



**TRIGEMINAL NEURALGIA ASSOCIATION  
TEXAS SUPPORT GROUPS  
December 2004**

The Texas TNA Support Group Leaders who attended TNA's National Conference last month are compiling a list of "new things we learned at the conference". Each person will receive a copy of this summary before the end of the year.

Video tapes as well as DVD's of the TNA National Conference sessions are available for purchase. They range in price from \$10.00 - \$17.50. Also, after January 15, 2005, a written conference report over 70 pages long will be for sale for \$13.00. Watch your 2005 *TNA* alert national newsletter for more details and ordering information or go to TNA's national website at [www.tna-support.org](http://www.tna-support.org) to order now.

If there is something you want to learn more about, feel free to mail or e-mail Shelly Wilson, a Texas TNA Support Group Leader, at 604 Aberdeen Way, Southlake, TX 76092, [kayser-wilson@charter.net](mailto:kayser-wilson@charter.net).

Happy Holidays!  
Texas Support Group Leaders

**STRIKING BACK**

"Striking Back" – the Trigeminal Neuralgia and Face Pain Handbook is written in layman's terms, describes all aspects of TN and related facial pain, and provides information and resources for patients, family and medical professionals. It has been updated and is on sale now for \$24.95 from TNA's national website. It has over 500 pages -- twice the size of the original book! To order your copy, go to [www.tna-support.org](http://www.tna-support.org).

**PHILLIP E. WILLIAMS, JR., M.D., F.A.C.S.**

Dr. Phil Williams, Jr. has moved his practice to 7515 Greenville Avenue, Suite 1000, Dallas, TX 75231. His office phone number is still 214-369-3333.

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Phillip E. Williams, III, MD, an internal medicine doctor who studied at Tulane has just joined Dr. Phil Williams, Jr. practice. This is the Williams 4<sup>th</sup> generation of father and son practicing together.

## **CHALLENGE PROGRAM**

You are a key partner in building TNA into what it is today. Now, with over two-thirds of TNA's financial support coming from individuals, *TNA depends on you and others like you, all over the world.* Grants from corporations and foundations cannot be depended on each year. TNA programs and services simply cannot be accomplished without the support of our patients and others who believe strongly in our mission!

You can assure that TNA will be here for you and others as needed...today, tomorrow, and into the future. *By making a gift today, you can help TNA meet this year's Challenge Gift Campaign!* To earn a gift of \$100,000, TNA must raise \$100,000 in new or increased gifts from individuals by December 31, 2004! To date, we have raised \$34,000 toward our goal from over 1,150 patients, family members and others. But there are just a few weeks to go!

The Challenge provides that every gift to TNA from qualified donors will be matched dollar for dollar, up to a maximum of \$5,000 per gift.

Donations made to specifically benefit your local support group and that qualify for matching will help TNA reach its goal of raising \$100,000 for TNA's national efforts. If you would like your tax-deductible contribution to go toward your local Texas chapter, please make your check payable to the order of TNA (Trigeminal Neuralgia Association) and in the memo field put the name of your support group (i.e. North Central Texas chapter, Houston chapter) then mail it to Shelly Wilson, 604 Aberdeen Way, Southlake, TX 76092 for processing.

## **WHAT'S NEW**

TNA's national website has a "What's New" section that is updated frequently. Thirteen new items were listed November 1-26, 2005 – even more items were listed in October. Make sure to check the site frequently – [www.tna-support.org](http://www.tna-support.org)

## **E-MAIL ADDRESSES**

Thanks to everyone who's provided us with their e-mail address. This saves on our mailing and copying costs. If you have an e-mail address where we can send this newsletter and any updates, please e-mail Shelly Wilson at [kayser-wilson@charter.net](mailto:kayser-wilson@charter.net)

Just a reminder, if you change your e-mail address, please let Shelly know.

