NOVEMBER IS NATIONAL CAREGIVER’S MONTH

You may be the one with neuropathy, but the effects of your situation are felt by all those closest to you. November is National Caregiver’s month, and according to the Family Caregivers Alliance (FCA), family members continue to be the largest source of long-term caregivers. With more than 20 million neuropathy patients living in the United States today, caregivers play a critical role in the wellbeing of many. In this season of thanksgiving, we celebrate all those who help us through this journey with neuropathy. We couldn’t do it without you!

| 65.7 million | number of caregivers in the U.S. |
| 29%          | % of adult U.S. population who are caregivers |
| 66%          | % of caregivers who are women |
| 48           | Average age of female caregiver |
| 51           | % of caregivers are between 18 and 49 yrs |
| 63 years old | Average age of person caring for someone aged 65 or older |

Source: Family Caregivers Alliance

MEASURING YOUR PROGRESS

How have your neuropathy symptoms been lately? Do you have a sense that you are getting better, worse or just staying the same since your last visit to your neurologist? We are starting a project for you to evaluate how you’re doing. Attend a meeting at our Austin-West or Georgetown locations and you’ll be able to complete a self-assessment and a test of your grip strength and your ability to get up from a chair and walk a certain distance. Take the tests quarterly to track how you’re doing.
**Holiday Gift Ideas for Caregivers:**

1. Flowers
2. Gift certificate for massage
3. Gift certificate for pedicure
4. Gift card used at a store or online
5. Order a pre-cooked meal to be delivered to his or her house
6. A card detailing why they are so important to you

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**UPCOMING WEBINARS/FACEBOOK CHATS:**

**WHAT:** “Diabetic Peripheral Neuropathy” Facebook Chat
**WHEN:** Wednesday, Nov. 12 (7-8:30 pm ET)
**WHERE:** [www.facebook.com/NeuropathyAssociation](http://www.facebook.com/NeuropathyAssociation)
**GUEST HOSTS:** Mazen Dimachkie, MD and Mamatha Pasnoor, MD (University of Kansas); and Shanna Patterson, MD (St. Luke’s - Roosevelt Hospital Center)

**WHAT:** “Your Neuropathy Experience Can Move Research Forward” Webinar
**WHEN:** Saturday, Dec 13 (2-3:30 pm ET)
**WHERE:** Registration is required because of limited free slots. [Click here to register...](http://www.volunteerdriding.com/wp-content/uploads/2014/10/2014-Ride-Guide.pdf)
**SPEAKERS:** Dr. Thomas H. Bran-nagan III, *Columbia University Medical Center*; Kathleen Edson, *Research-Match*

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**Clinical Trial for Neuropathy Patients in Central Texas**

Hands Feet & Heart Medical Director Dr. Sara Austin is participating with the University of Kansas in a federally funded trial to test the comparative effectiveness of four medications for idiopathic painful sensory neuropathy (not caused by diabetes). These medications are Mexilitine, Nortiptyline, Lyrica and Cymbalta. The trial lasts for three months and will involve at least two clinic visits. Interested participants should not currently be on any of these medications and if taking gabapentin (Neurontin) would need to stop before the trial. If you are interested in participating in this research, contact info@handsfeetheart.org with your name and contact information.
Since our last newsletter, we’ve held 19 separate meetings in three locations where attendees have learned about nutrition, exercise, acupuncture, working with your doctors, the emotional side of neuropathy, supplements, general diagnosis and treatments, how to talk with loved ones about neuropathy, and ways to improve your balance. Some of the speakers provided handouts which you can download by going on our Resources page of our website.

Recent Meeting Comments:
“So good to have this group to share comments with”
“I really wasn't expecting to get much value out of this but found just the opposite occurred”
“Loved the speaker. He put things in a new light”

The FDA is initiating a public process to determine the disease areas of focus for FY 2016-2017. Even though neuropathy is not included in the preliminary list of nominated disease areas for consideration in the patient-focused drug development meetings for fiscal years (FYs) 2016-2017, the FDA is interested in public comment on disease areas that are not represented on the preliminary list. The FDA needs to hear about the impact of all forms of neuropathy on patients, the range of severity, what matters most to you in getting benefits from treatments, and the adequacy of existing treatments you are using for your neuropathy. All of us must submit public comments to ensure neuropathy has a better chance of making the FDA’s list in 2016-2017.

Click here to submit your comments online to the FDA by December 5th, 2014…

Alternatively, you may submit written comments (be sure to include the following identifier “ID: FDA-2012-N-0967-0595” with your comments) to:

Division of Dockets Management (HFA-305)
Food and Drug Administration
5630 Fishers Lane, Rm. 1061
Rockville, MD 20852

Thank you to our corporate sponsors:
Hands Feet & Heart
Texas Chapter of the Neuropathy Association
P.O. Box 40874
Austin TX 78704
info@handsfeetheart.org

ABOUT US

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OUR MISSION

We care for the well-being of those in Central Texas affected by neuropathy by providing hope and support.

Contact Information

Austin Support Groups:
Rick Beyer and Marshall Lyles
Email: info@handsfeetheart.org
Telephone: 512-892-2675 or 512-554-8035

Georgetown/Sun City Support Group:
Diane Ricklefsen
Email: suncity@handsfeetheart.org
Telephone: 512-863-9293

Calendar Information: www.handsfeetheart.org/calendar.html

MEETING LOCATIONS

Austin-West
2nd Saturday of the month
10:30-12:00 pm
Westlake Hills Presbyterian Church
7127 Bee Cave Road
Austin TX 78746

Austin-Northwest Hills
4th Monday of the month
1:30-2:30 pm
Dell Jewish Community Center
7300 Hart Lane Room 150C
Austin TX 78731

Georgetown/Sun City:
2nd Monday of the month
1-2:30 pm
2423 Williams Dr. Suite 101
Community Room A
Georgetown, TX 78628

HELPING PEOPLE LIVE SUCCESSFULLY WITH NEUROPATHY