



TRIGEMINAL NEURALGIA ASSOCIATION
NORTH CENTRAL TEXAS SUPPORT GROUP
January 2004

While at the TNA national office in December, I noticed they had some new articles and network lists available for a variety of facial pain patients. Below is a list of these articles. If you have not seen these articles and would like a copy of them, please let me know which articles you want and I'll be happy to mail them to you. To request the information, either call me at 817-416-7202 or preferably e-mail me at kayser-wilson@charter.net.

Anesthesia Dolorosa:

Article by Dr. Kim Burchiel, March 20, 2000

Relief of AD with Gabapentin article by Todd Rozen, MD, Nov/Dec, 1999

Trials and treatments of AD, TNAAlert article, Winter 1995-1996

Suggestions for the treatment of AD by 4 TNA Medical Advisory Board Members

TN Tip Sheet

List of AD patients willing to network – gives names & numbers

Postherpetic Neuralgia:

Advances in the Treatment of PHN: The Topical Lidocaine Patch, 2000

An Improving Outlook For Patients with Postherpetic Neuralgia

List of Post-Herpetic Neuralgia patients willing to network

Posttraumatic Neuralgia:

Article from Neuralgias of the Face and Oral Cavity by Gerhard H. Fromm

List of posttraumatic neuralgia patients willing to network

Pregnancy with TN:

Article by Caroline Goodwin

TN and Brain Tumors:

Article written by Ronald Brisman, 1989

For those considering filing for disability:

Neuropathy and Disability Benefits article from Neuropathy News, Sept. 2000

Tips for filing for Social Security Disability Claims provided by Alan Unkeles – attorney

List of patients who are receiving disability that are willing to network

Acupuncture:

Consumer Reports Article, January 1994

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If you missed the TNA Regional Conference in November and still haven't ordered the 6 hours of video tape along with meeting handouts for \$30, you can still do so. A limited quantity remains. To place your order, send a check payable to TNA and in the memo field note "video tapes" to Shelly Wilson, 604 Aberdeen Way, Southlake, TX 76092.

Shelly Wilson
Support Group Leader

HOW CAN YOU HELP?

We have opportunities available for TN support group members. Below are just a few of them! If you have other ideas, please submit them to Shelly Wilson by calling 817-416-7202.

- Become the Fort Worth support group leader. We already have a meeting place and a great sponsor who provides dinner for our group. We just need someone to manage the needs of our growing Fort Worth facial pain community.
- Drive someone to a support group meeting
- Make reminder phone calls to TNA members about upcoming meetings
- Make a financial contribution
- Refer TN patients to our support group

FREE PRESCRIPTION DRUGS AVAILABLE

Washington D.C. – Is your medication too expensive for your budget? Information in a new book may help.

The revised 7th edition, "Free and Low Cost Prescription Drugs" expanded to 48 pages, now includes over one hundred programs and over 1,100 drug listings. The book gives proven tips, tools, and tactics on how and where to get free and low cost prescription drugs.

"Many major drug companies provide free or low cost medication, but rarely publicize the programs", says Gary Nave, director of The Cost Containment Research Institute.

Program qualification varies between manufacturers; usually family incomes ranging from below the national poverty level up to \$50,000 annually can qualify.

Decisions concerning which medications are provided and which individuals are accepted into the programs are made by the various program sponsors.

Free medicine or more specifically free prescription drugs have been available for over twenty years. Isn't it worth your effort to see if you qualify for free medicine or free prescription drugs?

To order your copy online by credit card, go to www.institute-dc.org/orderbycc.shtml

On-line, you'll have the option to purchase one of the following:

- Electronic Version – Instant Delivery - .pdf or plain text format - \$4.95
- Printed Version – First Class Mail Delivery - \$6

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- Electronic & Printed - \$8.95

If you would prefer to order by mail, send a check or money order for \$6 along with a request for the “Free and Low Cost Prescription Drugs” publication to:

Institute Fulfillment Center
P.O. Box 210
Dallas, PA 18612-0210

Source: www.institute-dc.org, January 3, 2004

WEBSITES OF INTEREST

www.themedicineprogram.com – Can’t afford your prescription medication? Free prescription medicine is available to those who qualify. You can also call 1-573-996-7300, Monday-Friday, 8 a.m. – 5 p.m. CST for more information.

MOODS MATTER

Nipping even a mild case of the blues in the bud could help you avoid illness-promoting inflammation. In a study, people reporting only a few symptoms of depression had higher blood levels of interleukin-6, an inflammatory protein that has been associated with increased risks of heart disease, diabetes, and some cancers. Be sure to schedule extra time for mood-boosting activities whenever your spirits start to sag.

Source: RealAge: Tip of the Day, December 5, 2003

DR. GUPTA’S PATIENT CHECKLIST

Neurosurgeon Sanjay Gupta reports on medicine and health for CNN. He says that an informed patient is a safer, smarter patient.

