



Greetings all. It's hard to believe we are finished with the year 2010 already. I hope everyone had a great holidays and my wish for you is a pain free 2011.

Jan

TN and the Flu

Having TN and the flu at the same time can create some special problems when each time you blow/and or wipe your nose, you activate a TN attack. Here are some suggestions to avoid the flu taken from the MedBroadcast Web site:

Flu protection for yourself and others

The flu is a contagious infection. That means that everyone is at risk of catching it. To make matters more difficult, the flu is contagious a day before people experience symptoms, so they can spread the virus onto others without even knowing it.

The good news is that there are many simple things you can do to help prevent flu infection. This is especially important for people who are at risk of flu complications and more serious illness. Such people are also more likely to be hospitalized. At-risk people include children less than 5 years old, pregnant women, people with medical conditions, and people who are older than 65 years.

This flu season, stay on top of your health by taking the following steps to prevent spreading the flu.

Avoid contact. Avoiding someone who has the flu is the most obvious way to protect yourself from the flu. This includes avoiding anyone who has flu-like symptoms while the person has symptoms and for at least 24 hours after the person's fever ends.

Wash your hands. Frequent hand-washing is a simple way to reduce the spread of the flu virus. Proper hand-washing means washing with soap and water for at least 20 seconds. Wash often: before and after eating, after using the washroom, after coughing and sneezing, after touching potentially-contaminated surfaces, and after being in a public place. Dry your hands using a clean cloth or paper towel and turn off the tap with the paper towel or cloth. When hands are not visibly dirty and soap and water are not available, alcohol-based sanitizers with at least 60% alcohol by volume are a good alternative.

Watch where you cough, sneeze, and place your hands. The flu virus can enter the body through the mouth, nose, or eyes, so avoid touching your face with your hands. In addition, you should cough and sneeze into a tissue and dispose of the tissue immediately. If tissue isn't available, cough and sneeze into your arm, not your hand. Always wash your hands after coughing and sneezing.

Stay healthy. Your immune system needs all the strength it can get. Keep it strong by eating healthy meals and staying physically active.

Clean and disinfect. Since viruses can live on hard surfaces for up to 48 hours, common surface areas

should be cleaned and disinfected regularly with household cleaners. Make sure you scrub down doorknobs, light switches, keyboards, computer mice, telephones, and remote controls.

Manage your medical condition. People who have chronic medical conditions should make sure they are managing them as well as possible. These people are at risk of flu complications. Follow all treatment options (e.g., medications, vaccines against certain diseases such as flu or pneumonia) as recommended by your doctor. If you are taking medications, make sure you have at least a 2-week supply at home so that you don't have to leave it to get more. Ask your pharmacy if they have a delivery service.

Stay home. Just as you wouldn't want others to infect you with the flu, you should stay home until your symptoms are gone if you do get sick. By staying home, you reduce the risk of spreading the virus to someone else.

If you do get the flu and you are at risk of complications, reduce the risk of complications by visiting your doctor as soon as you have symptoms. Your doctor can outline treatment options that will make recovery easier.

If someone in close contact with you, such as others living in the same household, gets the flu, you should consider seeing your doctor as soon as possible to discuss treatments to prevent the flu. For people at risk for flu complications, this is a good way to help prevent the flu.

Study on Effect of Balloon Compression Surgery

There was a study reported in the "Clinical Neurology and Neurosurgery" that investigated the effectiveness of the Balloon Compression Rhizotomy (PBC) in relieving pain in both typical and atypical Trigeminal Neuralgia. They studied 59 patients who had a PBC and found that 83% had good pain relief. They found repeat surgery was as effective and first time surgery.

People with atypical pain and those who had symptoms for a longer period had a higher risk of recurrence.

This study was completed by Neurosurgeons in Poland and Korea.

Calgary

This group will meet the third Tuesday of each month at 1 pm at Confederation Park Senior Citizens Centre, 1112 - 13 St. N.W. Room #4. Contact Bev for more information.

