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Patient Resources for Seniors

Six Things Seniors Can Do To Improve Memory

May 2017

Register today for the 11th Annual "Neuropathy Action Awareness Day" on Friday, June 23rd at the Intercontinental Hotel in Los Angeles. This event will be the largest neuropathy gathering in the United States this year and will bring together patients and caregivers from across the country to learn about neuropathy, strategies for managing the painful condition, and empowering patients to become advocates for their own health care.

"Neuropathy Action Awareness Day" provides an opportunity for patients to interact with other patients, providers and exhibitors. The event consists of a full day of educational presentations, luncheon, exhibit area and silent auction.

The event is free of charge; however, the NAF requests a \$25 donation from patients and caregivers and \$125 from others who attend the luncheon. Register today at

By William Klemm, PhD

You don't have to tolerate forgetfulness.

"What was it I was looking for in the fridge?" "What was it I was supposed to get at the store?" "What's your name again?" Most of us have had to ask questions like this, and it seems to happen more often as we get older. We can't turn back our biological clock, but there are things Seniors can do to reduce their amount of forgetting.

I have been studying memory research literature for quite a few years now, and I know some of this research is relevant to everyday memory problems. I have summarized these findings in my book, Thank You Brain for All You Remember, and keep readers up to date with my blog (see thankyoubrain.com).

Here are some things I've found to be helpful for us Seniors.

1. Get better organized. Many things we try to remember do not have to be remembered if we always get better organized. Car keys, for example, should ONLY be in the car, your pocket/purse, or the same place in your house. Ditto for many other objects, such as purse, hat, glasses, etc. Life is a lot simpler when you have a place for everything, with everything in its place.

2. Make a special effort to pay attention, concentrate. Research shows that aging reduces a person's ability to focus and pay attention. This also means we have to work harder at filtering distractions, such as when we open the refrigerator door and forget what we are looking for because we thought of something else before we opened the door. New learning has to be consolidated to form lasting memory, and this takes a little uninterrupted time and conscious rehearsal right after you learn it. Seniors are especially susceptible to

[\(877\) 512-7262](tel:8775127262) or www.neuropathyaction.org

Don't want to miss this important patient opportunity but can't attend in person? Register for our free online streaming! You can participate anywhere you have access to the internet - at home, the office, your support group - anywhere!

Register Today for the 11th Annual "Neuropathy Action Awareness Day"

Agenda

- 9:00 - 9:30 Registration & Exhibits
- 9:30 - 9:35 Welcome
- 9:35 - 10:15 Neuropathy 101: Signs, Symptoms and Causes
- 10:15 - 10:55 Understanding a Neurologist's Approach to the Diagnosis and Treatment of Peripheral Neuropathy
- 10:55 - 11:30 Current Treatment Options for Peripheral Neuropathy
- 11:30 - 12:00 Break and Exhibits
- 12:00 - 1:15 Lunch Program
- 1:15 - 1:45 Fitness, Weight Loss and the Importance of Exercise
- 1:45 - 2:15 Diabetes: Why You Are Not Alone
- 2:15 - 2:45 Refreshments and Exhibits Break
- 2:45 - 3:30 Advocacy and Access to Care and Treatment: Championing Healthcare Rights for Yourself and Others

[Click here to see the full agenda.](#)

NAF Presents MMN Survey Results at AAN Annual Meeting

Neuropathy Action Foundation Presents Results from Multifocal Motor Neuropathy (MMN) Survey

having temporary memories wiped out by distractions.

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10 Easy Ways Seniors Can Boost Their Mental Health and Well-Being

