



the FOUNDATION *for*
PERIPHERAL NEUROPATHY®

DEDICATED to REVERSING *the* IRREVERSIBLE

Welcome to our eCatalog of topics! For your ease of use, we have compiled this list of our most popular topics with links to content you can find on our website. Please feel free to send us questions or feedback about this eCatalog to info@tffpn.org. All blue text is hyperlinked.

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Amyloidosis	
Web Page: What is Amyloidosis?	
E-News: Amyloidosis: Types, Diagnosis, Treatments and More!	September 2019
Anti-MAG (IMAGiNe Study)	
Funds Raised to Trial a New Drug for Anti-MAG (IMAGiNe Study)	April 2019
Web Page: IMAGiNe Study	
Web Page: Anti-Mag	
Avoiding Scams and Dubious Treatments	
E-Tip: Buyer Beware! Avoiding Scam Treatments for PN	March 2019
Balance	
Blog Post: 5 Tips for Maintaining Good Balance & Preventing Falls	February 18, 2015
Blog Post: Maintaining Balance	August 4, 2017
E-Tip: Optimizing vision to improve your balance. Tips about balance and sight.	June 19, 2018
E-Tip: Tai Chi for Balance and Quality of Life	April 16, 2019
Blog Post: Positive preliminary results on product to help PN patients with balance	December 9, 2019
Carpal Tunnel Syndrome	
Web Page: What Causes Carpal Tunnel Syndrome?	
Blog Post: Could Vitamin D be Linked to Carpal Tunnel Syndrome?	January 12, 2016
E-News: Carpal Tunnel Syndrome Trial	January 2019
Chemotherapy-Induced Peripheral Neuropathy (CIPN)	
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Neuropathy After Cancer: CURE Magazine Facebook Chat	July 2014
Blog Post: Neurofeedback as alternative treatment for chemotherapy-induced PN	May 17, 2016
Blog Post: Chemo-Induced PN may be Predicted by Genetic Bio Marker	July 11, 2016

Clinical Trials and Studies	
Blog Post: Long-Time Course of Idiopathic Small Fiber Neuropathy	April 2, 2018
Blog Post: Research Study for Painful Diabetic Peripheral Neuropathy	April 5, 2018
Blog Post: New Discovery May Lead to New Approach to Treating Neuropathy Pain	May 31, 2018
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E-News: Funds Raised to Trial a New Drug for Anti-MAG (IMAGiNe Study)	April 2019
E-News: Do you have diabetic foot/leg pain and live in British Columbia or surrounding area? Canadian researchers seeking patients for clinical trial	May 2019
Study on Sensory Perception of Cold Could Lead to New Findings on Managing Pain	May 2019
E-News: A Study on the Effectiveness of Duloxetine and Gabapentin	July 2019
E-News: Women Twice as Likely to Report Neuropathic Pain in Type 2 Diabetes	July 2019
Diabetic Peripheral Neuropathy	
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E-News: Do you have diabetic foot/leg pain and live in British Columbia or surrounding area? Canadian researchers seeking patients for clinical trial	May 2019
E-News: Women Twice as Likely to Report Neuropathic Pain in Type 2 Diabetes	July 2019
Diagnosis	
E-News: Can a Simple Interview Help in the Diagnosis of Sjögren's Syndrome?	May 2019
E-News: Understanding your EMG and NCS Results	August 2019
E-News: Amyloidosis: Types, Diagnosis, Treatments and More!	September 2019
Driving and Transportation Options with PN	
E-Tip: Phil's story: Hand-Controlled Driving	September 2018
E-News: Phil's Story, Part II	January 2019
E-Tip: How to get the healthcare you need when you cannot drive yourself	February 5, 2019
Emotional Support and Self Care	