Updates:

Lorraine writes that she is doing very well. It has been almost 3 years since her MVD and she is on no meds and has no pain.

Gaye also is doing well. She has some residual numbness but feels good.

John continues to struggle with his health. He has lung cancer which has spread and then in November had a stroke.

Niagara Region

Please contact Brenda for details on the location and date of the next meeting. Contact her at Niagara@catna.ca.

Message from Brenda: We had a meeting in November where we welcomed one new member. Two members have had recurring issues and are awaiting appointments with new neurosurgeons and new procedures.

As for me, I am taking a new turn in my career, and will be leaving for Arizona to be trained in "Brain State Technology". When I return, I will open up a practice in my own home, and will work towards balancing people's brains for optimum health. This new technology has also been reported to help with trigeminal neuralgia pain, so that's something very exciting to explore in the future! I will keep you posted.

Regina

Meetings are held monthly at the Wascana Rehabilitation Center, 2180 - 28th Avenue, 2nd Floor, Rooms 1, 2, & 3. Contact Faye for specific details. E-mail to regina@catna.ca or phone 751-0761

There will be no meeting in February.

Message from Faye: The March 5 meeting we will have a Hygienist speak on caring for your teeth when the pain is extreme. Ihor Kanyuka has attended two of our meetings to observe. The answers to the questionnaire I sent out last month was helpful and he is using the information you gave to make his presentation. Thank you to those of you who replied.

He gave a presentation to a class at SIAST and following that they included TN in their brochure for students and staff in the Dental Program. This will be very helpful for TN patients when going to the dentist. We are slowly making inroads in our health care. He will also have samples of this brochure to hand out to you. This is a meeting we all need to attend...

See you on March 5, 10 a.m. at Wascana Rehabilitation Centre.

Toronto

The Toronto group meets at the Senior Centre – Room 3, 7755 Bayview Ave. on the last Sunday of the month at 9:30 a.m. Entrance to Room 3 will be from the south side of the building.

Message from Kathy and Sandra: Members of the Toronto chapter are always so supportive to those who attend our meetings for the first time. If you have TN and wish to meet others with the same problem (you will be surprised about how many of us there are) please come out and join us and share your story success or not.

We have many people who have had MVD surgeries – some successful and some not so much. We (Sandra and Kathy) are not success stories and that's why we continue to have the support group to help others. We also have many people who contact us who have TN from Anesthesia Doloroso or post herpetic (Shingles) neuralgia.

We are here to talk to you wherever you live. Sometimes we can put you in touch with someone from your area with TN. Sometimes it just helps to know you are not alone. So why don't you reach out and join us for even one meeting and share your story. You are welcome!!

Toronto 2011 Meeting dates:

February 27 11

May 29/11

August 28/11

November 27/11

March 27/11

June 26/11

September 25/11

We do not meet in December

April 24/11

July 31/11

October 30/11

Letters

Hi Jan,

I really like this newsletter. I especially appreciated the question and answer section.

It is most certainly worth the time and effort. Since I have been pain and medication free for so long (knock on wood), it is primarily an interesting thing for me, I'm sure that for those suffering, and particularly those newly diagnosed, it is God sent.

H from Calgary

Other news

The TNA (USA) is moving. The new location in downtown Gainesville will bring them close to the Neuroscience Center at the University of Florida where they are funding preliminary research into myelin regeneration.

TNA-The Facial Pain Association's new address

408 W. University Avenue

Suite 602

Gainesville, FL 32601-5289

I'm looking for a report

There was an interesting study done in Xijing Hospital, Shaanxi, China. They were evaluating the effectiveness of using hyperbaric oxygen as a treatment for Trigeminal Neuralgia. The study should have been completed last year but I have not seen a report on the results yet. If anyone sees that report, please send it to me. Thanks - Jan

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