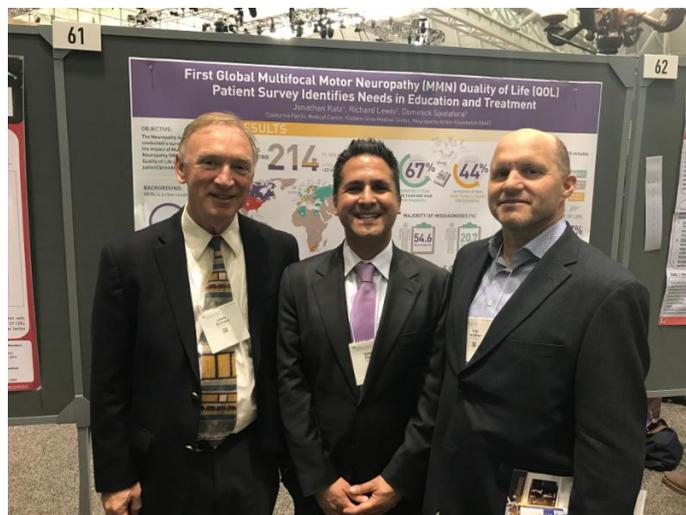
By Diana Rodriguez

Staying vital and connected can help you ward off the depression that often comes with aging. Here are simple things you can do, even from your own home.

A challenged brain is a happy brain. So when the kids are grown and you've retired from your job, you could find yourself struggling a bit to stay busy and engaged, and you might feel depressed.

You wouldn't be alone. The National Alliance on Mental Illness says that more than 6.5 million American seniors suffer from depression. Seniors living independently have the lowest risk for depression, with the condition affecting about 1 to 5 percent of this group, according to the Centers for Disease Control and Prevention. But at the other end of the spectrum, about 13.5 percent of those who require in-home help, and about 11.5 percent of seniors who are hospitalized, experience depression.

Despite these numbers, depression in seniors is frequently overlooked, according to Jaza Marina Brown, MD, a geriatrician with Kaiser Permanente in Atlanta. And that's often because the symptoms may look like they stem from a different disease. For instance, weight loss and poor appetite may seem like a gastrointestinal problem, and problems with daily functioning could seem like a



Richard Lewis, MD, Dominick Spatafora, MPA and Jonathan Katz, MD stand before their scientific poster entitled "First Global Multifocal Motor Neuropathy (MMN) Quality of Life (QOL) Patient Survey Identifies Needs in Education and Treatment". It was presented during Poster Session 2 at the American Academy of Neurology's 2017 Annual Meeting in Boston, MA on April 24, 2017.

This was the first assessment of MMN from a patient's perspective. The survey highlighted critical issues relating to the diagnosis, management, and impact on the quality of life of individuals with MMN. Accurate diagnosis and early treatment of MMN has been shown to be critical to improving patient quality of life and long-term functional outcomes. The data also identified gaps and insights in provider education relating to proper diagnoses and management of the condition from a patient's perspective.

Small Fiber Neuropathy Patient Education

Small Nerves, Big Problems: A comprehensive patient guide to small fiber neuropathy

The first and only book for understanding small fiber neuropathy, what the common symptoms are, and how to treat and manage pain. Written in collaboration by eight renowned neurologists representing the leading experts on this disease from across the United States - Todd Levine, MD; David Saperstein, MD; Charles Argoff, MD; Christopher Gibbons, MD, MMSc, FAAN; Holly Hendin, MD, PhD; Mamatha Pasnoor, MD; David Walk, MD; and Glenn Lopate, MD - Small Nerves, Big Problems arms patients and caregivers with the latest information about diagnosing and treating small fiber neuropathy.

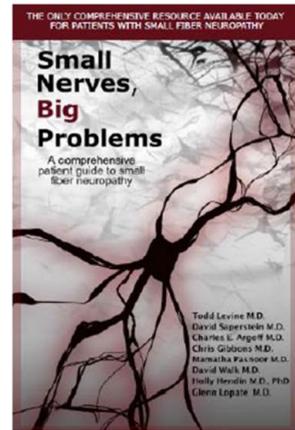
case of arthritis, Dr. Brown says.

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Small fiber neuropathy is a type of peripheral neuropathy that occurs from damage to the small nerve fibers in the peripheral nervous system, the system of nerves outside of the brain and spinal cord. It is one of the most common diseases seen by a neurologist, affecting an estimated 2.4% of the general population today.



Small fiber neuropathy can be one of the most complicated diseases to diagnose and one of the most challenging diseases for a neurologist to treat because every patient's experience with this disease can be very unique. Small Nerves, Big Problems provides vital information for all individuals affected by small fiber neuropathy including insights into what causes it, what the common signs and symptoms are, how it's diagnosed and ways to manage the disease and minimize pain.

Neuropathy Action Foundation

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