Update From the Board

By Vicki Read, Board Member

The first half of 2016 has been an exciting time for the Neuropathy Alliance of Texas (NATX)! May was Neuropathy Awareness Month and it was a great success. Dr. David Cornblath, Professor of Neurology at the Johns Hopkins University made a special visit to Austin to meet with local healthcare providers and NATX patients and caregivers to present the latest research into treatments for neuropathy. The City of Austin also made an official proclamation for May as Neuropathy Awareness Month in Austin.

We added a third Tai Chi class for those who graduated from the introductory class. Studies have shown that Tai Chi can improve balance, circulation and strength, and our participants have really enjoyed the classes.

We are working on starting a new support group in Houston. This will be our first group outside of Central Texas and we are very excited! NATX is actively looking for grants to cover expenses. We are also applying for grants to help fund a new part-time Executive Director position this fall.

Mark your calendars for September 27 at 5:30 pm as we celebrate a Night for Neuropathy in Georgetown in the Sun City Ballroom. This event features the Stone Hill Band.

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 to supporters and our loyal newsletter donors:

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- Richard Boyd
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In Memory of:
- Dorothy Red
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Please mark your calendars!

September 23–25, 2016 in San Antonio the GBS CIDP Foundation International Symposium will host lectures about research, treatments, and many other related topics. If you need a ride with NATX, call us: 512.553.9130. For more information, please visit: http://www.gbs-cidp.org/symposium/

September 27, 2016 in Georgetown Night for Neuropathy dinner and music by Stone Hill Band to raise awareness and $ for research. For more information, please visit www.neuropathyalliancetx.org.
Neuropathy Awareness Event: Huge Success!

May was Neuropathy Awareness Month, and David Cornblath, MD and Professor of Neurology at the Johns Hopkins University met with NATX’s network of local healthcare providers, patients, and caregivers to present about neuropathy treatments and research. Dr. Cornblath stressed that diagnosis and treatment MUST be improved. He reviewed the important diagnostic tests, and lab studies for diagnosis; current treatments and promising research. You can see his presentation on the Resources page of our website. Dr. Cornblath also stressed the importance of each one of us advocating for neuropathy patient needs to our government to increase federal funding for research. Neuropathy affects 1 in 12 Americans and is drastically overlooked. How can you help? Write to your Congressmen and Denote to NATX or another organization of your choice that supports neuropathy research!!!

Thank you to our sponsors: Axelacare, Northstar Bank, The Foundation for Peripheral Neuropathy, and GBS/CIDP Foundation International for helping us put on this event, and thank you to everyone who attended to help us raise awareness about neuropathy by spreading the word to your friends!

Lesson Learned in Diabetic Patient Taking Metformin

According to an article in diabetesincontrol.com, a 57 year old female with Type 2 Diabetes, who had been taking 1,000 mg of Metformin twice daily for 12 years, visited her physician with weakness, anemia, and tingling of fingers and toes. Her A1c had always been below 7%. Some in the doctor’s office thought she had developed diabetic peripheral neuropathy, but her treating physician knew that Metformin can cause Vitamin B12 deficiency. A B12 test was ordered. Sure enough, her B12 was low and recommended B12 injections, 50mcg daily. Her symptoms, as well as her B12 levels, improved. Neurological symptoms don’t always improve with B12 therapy, but hers did. From this experience, the doctor recommends for all diabetic patients taking Metformin to:

• Test your B12 level at least annually.
• Talk to your doctor about taking B12 supplements.
• Eat foods high in Vitamin B12, such as beef, poultry, fish, eggs, and dairy.

Source: "Not All Neuropathies in Diabetes are Caused by Diabetes," May 10 2016: http://www.diabetesincontrol.com/neuropathies-to-diabetes-metformin-can-cause-thiamine-b12-deficiency/

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