



# Newsletter

Sacramento Area

Trigeminal Neuralgia Support Group

Sacramento Support Group

Saturday, February 12, 2005

1:00 p.m. 4:00 p.m.

Sutter Memorial Hospital

7 Center Patio

5151 'F' Street

Sacramento CA 95819

Guest Speakers: Our very own Allan Enis & Helen Porter!! They will give an overview of the 5th National TNA Conference held in Orlando, FL. Some of the topics they will share are:

--What's new in surgical approaches

--Medications

--Upper Cervical Chiropractic (U.C.C.) Treatment

--Compounded medications

--Motor Cortex Stimulation

--And much, much, more!

## TNA Plans Regional Conferences in 2005 & 2006

If you missed the Orlando TNA Conference, don't despair! On February 8th, Support Group Leaders from the Sacramento and Bay area will meet with the TNA Conference Coordinator and Dr. Nicholas Barbaro of UCSF to plan a one day regional patient conference to be held in the Bay Area sometime in 2005. The format is intended to mirror the National Conference. Guest speakers will include doctors/medical professionals experienced with TN who will share their various skills ranging from surgery to complementary and alternative medicine. Your comments/suggestions are welcome.

The first 2005 Regional Meeting has already been scheduled for New York City, April 30 at NYU School of Dentistry!

## Striking Back, a Handbook of Trigeminal Neuralgia & Facial Pain

The newest version is now available! It is written in layman's terms, describes all aspects of TN and facial pain, and provides information and resources for patients, family, and medical professionals. A must-have guide for every facial pain patient! We will have several copies available for check out at our next meeting. If you'd like to purchase a copy of your own you can order it online at [www.tna-support.org](http://www.tna-support.org), by phone 352.376.9955 or fax 352.376.8688. The cost of the book is \$24.95 + shipping.

## You Can Be a Star

Have you had a recent procedure for TN or other facial pain? If you'd like to share your experience at one of our meetings, please give us a call or send an email so we can add you to our agenda.

## Lights, Camera, Action

We have an extensive library of videos that will be available at our meetings for you to check out. If you are not able to attend the meeting and would like to know what is available, please contact Susan Ray. Popcorn is extra!

## Things Change

If you have changed your email address, your telephone number, etc., or wish to be removed from our mailing list, please contact Susan Ray.

## Gossip Corner

Pssst - did you know that Dr. Michael Edwards, a past guest speaker at our meetings, is now at Stanford University Medical Center? His new "titles": Professor of Neurosurgery and Pediatrics, and Director Regional Pediatric Neurosurgery at Lucile Packard Children's Hospital. He has also expressed interest in participating in the 2005 Regional Conference. Good job Dr. Edwards!!

## Sacramento Support Group Meetings

Sutter Memorial Hospital

1:00 pm - 4:00 pm

May 14; September 10; November 12, 2005

## Bay Area Support Group Meetings

South S.F. Bay Area (San Fran San Jose)

El Camino Hospital

1:30 pm - 3:30 pm

March 12, May 14, July 9, September 10, November 12, 2005

North S.F. Bay Area (Walnut Creek)

John Muir/Mt. Diablo Womens Health Center

1:45 p.m. - 3:45 p.m.

February 5; \*\*April 2; June 4; August 6; October 1; December 3, 2005

**\*\*A special North/South Bay Area Joint Meeting\*\***

April 2, 2005, 1:45 p.m.

John Muir/Mt. Diablo Womens Health Center

Guest Speaker: Dr. Nicholas Barbaro, Vice Chairman, Dept of Neurological Surgery at UCSF and a member of the TNA Medical Advisory Board.

## Contacts

Sacramento: Susan Ray (916) 435-3017 or srray1156@yahoo.com

North Bay: John Porter jporter@d11.uscg.mil

Ken Faulk (925) 939-2242

South Bay: Ginny Crawford (408) 527-0832

Bennett Bloomfield (650) 573-6292 or b.m.bloomfield@att.net

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## Just For Today

I will muster enough resources to be energetic

I will toss away unhealthy coping methods in my life

I will concentrate on the pluses, not the minuses

I will not let discouragement creep in like a heavy fog obscuring my vision

I will not worry about tomorrow

I will force myself to be as mobile as possible

I will find something to laugh about

I will be thankful for the things I can do without pain

I will reminisce about good things in my life, rather than dwelling on the bad

I will make the effort to smile whether I feel like it or not

I will be hopeful concerning the future

I will not allow temporary frustrations and disappointments to permanently alter my goals

I will have faith that everything will turn out okay

I will keep moving even though my body feels as if it is full of lead

I will face the person in the mirror with enthusiasm

I will not give up!