



TNA

Together we will end the pain.

Trigeminal Neuralgia Association - Twin Cities Support Group Meeting Notice
Saturday, May 20, 2006 10:30a – 12 Noon

North Memorial Hospital, Pine Crest Room,
3300 Oakdale Ave. N., Robbinsdale, MN. Tel: 763-520-5200

Speaker: Dr. Kerry Johnson - NUCCA

Dr. Kerry Johnson maintains a highly successful multi-doctor practice with a reputation for providing excellent results in pain relief, early return to normal activity, and restoration of health. Johnson Chiropractic, P.A. sees patients from all over the Midwest; nearly a quarter of patients drive greater than one hour each way for care. Along with his strong faith, Dr. Johnson credits his success to the fact that he has dedicated his professional life to mastering the NUCCA spinal correction, a highly effective, extremely gentle but difficult procedure developed by the National Upper Cervical Chiropractic Association. Dr. Johnson serves part-time on faculty at Northwestern Health Sciences University and his clinic is a training center for doctors and students. Dr. Johnson is a member of the Minnesota Chiropractic Association, the National Upper Cervical Chiropractic Association, and the Academy of Upper Cervical Chiropractic Organizations. He has authored a book about finding complete health that is scheduled for release in September.

Dr. Johnson has been privileged to experience moderate success with T.N. patients. Approximately 80% of the 30+ patients under his care have experienced some relief, many remaining pain free. Many other conditions respond well to NUCCA including: neck and back, arm and leg pain, headaches (including migraines), fibromyalgia/chronic fatigue, sleep disorders, arthritis and other degenerative conditions, as well as many childhood disorders. The reason NUCCA is so successful for so many problems is because the very gentle, precise, and accurate correction removes stress affecting the neurological centers for control of posture and balance as well as certain functions of the autonomic nervous system.

His website is: www.chiropractic.nu

Special note to those who can't get to meetings:

The leadership team is available by phone or email whenever you have questions or concerns. In the future Mary Lou Peterson plans to videotape our meetings. If this is a service you are interested in please contact Mary Lou.

IMPORTANT DATES FOR YOUR CALENDAR! 2006 MEETINGS

Saturday, July 15th Annual picnic at the Butcher's cabin

(Directions available and will be in the next newsletter.)

September 14th-16th Portland, Oregon

Saturday, November 18th North Memorial Hospital, Pine Crest Room 10:30 - 12 Noon

Twin Cities TN Support Group Purpose

To support and encourage patients and families of those who suffer from trigeminal neuralgia and related facial conditions: to assist and educate the medical and dental community in understanding the effects of these conditions. Share your success and concerns living with Trigeminal Neuralgia. We are always willing for people to share their stories in writing also, since some of our group is not able to attend the meetings or are too far away.

A Great resource website that was found that was created by a person with Trigeminal Neuralgia. www.creps.org/tn "Trigeminal Neuralgia, You are not alone"

If there is information you would like to add or see in our newsletter, please call or email Laurie Redmann or Mary Lou Peterson. We are trying to get the information out that people in our group would like. More information and any information you would like to share with the group. Even if it is a repeat it is nice to bring it up again for any new members of our group.

Changes in your Support Group!

There have been some significant changes in our group over the last few months.

First of all, a special thank you to Gail Tudor, who has been running the group since Mary, took on a new role with the Trigeminal Neuralgia Association (but is still active within our group). Gail's personal commitments have made it very difficult for her to give the local TNA group the attention she feels it needs. So, please give a warm welcome to your new Support Group Leader, Mary Lou Peterson.

Mary Lou was diagnosed with TN in June 2003 two months after her husband Steve lost his battle with lung cancer. She has been pain free for the past two years and attributes it to her upper cervical care treatment by Dr. Kerry Johnson.

She and Steve raised a blended family of six and she now enjoys ten grandchildren and her first great-grandson Dylan six weeks old.

Mary Lou is in the process of putting a team in place to help her run the group. So far the team is as follows (their contact information is listed at the end of this newsletter):

Laurie Redmann is now doing the newsletter.

Laurie was diagnosed with TN in October 2001 on the left side. By April 2002, she got TN on the right side also. Even after 3 MVD's she still has problems with both sides. She still has pain almost all the time in the left side. She has been disabled since October 2001. She is married to Gregg for 5 years, who is her greatest support. Last year a month after Laurie had her MVD, Gregg had to go in for Quadruple Bypass surgery. He is doing fantastic now and he actually feels better than he has in years. They don't have any children; their dogs are their children, and they breed and raise purebred Shih Tzu's.

Disclaimer: This newsletter is not intended to diagnose, prescribe, or to replace the services of your health care providers. It provides information only.

A New volunteer opportunity!

A Co-Leader will lead the meetings if Mary Lou Peterson is unable to attend and to be a part of the support group team.

Do you have any time and/or resources to help TN sufferers?

Do you have access to make copies of our newsletters?

We need volunteers to get together to collate and mail the newsletter to our membership. It will take about four hours every two months.

We **MUST** have volunteers to continue with our support group! Please consider volunteering your time! Remember - it's your group!

****NEW**-ATTENTION E-MAIL USERS**

To get up-to-date Trigeminal Neuralgia information via e-mail contact Mary Lou Peterson at marylou@giftofheritage.com.

Don't forget to let us know if your e-mail address changes.

To ensure that your TNA Twin Cities e-mail messages are not blocked by a filter, please add "From" e-mail address (marylou@giftofheritage.com) to your address book or safe list.

Twin Cities Leadership Team

Leader: ** Our group has a new leader***

Mary Lou Peterson 612-727-1715 marylou@giftofheritage.com
5429 45th Avenue So Minneapolis, MN 55417

Phone Team:

Mary Lou Ackleson 651-451-6249

Mary Butcher 763-753-3018 butcher70@earthlink.net

*Laurie Redmann 763-370-8135 redmann@izoom.net (Please put TN in the title so it doesn't go into spam)

News from National

The New Address and Telephone number for the National TNA Office

352-331-7006 or 800-352-331-7006 Fax: 352-331-7078 Website: www.tna-support.org

925 Northwest 56th Terrace Suite C Gainesville FL 32605

National's Patient Information Representative: Alana 352-331-7022

Email: tnanational@tna-support.org

Michael Pasternak President

Jane Boles Executive Director/CEO

Please send your tax-deductible contribution to TNA, 925 Northwest 56th Terrace, Suite C Gainesville, FL 32605 or you can contribute on TNA's website at www.endthepain.org. Thanks!

TNA Sixth National Conference

September 14-16, 2006

Portland, Oregon.

To request FREE information from TNA go to <http://www.tna-support.org>

Click on **Educational Materials** click on **Information Sheets**.

Then click on the desired information.

Resources

Preventing Emergencies from Becoming Tragedies[®]

This is a service you may want to checkout.

<https://www.medicalert.org/Main>

<https://www.medicalert.org/Main/24Hour.aspx>

It is vital that emergency responders know your medical information before they can safely administer treatment. They would search your pulse points and find the famous Medic Alert emblem, which speaks for you if you are unable to speak for yourself.

