy Support, a nonprofit Florida Corporation, dedicated to helping veterans stricken by Agent Orange and all those suffering from peripheral neuropathy.

Armed with a few small donations and his own funds from his VA disability, he set his course toward building hope. It is what Chaplains do. Yet the idea seemed unrealistic as his body only functioned for about two hours at a time, on a good day, before exhaustion set in.

Fighting through his disabilities, in 2010 he produced and directed a DVD titled “Coping with Chronic Neuropathy”. Thousands of copies have been distributed worldwide. In the words of Thomas H. Brannagan II, MD, Neurologist, Columbia University, his is “A story of hope and courage as told from the perspective of the real world of the neuropathy patient.”

Following the production of the DVD, and with the help of other volunteer patients offering their professional skills, the website www.neuropathysupportnetwork.org was launched to provide practical information, guidance, and hope to veterans and others suffering from neuropathy.

The website has since grown to over 7,000 visits per month from around the world from patients in search of the vital information he provides.

Thanks to the Chaplain’s dedication and sincere desire to help, in 2012, over 5000 patients and veterans who requested help via the website, had their questions answered. Every one of these responses were researched and answered by the Chaplain during his few good hours each day.

VITAMIN B3 FOR PAIN RELIEF

A new study in rats suggests that nicotinamide riboside (NR), a form of vitamin B3, may be useful in treating or preventing nerve pain (neuropathy) caused by chemotherapy drugs. The findings by researchers at the University of Iowa were

published recently in the Journal of the International Association for the Study of Pain (PAIN) and lay the groundwork for testing whether this nutritional supplement can reduce nerve pain in cancer patients receiving chemotherapy.

WNA 2019 ANNUAL CONFERENCE

Friday, May 10, 2019 Trinity United Presbyterian Church, 1600 Carver Rd., Modesto, CA

**Western Neuropathy Association
 2019 Annual Conference**

Date: Friday, May 10, 2019

Time: 9:30 AM to 3:30 PM

**Pre-register By:
 Friday, May 3, 2019**
 Seating is limited. Must register in advance.

Registration Fee: \$25.00

**Location:
 Trinity United Presbyterian Church
 1600 Carver Road, Modesto, CA**

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



Register online at
www.WNAinfo.org

- 9:30am **Registration check-in** (must register in advance; limited seating)
 Morning snacks, coffee, and tea included
- 10:00am **Announcements and Introductions**
- 10:30am **Jeffrey Ralph, M.D.** – Highly Rated Neurologist, University of California – San Francisco, and his associate **Paul Sampognaro, M. D.**
What a Neuropathy Patient Needs to Know
- Noon **Catered Lunch** (included with registration)
 Check out raffle prizes and silent auction opportunities
 Awards
- 1:00pm **Bryn E. Miller, Registered Dietitian** – Kaiser Permanente – Modesto
A Guide to Healthy Eating
- 2:00pm **Alan Eighmey** – Elder Law Attorney, Turlock, CA
Being Sure All Is in Order
- 3:00pm **Raffle Prizes, Pick a Souvenir, Evaluation, Closing Announcements**
- 3:30pm **Close of Conference**

A special event provided by the Modesto Neuropathy Support Group Leader, Ray Nichols, will send attendees home with a souvenir. It is done at each of their support group meetings.

WNA has a special rate for stay at the Holliday Inn and Suites Express for king bed or 2 queen bed rooms. It is \$139.00 plus tax. To make a reservation call the hotel directly at 209-543-9009 and ask for the Western Neuropathy Association room block. Reservations must be received by Friday, April 19, 2019, to qualify for this rate. Otherwise, it will be the regular rate for the room. Every attempt will be made to accommodate special requests for room types, however, due to the arrival and departure patterns, not all requests may be able to be fulfilled.



Mail registration fee and form to:

WNA
 PO Box 276567
 Sacramento, CA 95827

Name _____

Address _____

City / State / Zip _____

E-mail _____

Support Group _____ At Large Member

If you need a special diet, please indicate: Vegetarian Gluten Free Other

I am enclosing my check for the \$25 registration fee (includes lunch and morning snacks).



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

■ PN Information/Advice ■ Support Group Inquiries

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

■ Membership Information/Inquiries ■ Sponsorships

■ General Organizational Inquiries ■ www.WNAinfo.org



SUPPORT GROUP LEADERS OF THE YEAR

We will be honoring a number of great support group leaders this year. If your leader is one of those to be honored and they are able to attend, I hope at least a few people from their group are there to celebrate with them. All those who have served a period of time and have not been honored yet are on the list. Leaders who are not able to attend the Conference will receive their award in the mail.

- Joy Rotz – Castro Valley, CA
- Wayne Korsinen – Concord, CA
- Bonnie Zimmerman – Fresno, CA
- Lee Parlett – Livermore, CA
- Ray Nichols – Modesto, CA
- Merle Easton – San Francisco, CA
- Danielle LaFlash – San Jose/Redwood City, CA
- Judy Leandro – Santa Rosa, CA
- Angie Becerra – Thousand Oaks-Westlake Village, CA
- Barbara Montgomery – Las Vegas, NV
- Bev Anderson – Grass Valley/Folsom, CA
- Marty Price - Antioch/Brentwood, CA



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Bev Anderson, Editor

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WNA Headquarters: admin@WNAinfo.org

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

Dues - \$30 a year

All contributions and dues are tax-deductible.

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

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