E-Tip: Coping with PN – Tips for Managing Emotionally	January 2018
E-News: Coping with PN Questionnaire	March 2019
E-News: Coping with PN: Questionnaire Results Now In	June 2019
E-News: Slow Down for Summer: Mindfulness for Patients with Peripheral Neuropathy	August 2019
Ergonomics	
E-Tip: How sitting causes back pain. Ergonomic tips to avoid back and neck pain.	April 3, 2018
Exercise	
Web Page: Exercise + Physical Therapy for Neuropathy	
E-Tip: Tips for trying Yoga to help manage your PN	January 2, 2018
E-Tip: 150 Minutes a week...Tips and info about exercise to maintain your health and sanity.	June 5, 2018
E-Tip: Better on Water than on Land: Aquatic Exercise Information and Tips for PN	August 21, 2018
E-Tip: The benefits of exercise, tips, and exercises you can try at home: Aerobic, flexibility, strength, balance	October 23, 2018
E-Tip: Buddy up to make exercise more fun; the Joys of Chair Yoga	January 24, 2019
E-Tip: Tai Chi for Balance and Quality of Life	April 16, 2019
E-Tip: A Patient's Story: Stretches to Get You Moving	May 21, 2019
Financial Aspects of PN	
E-News: Out-of-Pocket Costs for PN Rise Sharply over 12 Years	June 2019
Foot Care	
E-Tip: Comfortable Socks for Painful Feet	March 6, 2018
E-Tip: Don't Forget About Your Feet this Summer	July 16, 2019
Health and Nutrition	
E-Tip: Are you cooking for the holidays? Practical tips and tools for managing in the kitchen with PN.	November 21, 2017
E-Tip: Quick Snacks for PN Sufferers	February 20, 2018

E-Tip: Introducing Chef Bill Nolan: Healthy Eating Blog for PN Sufferers Easy roasted broccoli recipe	October 2, 2018
E-Tip: Drink Water!	November 2, 2018
E-News: Healthy Holiday Eating: tips and delicious shredded Brussels sprout recipe	December 20, 2018
E-News: How Low Vitamin D Levels Affect Painful Diabetic Peripheral Neuropathy	January 2019
E- News: Healthy Eating with PN, Recipe for Thai Cashew, Kale and Quinoa Salad with Peanut Ginger Sauce	June 2019
E-Tip: A Cup of Blueberries a Day Keeps the Doctor Away	June 18, 2019
E-News: What is Metabolic Syndrome, what does it have to do with neuropathy, and what can we do about it?	February 2019
E-News: Healthy fats improve nerve function in mice	April 2019
Blog Post: Healthy Eating for Peripheral Neuropathy: Grilled Salmon	September 6, 2019
Blog Post: Healthy Eating for Neuropathy: The choice of diet	November 12, 2019
Blog Post: Healthy Eating for Peripheral Neuropathy: Energy Truffles	December 10, 2019
Maintaining Independence	
E-Tip: How to get the healthcare you need when you cannot drive yourself	February 5, 2019
E-Tip: Traveling with Peripheral Neuropathy	August 8, 2019
Blog Post: Move or Modify: Home Choices for Patients with Peripheral Neuropathy	October 9, 2019
Medical Marijuana	
E-News: Medical Marijuana for Peripheral Neuropathy	May 2019
E-News: Medical Marijuana for Neurological Conditions	July 2019
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How to Live Well with Neuropathy: PainPathways Magazine Facebook Chat	May 2015
E-News: Stem Cell Treatments: A real hope or false promise?	December 20, 2018
E-Tip: Easy trick for relieving nighttime leg cramps. Can a bar of soap bring relief?	August 7, 2018
E-Tip: Buyer Beware! Avoiding Scam Treatments for PN	March 2019

E-News: Stricter Regulations in the UK for Medications Commonly Prescribed for PN	May 2019
E-News: Out-of-Pocket Costs for Neurologic Medications Rise Sharply Over 12 Years	June 2019
Blog Post: Neuromodulation for Refractory Neuropathic Pain	June 10, 2019
E-News: A Study on the Effectiveness of Duloxetine and Gabapentin	July 2019
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Metabolic Syndrome	
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E-News: The Origins of Chronic Pain	April 2019
E-News: Researchers developing blood test for pain	April 2019
E-News: Study on Sensory Perception of Cold Could Lead to New Findings on Managing Pain	May 2019
E-News: Stricter Regulations in the U.K. for Medications Commonly Prescribed for PN	May 2019
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E-Tip: Are Leg Cramps Keeping You Up at Night?	
Patient Education	
E-News: Introducing Shanna Patterson, MD: Patient Education Program Advisor to FPN	December 2018
Patient Stories	
Father and Daughter Story: Walter and Saskia Keyes Quest for Research Findings	November 2017

