



Congratulations to the Toronto Group for organizing a successful Dinner with Dr. Anthony Kaufmann last month. Be sure to read the comments from those who attended in this newsletter.

This newsletter is provided to all members of the Canadian Trigeminal Neuralgia Association (CaTNA). If you are not a member of CaTNA and wonder why you are receiving this newsletter, a complimentary edition is being sent to you. You can join CaTNA – membership fees are \$10 per year – an additional \$10 for those who wish to receive a paper copy of this newsletter. Send your membership fee to: Canadian TNA, Suite 309, 1234 Merklin St, White Rock, V4B 4B9. Be sure to include your email address.

If you can make it to Regina on October 29th, I encourage you to attend the special meeting organized by Faye and her group. The guest speaker will be Dr. Kaufmann and everyone is invited to attend.

I wish you all a belated Happy Thanksgiving and an early Merry Christmas!!

Jan

Depression

Depression is something many people with TN face as we struggle to cope with the pain of TN and the effects of treatments that sometimes cause undesirable consequences. The following information is taken from medbroadcast.com which is a site that has excellent information on a variety of medical topics.

Types of depression

There are several different types of depression, and the diagnosis is mostly determined by the nature and intensity of the mental and physical symptoms, the duration of the symptoms, and the specific cause of the symptoms, if that is known.

Clinical depression (or major depressive disorder, MDD) is the most serious type of depression, in terms of the number and severity of symptoms. Diagnosis is made by determining the presence of specific symptoms present for at least 2 weeks. 5 out of 9 possible symptoms must be present for a diagnosis to be made. People affected with major depression may or may not have suicidal tendencies, and they may never have received medical treatment. The person's interest and pleasure in many activities, energy levels, and eating and sleeping patterns are usually altered.

Dysthymia (or minor depression) refers to a low-to-moderate level of depression that persists for at least 2 years, and often longer. While the occurrence of symptoms is not as frequent as in major depression, dysthymia

Canadian Trigeminal Neuralgia Support Group Meeting

Saturday, October 29, 2011
(note the time) 1:00 p.m.

Guest speaker: DR. ANTHONY KAUFMANN, MD, BSC(MED),
MSC, FRCPC,
HEALTH SCIENCES CENTRE, WINNPEG, MANITOBA

Wascana Rehabilitation Centre,
2180 23rd Avenue
(note the room) Auditorium, main level

can result in as much disability as major depression. Some people with dysthymia develop a major depression at some time during the course of their depression.

Bipolar depression (or manic depression) includes both high and low mood swings, and a variety of other significant symptoms not present in other types of depression.

Other types of depression include **seasonal affective disorder** (SAD) and **postpartum depression**. SAD is a subtype of depression that regularly occurs at the same time of year (most often in the fall or winter months in North America). Postpartum depression begins a few weeks after giving birth and is a subtype of depression. Postpartum depression is different from the temporary state known as the "baby blues" that often happens 24 to 72 hours after a woman gives birth. This temporary state is caused by the hormonal changes that occur during pregnancy and after giving birth and typically resolves in less than a week.

In some cases, depression is associated with other chronic medical conditions, which negatively impact the person's quality of life and well-being.

Symptoms of depression

Although we all feel sad sometimes, clinical (major) depression is diagnosed when a person experiences depressed mood (sadness), loss of interest or pleasure in daily activities, plus some of the following symptoms for at least 2 weeks:

- changes in appetite or weight
- lack of motivation or energy
- insomnia (trouble sleeping) or oversleeping
- noticeable changes in activity level (agitated or slowed down)
- feelings of worthlessness or guilt
- difficulty concentrating or making decisions
- recurring thoughts of death or suicide

Clinical depression may vary in its severity and in its extreme forms (i.e., thoughts of suicide) can be life-threatening and require immediate medical attention.

If you think that you or a loved one is suffering from Depression, please speak to your doctor.