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## **SWEET NEWS ABOUT SPUDS**

Sweet potatoes can give your body a mineral boost. They contain both calcium and potassium, minerals that your body needs to regulate heartbeat, blood pressure, and *the transmission of nerve impulses*. Sweet potatoes also are rich in fiber and beta carotene. Season them with pineapple juice or a bit of olive oil to keep these spuds heart-healthy.

Source: RealAge Tip of the Day, November 24, 2004

## **WEBSITES OF INTEREST**

[www.endthepain.org](http://www.endthepain.org) – This website will provide updates for you about how Kathryn Crosby, TNA's new national spokesperson (& was Bing Crosby's second wife), is promoting TNA. This website also links into TNA's National website which is [www.tna-support.org](http://www.tna-support.org)

[www.MEDLINEplus.gov](http://www.MEDLINEplus.gov) – 24 Hour Health Information, a service of the National Institute of Health

[www.umanitoba.ca/cranial\\_nerves/trigeminal\\_neuralgia/manuscript/](http://www.umanitoba.ca/cranial_nerves/trigeminal_neuralgia/manuscript/) - Dr. Kaufmann, a Canadian neurosurgeon who presented a few scientific abstracts at TNA's National Conference has put together this website called "Your Complete Guide to Trigeminal Neuralgia"

## **THE FIVE LIFE-CHANGING HABITS**

1. Quit Smoking
2. Eat more fruits, vegetables and fiber.
3. Get enough sleep.
4. Exercise regularly.
5. Reduce stress.

Source: Baylor Health, November 2004

## **UPDATES FROM OUR MEMBERS**

Robyn had a MVD for glossopharyngeal neuralgia four years ago by Dr. Bruce Mickey at UT Southwestern in Dallas and has been pain-free and medication-free since that time. Hurray!

Martha had a MVD by Dr. Jonathan White at UT Southwestern in Dallas just before Thanksgiving. We wish her a speedy recovery!

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Marilyn wanted to share her story with our support group. She started having pain in her right jaw. She thought it was tooth related but was told by the dentist that it was not. She then went to her eye doctor since she felt some pressure behind her eye and found out everything was OK with her eyes. Later when she went outside in the wind, all of her symptoms pointed to TN so she went to see a neurologist who confirmed this diagnosis, ordered a MRI and prescribed the medication called Tegretol. However, she never took the Tegretol and tried Capzacin topical treatment which didn't help. Next she tried acupuncture for two months and didn't get pain relief. So, she went to see a respected neurosurgeon to discuss surgery since the pain was unbearable. Next, she got ringing in her ears and was very nauseous so she went to see the ENT who thought she was having TMJ problems and gave her Valium and Vioxx\* for one week. Unbelievable as it sounds, ALL of her pain went away and has not come back. Even though her neurosurgeon thinks her pain will come back, she thinks that for some strange reason she had all the symptoms of TN, was under a lot of stress, and does know that she was clenching her teeth even though she was wearing a splint (night guard) at night. Let's hope her pain doesn't return!

\*Vioxx was voluntarily recalled on September 30, 2004 by drug agent Merck following information that people taking Vioxx are twice as likely to have heart attacks and strokes as people who take older anti-inflammatory drugs, such as naproxen.

Pete and Yolanda are struggling with their TN pain. Please pray for them.

Please pray for Valerie, the daughter of a TN support group member. She is battling cancer with an aggressive form of chemotherapy.

If you would like to share an update with our group, please let Shelly know about it.

### **DO A BACKGROUND CHECK**

Unwind this holiday season by playing some soothing music in the background.

Uplifting music has been shown to help keep stress levels under control. In one study, students who performed a stressful task experienced mood improvements when listening to music after performing the task. Keep the volume levels low to help boost feelings of well-being.

