



**San Francisco-San Jose
Trigeminal Neuralgia
Association Support Group**

Saturday March 8, 2008 Meeting

El Camino Hospital, Mountain View

March 8th Program: Emily Diaz will review the San Diego TNA Regional Conference. "I've got some great handouts and excellent notes about the latest that is being done to treat TN. Please join me as I go over the latest info about a healthy diet, Gamma Knife, Motor-cortex stimulation and much more."

Our 2008 Meeting Room: We will meet in Room "N" on the ground floor of the Park Pavilion-YMCA Building. Enter the Hospital Campus from Grant Road on North Drive and park in the lot behind the Park Pavilion-YMCA Building. A map is attached.

Exciting News from the last meeting on January 12, 2008

Successful MVD Performed

Maria Acevedo is pain-free and medicine free after a successful MVD surgery in September 2007!!! At our January meeting, Maria Acevedo spoke about her nine-year ordeal with TN pain and all the medications. Finally after much suffering she decided to have the MVD done at Kaiser, Redwood City. Dr. Efron was confident he could cure her pain. When Maria woke up from her surgery, Dr. Efron gently tapped her face and asked, "Maria, Maria, are you in any pain? I told you I was going to help you!" Maria Acevedo was so relieved.

At the height of her pain Ms. Acevedo was taking nearly 5000mg of medicine each day. After the surgery, she decided to stop all medications and was so thankful to be pain-free! She has no side effects from the surgery and is back at work and doing all the things she loves like spending time with her family, cooking and taking walks in any kind of weather!

And another successful MVD performed

Adrienne Reeves will join us at our March meeting to describe her resolution of TN pain November 2007 at UCSF after a 6 year search for relief. She will tell us where TN took her and describe her return, after surgery, to the person she had been prior to being stricken with TN. We hope one of her daughters will be able to join us to best describe that rebirth.

The Benefits of Meditation

At our last meeting Mike and Cynthia Flynn gave some sage advice about using meditation to reduce stress and ultimately improve your overall quality of life. They have been practicing meditation for over 20 years. They began with a class at Foothill college and have been practicing meditation ever since. For those of you who are interested, a class is offered at El Camino Hospital. It is called, "Mindfulness-Based Stress Reductions" Call the hospital for more information 650.940.7000 or visit www.elcaminohospital.org and go to "Calendar & Classes"

Our 3rd annual Founder's Day Support Group Meeting

This is a time for all TN support group members to join us and talk to new and long time members. I would also like to extend this invitation out to your loved ones. If you have someone in your life that has given you a lot of support, please consider bringing him or her to the meeting. I know that managing TN is also about appreciating those people who help us on a daily basis. Please bring that special someone who has been helping you manage your TN! Hope to see you all there! –Emily Diaz, TN Co-facilitator

San Francisco-San Jose Support Group Mountain View Meeting Dates

Saturdays, 1:30-3:30, March 8, May 10, July 12 2008, September 13, November 8

North San Francisco Bay Area Support Group Meetings in Walnut Creek

John Muir/Mt. Diablo Women's Health Center

Saturdays, 1:45-3:45 pm, April 5, 2008, June 7, August 2, October 4, December 6

Northern California Support Group Leaders and TNA Contacts

North Bay: John Porter (510) 501-5550 sfnorthbay.tna.support.group@gmail.com

South Bay: Emily Diaz (408) 846-0618 iemily@mac.com

Bennett Bloomfield (650) 573-6292 chiefbmb@yahoo.com

TNA: Office (800) 923-3608 www.endthepain.org

TNA: Patient Rep (800) 929-3608 patientrep@tna-support.org

If you change your e-mail or postal address, have questions, or want to be removed from our mailing list, please let us know.

NOTE: There are many treatment options for TN and facial pain conditions. TNA does not endorse any one over others. This newsletter and the information contained in it are not intended to be medical advice. For that, you must consult your own doctor.

Become a TNA Partner. Join "The Power of Partnership" membership drive. Here are some member benefits: A 10% discount for books, DVDs, educational materials, and Conferences.

We extend our grateful thanks to those of you who have already signed on as Partners.

Click on the "Join Now" tab at www.endthepain.org TNA home page or mail this form to: TNA, 925 NW 56th Terrace, Suite C, Gainesville FL 32605

Name _____
Address _____
City, State and Zip _____
Email _____ Phone _____
Membership type: Individual \$35___ Family \$50___ Lifetime \$500___ Friend \$35___
Check (made out to TNA) is enclosed _____ TNA is a 501(c)(3) non-profit organization.
Credit card: Visa ___ MasterCard ___ Amex ___ Discover ___
Account number _____ Expiration date _____