Calgary Group

The Calgary groups meets the 3rd Tuesday of each month at 1 pm in the Confederation Park senior's Center.

Contact Bev to confirm dates and location at Calgary@caTNa.ca.



Best wishes to Helen from Calgary who is at home recovering from an accident. Hope you are back to normal soon Helen.

Regina Group

The next meeting in Regina is October 29, 2011. The meeting will be at the Wascana Rehabilitation Center at 1 pm. This is a special meeting with a guest speaker: Dr. Anthony Kaufmann. Contact Faye for more information at regina@caTNa.ca.

Toronto Group

The Toronto Group meets the last Sunday of each month at 9:30 am in the Thornhill Community Center. The next meeting will be October 29th. Please contact either Kathy or Sandra to confirm meeting dates and times at Toronto@caTNa.ca

Message from Kathy, Sept 18, 2011: Sandra and I really appreciate any comments good and bad about the dinner. We will share them so that other TN patients can see that we are an active group and maybe your comments will encourage others to attend group meetings or attend another dinner. And on behalf of Sandra and I thank you for attending the dinner on Friday night and making it a great success. But most of all thank you for sharing your TN stories with others and helping them to make some difficult decisions a little easier. Dr. Kaufmann is right you know, TN people are special we have great courage and we have big warm hearts. Have a great week everyone.

Niagara Group

Please contact Brenda for updates on meeting times and dates. Niagara@caTNa.ca

A TN Story

I first developed the symptoms of TN about 5 years ago. The pain felt like it was in my teeth. It was triggered by brushing or flossing my teeth and I tried to minimize my dental care as much as I could – not a good thing. My dentist could not find anything wrong with my teeth so I tried to ignore the pain.

Since I must do public speaking as part of my job, the idea of having an attack in the middle of a presentation was always in my mind. Analgesics did not seem to help.

One day while I was having a root canal done, I mentioned to the endodontist what was happening and he was the first person to diagnose TN. He sent me back to my family doctor who sent me to see a Neurologist. After an MRI the diagnosis of TN was confirmed and I was started on drugs. That seemed to help for a while but then I needed to increase the dosage. As luck would have it, while waiting in line for my new prescription, the Pharmacist and I were talking. The lady next in line heard the words “Trigeminal Neuralgia” and told her story. She had been seeing an Acupuncturist in Burlington and had excellent results. After only three treatments her TN was gone.

I made an appointment with the same Acupuncturist and I am happy to say that after only 3 treatments it looks like my TN has gone. I am steadily decreasing the drugs and am happy to say that I have had no TN pain at all for 4 months. If anyone would like more information they can contact me.

Andrew, Burlington, Ontario

Dr. Kaufmann’s Dinner with the Toronto Group

The following comments are from people who attended the dinner in Toronto on September 16th:

Sandra and Kathy would like to thank everyone who attended the CaTNA Toronto chapter dinner on September 16th. We feel it was a great success and know everyone enjoyed themselves. We had 60 people attend the dinner and share their stories with others.

I know I speak on everyone's behalf when we once again thank Dr. Kaufmann for joining us for dinner and speaking personally with everyone that has TN and our family and friends. You answered all our questions and more. We thank you for caring about TN patients and taking the time to speak with us and for being our friend.

Kathy. In response I would first say thank you for coordinating the event. The evening was a good stage for gaining information, to ask questions and to meet / get to know some the TN family.

From a personal perspective I thought we had a great conversation at our table with Audrey, Terri, David and Doreen with My brother Rene and my mother. She shared a great deal of information about TN as

well as our lives which was supportive. That said it was also great to hear Dr Kaufmann speak on about TN and in fact demystify it as well. Also being able to spend some one-on-one time to talk about my mother's condition was priceless.

The meal and hall were nice and of good value. The one area of improvement would have been the sound system. Though I could hear I know I came across with some echo. Overall this was well worth while I was glad we attended.