Source: RealAge Tip of the Day, December 24, 2003

### **MEETING NOTES**

#### **Dallas Meeting – October 6, 2004:**

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Steven P. Herzog, M.D. with Texas Neurology, PA spoke presented “Trigeminally Mediated Neuro-Vascular Inflammatory Pain Syndrome”. In addition, everyone who attended the meeting that wanted to ask Dr. Herzog a TN question got to do so.

Dr. Herzog explained Chronic Daily Headache (CDH) is a headache daily or nearly daily (15 or more days per month). These are commonly referred to as:

- Chronic migraine
- Chronic tension-type headache (CTTH)
- Transformed migraine
- New daily-persistent headache (NDPH)
- Rebound headache
- Medication Over-use headache (MOH)

Next, Dr. Herzog defined Medication Over-use Headache as the most common cause of migraine-like and tension type-like headaches on 15 or more days a month is over-use of symptomatic migraine drugs and/or analgesics. He added diagnosis of MOH is important because patients rarely respond to preventative medications until withdrawn from the offending medication. MOH subclasses include Ergotamine, Triptan, Analgesic, Opioid, and Combination Medication.

Dr. Herzog concluded:

- Medication over-use by headache prone patients frequently leads to MOH
- In many patients, MOH can be effectively treated, with detoxification as the first step
- Detoxification should include absolute removal of offending medications, establishment of preventive medications, and acute use of triptans for migraines with severe headache pain, not to exceed 10 days per month
- The presence of MOH often signals the underlying presence of episodic migraine

Additionally, Dr. Herzog pointed out a list of 12 “Headache-Trigger Foods” on page 172 in *Striking Back! The Trigeminal Neuralgia Handbook*. The foods include apples, bananas, chocolate, citrus fruits, corn, dairy products, eggs, meat, nuts, onions, tomatoes, and wheat.

We asked Dr. Herzog how he treats TN and he responded that first he starts with Tegretol/Carbatrol, then tries Neurontin, Topomax, and Lamictal through trial and error to find the right drug for you. He starts with a low dose and then slowly increases the dosage. However, before deciding on a patient’s treatment plan, he first looks at all of the patient’s medications.

Dr. Herzog suggested when you get a new prescription, ask your pharmacist how it will interact with other medications you are taking since the pharmacist can check this information on the computer.

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## FUTURE MEETING DATES

Dallas at Zale Lipshy Hospital – T.B.A.  
Fort Worth at Baylor All Saints – T.B.A.  
Houston at Christus St. Joseph Hospital – 1/29  
Tyler at East Texas Medical Center – T.B.A.  
Waco at Hillcrest Baptist Medical Center – 1/10, 3/7, 5/2, 7/11, 9/13, 11/14

## TREASURER'S REPORT

<b>Beginning Balance 11/5/04</b>		<b>\$3926.54</b>
<b>Donations Received</b>		<b>\$45.00</b>
Long Distance	51.08	
Supplies	<u>89.96</u>	
<b>Total Expenses</b>		<b><u>\$141.04</u></b>
<b>Ending Balance 11/30/04</b>		<b>\$3830.50</b>

*Note:* The Houston support group will keep their finances separate. A Houston financial update will be provided in an upcoming newsletter.

## FINANCIAL CONTRIBUTIONS

Local TNA chapters *do not receive* funding from the national office. If you would like your tax-deductible contribution to go toward your local Texas chapter, please make your check payable to the order of Trigeminal Neuralgia Association and in the memo field put the name of your support group (i.e. North Central Texas chapter, Houston chapter) then mail it to Shelly Wilson, 604 Aberdeen Way, Southlake, TX 76092 for processing.

Please remember to also support the efforts of the Trigeminal Neuralgia Association's national office. Typically, they are the first ones to make contact with new TN sufferers. They provide us with convention materials, run the national website, promote research, and a host of other activities.

Trigeminal Neuralgia Association  
2801 SW Archer Rd., Gainesville, FL 32608  
Phone: 352-376-9955, Fax: 352-376-8688  
[www.tna-support.org](http://www.tna-support.org)

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