E-News: Lainie Ishbia: Overcoming and living well with the impacts of Charcot-Marie-Tooth Disease; Lanie's fashion blog for women with invisible disabilities and medical challenges	November 2018
Blog Post: Lynn Mobley shares her Peripheral Neuropathy story	July 10, 2018
Blog Post: Mike's Story: How I Keep My Exercise Goals	January 24, 2019
E-News: Angel's Story: Walking the Extra Miles for Peripheral Neuropathy	August 2019
E-News: Joe and Dana Bacon's Story: Race for a Cure for Peripheral Neuropathy	September 2019
Blog Post: Mike's Story: Spreading Positivity, Despite it All!	October 14, 2019
Blog Post: Barry's Story: A Long Journey with Neuropathy	January 17, 2020
Products for PN Sufferers	
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E-News: Lainie Ishbia: Meet Lainie and connect with her fashion blog for women with invisible disabilities and physical disabilities.	November 2018
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E-Tip: Writing Tools that are Easy on the Hands	April 2, 2019
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E-News: Global Study on Anti-Mag IgM paraprotein associated PN Expanding in the U.S.	December 2018
E-News: Stem Cell Treatments: A real hope or false promise?	December 2018
E-News: Preliminary Study finds Electrical Pulses Speed up Nerve Regeneration in Rats	December 2018
E-News: Gene Therapy Blocks Peripheral Nerve Damage in Mice	February 2019
E-News: What is Metabolic Syndrome, what does it have to do with neuropathy, and what can we do about it?	February 2019
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E-News: Understanding Neuromodulation	February 2019

E-News: Researchers developing blood test for pain	April 2019
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Research – PNRR (Peripheral Neuropathy Research Registry)	
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E-News: Welcome to FPN's Newest Research Partner: Washington University School of Medicine, St. Louis	January 15, 2019
E-News: Key Data from FPN Patient Registry Highlighted in Top Medical Journal	Spring 2019
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E-News: Can a Simple Interview Help in the Diagnosis of Sjögren's Syndrome?	May 2019
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PN Awareness Video: Name it! Learn it! Cure it!	
Managing Pain and Neuropathy	October 2013
Charitable Giving in the New Tax Age (Webinar)	April 12, 2019
Weather and Peripheral Neuropathy	
E-Tip: Coping with heat that can worsen chronic pain.	July 3, 2018
Foundation for Peripheral Neuropathy Brochures	
Improve Treatment, Discover a Cure	
Understanding Peripheral Neuropathy	
Together we bring information, resources and hope to those suffering with Diabetic PN	
The Peripheral Neuropathy Research Registry	
Facebook Chat Transcripts	
Neuropathy After Cancer: CURE Magazine Facebook Chat	July 2014
How to Live Well with Neuropathy: PainPathways Magazine Facebook Chat	May 2015

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2018 Mid-Year Update – what we’ve been up to at FPN	Mid-year 2018
2018 Annual Impact Review	2018 End of Year
E-News: Congratulations to FPN Board President, Lou Mazaway, named among “Best Lawyers” in Washington, DC	February 2019
FPN News: Introducing Van Salmans: PN Sufferer and new FPN Board Member	Spring 2019
E-News: FPN Welcomes New Board Member, Van Salmans	March 2019
Advocacy	
E-Tip: We need your help to make our voices heard! Help us spread the word about PN!	March 27, 2018
Blog Post: FDA and FPN survey patients on chronic pain and treatments	July 17, 2018
Blog Post: Update on FPN’s Campaign to Get PN Research in the US Budget	July 31, 2019

E-News: Call to Action: Help us Get Your Voice Heard for More Research Funding	August 2019
Awareness	
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Web Page: What can YOU do to raise awareness for PN?	
Web Page: Spread the Word for Peripheral Neuropathy Awareness!	
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Web Page: Become an Ambassador for Peripheral Neuropathy Awareness!	
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Blog Post: We need you for #PeripheralNeuropathyAwareness	April 17, 2018
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Blog Post: Help share the facts for Peripheral Neuropathy Awareness Week!	April 17, 2018
Blog Post: After Peripheral Neuropathy Awareness Week: Let's Keep the Momentum Going!	May 14, 2018
Blog Post: We need you for #PeripheralNeuropathyAwareness 2019!	May 2, 2019
E-Mail: May 5, 2019 PN Awareness Week	May 5, 2019