- **Know Your Condition**
Get a thorough description of your condition or diagnosis from your doctor *in writing*. One of Oprah’s friends recently took a tape recorder to her doctor’s office, so that she could go over everything later.
- **Beware of Unusual Medical Degrees**
Don’t be shy about asking your physician about his or her accreditations. And don’t trust anyone who claims to have an exclusive treatment.
- **Track Record**
Investigate your doctor’s track record, success rate, and whether he’s ever been sued for malpractice.
- **Get a Second Opinion**

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Your doctor shouldn't take personal offense if you decide to get another professional's opinion.

- **What's new?**
Find out if your surgeon is up to date on new techniques. Some older surgeons are not.
- **Ask, Ask, Ask**
Ask who will be doing the operation, and how long your doctor will have been awake before your operation is scheduled. Dr. Gupta recommends asking if your surgery can be performed early in the morning and early in the week. That's when doctors are more likely to be fresh.
- **Mark Your Body**
Use a marker on your body to designate where you shouldn't be cut. This can help prevent accidental mistakes like operating on the incorrect knee.

Source: www.oprah.com/health/yourbody/health_yourbody_gupta.jhtml

HELPS HEAL ALL WOUNDS

Are you feeling stressed? Finding your inner calm may help your body's healing process.

In a study of patients undergoing surgery, those who were the most stressed during the weeks before surgery tended to have the slowest recovery from the procedure. Help your wounds heal faster by making an effort to keep daily stress levels under control with deep breathing, meditation, or other calming activities.

Source: RealAge Tip of the Day, December 19, 2003

FACTS ON PAIN

Human and financial costs make it easy to understand why the first decade of the new millennium is devoted to pain control and research. Support of clinical and basic research programs can help millions of people who live each day with pain, as well as curb the tremendous financial toll pain produces in the United States.

Here are some alarming facts from the American Chronic Pain Association.

- More than 50 million Americans are partially or totally disabled by pain.
- More than 550 million work days and more than one million school days are lost each year due to pain.
- Eighty-percent of patients consult their physician because of pain problems.
- Chronic pain disables more people than cancer or heart disease and costs more money than both combined.

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- The cost of disability compensation and loss of productivity due to pain is estimated to be as high as \$100 billion annually.
- Back pain alone consumes an estimated \$40 billion per year in lost wages, insurance claims and medical bills.
- Migraine is the second leading cause of chronic pain affecting more than 25 million patients in the United States.
- Another leading cause of chronic pain is arthritis affecting 30-50 million people with 600,000 new cases diagnosed each year.
- Chronic pain often leads to an endless cycle of anxiety, depression, loss of appetite, profound fatigue, and sleeplessness. Mismanagement of chronic pain has tragic and costly consequences such as disability, hospitalization, and the over utilization of diagnostic services and medications.

Source: Alliance Against Pain, University of Florida

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.

UPDATES FROM OUR MEMBERS

Last month, Erma had a successful radio-frequency rhizotomy with Dr. Hurt at St. Joseph Hospital in Houston. She's now off of all of her Tegretol. Hurray!

Ruebin went to see Dr. Zhang in Tyler for acupuncture treatments and felt 100% better in 2 days! He was able to reduce his TN medication from 5 times a day to just twice. He will continue to see Dr. Zhang, 3 times a week for a month. His back-up plan if acupuncture fails is to consider a MVD by Dr. White at UT Southwestern Medical Center in Dallas.

Leslee, Melvin, Catherine, Karin, and Terrell are just among a few who have all had a bunch of pain this holiday season. Please pray for them.

Cathy's Mom, Effie, has TN. She's been hospitalized with bronchitis and will be sent to a rehabilitation facility next. Please keep her in your prayers.

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

FUTURE MEETING DATES

Dallas at Zale Lipshy Hospital – 2/4, 4/7, 6/2, 8/4, 10/6, 12/1
 Fort Worth at Baylor All Saints – 3/23, 5/18, 7/20, 9/21, 11/16

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Tyler at East Texas Medical Center – 4/23
Waco at Hillcrest Hospital – 3/8, 5/3, 7/12, 9/14, 11/1

TREASURER'S REPORT

Thank you for your donations. They are important! A full accounting of our money spent and donations received follows.

2003 YEAR END REPORTING

Beginning Balance 11/20/03		\$497.62
Donations Received		\$2867.72
Copies	136.43	
Long Distance	43.28	
Postage	177.20	
Misc. Supplies	89.79	
Total Expenses		\$446.70
Ending Balance 12/31/03		\$2918.64

2003 FINANCIAL REVIEW

Donations Received		\$7620.76
Patient Workshop	1394.30	
Postage	1190.41	
Striking Back books	727.25	
Supplies	625.47	
Copies	615.57	
DVD burner & blank DVD's	487.96	
Long Distance	213.63	
Dental conventions expense	150.25	
Texas Physician Directory	125.00	
Total Expenses		\$5529.84

FINANCIAL CONTRIBUTIONS

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

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.

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