Update From the Board

by Chad Hawes, Board Member

It’s hard to believe that the holiday season is already upon us! This has been a pivotal year for NATX as the board has begun strategizing to achieve organizational sustainability. We would not be able to accomplish this long term vision without the support of our sponsors, members, and donors. In 2016 we’ve had 19 sponsors who recognize the benefit NATX provides to the community, and they have committed $10,200 this year, a 90% increase from previous years’ sponsorships. We look forward to exploring additional ways that we can add value to those businesses and individuals who support NATX.

In other exciting news, NATX is currently interviewing candidates for the part-time Executive Director position, with the goal of making a hire by the end of year. Our current volunteer Executive Director, Nancy Herlin, will continue to be involved as NATX’s Chairman of the Board. As we head into the season of giving, we hope that you will consider NATX when making an annual gift of any size, great or small.

We genuinely appreciate your continued support!

In 2016 we’ve had 19 sponsors who recognize the importance in Texas afflicted with or affected by neuropathy receive the support and education they need to more effectively handle neuropathy and live to their fullest potential. Our vision is that anyone in Texas afflicted with or affected by neuropathy receives the support and education they need to more effectively handle neuropathy and live to their fullest potential.

Thank you for your continued support that we can continue to support YOU! This November kicks off our annual membership and donation drive. If you enjoy our programs and online resources, please consider becoming a member for 2017! If you have been a member before, please consider increasing your donation amount by becoming a Partner ($50+) or Ambassador ($100+). Partners and Ambassadors have extra benefits and make a huge impact on this organization. To learn more, please visit: https://neuropathyalliancetx.org/make-a-donation.
Massage May Improve Symptoms in Chemo-Induced Neuropathy

A recent research study finds that massage therapy may be a way to ease symptoms and improve quality of life for chemotherapy-induced peripheral neuropathy (CIPN) patients. After the first massage therapy session, at least 50% of study participants reported improvements with their CIPN symptoms. The most common CIPN symptom experienced by patients was numbness or tingling in the feet, and after the first session of massage therapy, 72% of those patients saw an improvement. Study participants with symptoms of weakness experienced the highest improvement. In recent years the American Heart Association and the World Health Organization have begun to warn that too much added sugar may increase cardiovascular disease risk. Refined carbohydrates and especially sugar-sweetened beverages are risk factors for cardiovascular disease, but that the type of dietary fat is also very important.

Many of our expert speakers have discussed the need for us to decrease our sugar intake to help our neuropathy, so we encourage you to take action in being healthy. Think about what you put in your body throughout the day and how it may affect how you feel. It will make a difference in your neuropathy research.

Tai Chi Classes Continue in 2017

In January 2016, we instituted Tai Chi classes to help promote holistic and preventative health care. One of Tai Chi’s benefits include increased circulation, improved proprioception, strong bones, muscle strength, improved peripheral vision, flexibility and strength. Through our classes’ evaluations, we have heard from you that your medical symptoms have improved and helped most significantly with your balance. We are excited to hear from you that you have also become more confident and developed greater self-efficacy about your health. If you are new to Tai Chi or are currently enrolled in our classes, we encourage you to sign up for 2017 and get started this week!

Northwest Hills–
7301 Hart Ln., Austin 78731, time TBD. Please contact lisa.quay@shalomaustin.org for more info.
South Austin–
Location and time TBD. Please contact info@neuropathyalliancetx.org for more info.
Georgetown–
Georgetown: 7:00 AM – 10:30 AM at 2423 Williams Dr., Georgetown 78628. Cost is $5/class. Please contact blake@shetts.com to register.

The Sugar Industry: Paid Researchers to Shift Blame of Heart Disease to Saturated Fat

In September 2016, it was discovered that in 1967, a trade group called the Sugar Research Foundation, known today as the Sugar Association, paid 3 Harvard scientists to publish a research review that downplays the link between sugar and heart disease and blames saturated fat instead. Thus, many of today’s dietary guidelines have been largely shaped by the sugar industry that largely characterizes sugar as empty calories. Last year, an article in The New York Times revealed that Coca-Cola had provided millions of dollars in funding to researchers who sought to play down the link between sugary drinks and obesity. In June 2016, The Associated Press reported that candy makers were funding studies that claimed that children who eat candy tend to weigh less than those who do not.

For many decades, health officials encouraged Americans to reduce their fat intake, which led many people to consume low-fat, high-sugar foods that some experts now blame for feeding the obesity crisis. In recent years the American Heart Association and the World Health Organization have begun to warn that too much added sugar may increase cardiovascular disease risk. Refined carbohydrates and especially sugar-sweetened beverages are risk factors for cardiovascular disease, but that the type of dietary fat is also very important.

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