Kathy a special thanks to you as I know this organization takes up a great deal of your energy but it is paying off one person at a time and has built into a special group. Keep up the good work as it is bearing fruit

Regards, Dennis

Hi Kathy

I meant to write and thank you and Sandra for organizing a wonderful evening - but never got to the e-mail for several days. It went very well and Dr. K was great as usual. I'm sure he got some more patients. It is 2 years since we saw him and it occurred to me that it was a reasonable length of time as more frequently would probably reduce the interest from many people - but you can work that out better than I can by looking at the list of attendees for this and the previous dinner. If they are very different then an annual dinner could work.

Dave & Doreen

Hi Kathy

Noreen & I enjoyed the dinner very much. Having eight people at each table was a good idea. Dr. Kaufmann covered Trigeminal Nerve problem questions & answers very well & I believe the majority of us enjoyed his relaxed presentation very well. His presentation was in "Layman's Terms" which the majority of us could understand.

The evening was a great success thanks to you & your team. Thanks Kathy for a wonderful evening.

Bill & Noreen

Hi Kathy

First of all that was a lovely evening on Friday. I also had the pleasure to chat with Dr. K. and learnt from him that he too had a patient who went through the same complications I did.

Audrey

Kathy,

I thought it went well. In fact, better than many events do. The mood was certainly upbeat. Dr Kaufmann is a perfect spokesman and seemed to make a genuine effort to speak with everyone there. He also gave about the right amount of background information as he answered all the questions.

The group was a good mix of those who have had surgery, those hoping to have surgery and those still seeking more information. There were also a good number of family support members in attendance, which is important.

I believe Sandra and you are to be congratulated on pulling this together. It was obvious that Dr Kauffman has a lot of respect for the work you both do in the GTA.

Garnet

Hi Kathy,

I thought this was a wonderful evening. Very informative! I think that people love the 50/50 draw because it was something fun for them to participate in. I think the Dr. K. portion was just right. Long enough to be informative. I think any longer and people would be sleeping :) A couple of people told me that they think a silent auction is a wonderful idea, and should be done next time. I think it would be added excitement especially for the TN supporters who may get restless of the information being shared by Dr. K. It would add the element of fun that I think was lacking a little bit. Something to think about. But overall a really wonderful time!

Kathy and Sandra

Sorry it took so long to get back to you....but I wanted to let you know that the dinner you organized was a great success!

It is very encouraging to see you maintain such an active group, and having Dr. Kaufmann there to speak was wonderful. I have attended several TN conferences over the years and thought I was up to date on all the latest information, but I came away from this dinner with some more information, and had some questions answered.

I had a chance to speak to some of your group members and your family members, which was very enjoyable. Thank you for the work you do in keeping this group going....

And, count me in on any future dinners!

Brenda Sharp
Group Leader for the Niagara Region

I thoroughly enjoyed the dinner with Dr. Kaufmann and it was indeed a pleasure to meet him again face to face and thank him once more in person. Having had the MVD procedure in Winnipeg in May this year I felt it was important to thank him again in person.

The dinner was excellent. My only criticism is I had difficulty hearing him some times and there was at times a lot of background noise from the wait staff and kitchen. Perhaps this was because we were seated close to the kitchen entrance.

If Dr. Kaufmann comes our way again I will do my best to attend. Overall it was a great experience. Thanks,

On a more personal note, I didn't join the CaTNA till after my MVD procedure in May. Having done so I am pleased to be able to tell my story and help along others who may be thinking of going to Winnipeg. I plan to attend other meetings in Toronto when I'm available.

Brian B, Cambridge

So, if you would like to get involved there are lots of things you can do:

- *Attend a meeting or special event*
- *Contact the local CaTNA group leader and see if she needs help*
- *Volunteer to be a local telephone support person*
- *Organize a small group meeting with a few TN patients right in your own community. Maybe all you do is have coffee and find out how you are each coping.*
- *Send your story to me to share it with others*
- *Log on to the message board and leave a message for others www.catna.ca/talk*

CaTNA

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