



**SACRAMENTO AREA
TRIGEMINAL NEURALGIA ASSOCIATION
SUPPORT GROUP**

SUPPORT GROUP CONTACTS

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**TRIGEMINAL NEURALGIA
ASSOCIATION**

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<http://www.tna-support.org/>

Patient Representative

patientinfo@tna-support.org

Sacramento Support Group Meeting

Saturday, February 11, 2006

1:00 p.m. – 4:00 p.m.

Sutter Memorial Hospital

7 Center Patio

5151 'F' Street

Sacramento CA 95819

Guest Speakers: *Dr. Brett Gottlieb and James Tomasi*

Dr. Gottlieb will talk about *“Upper Cervical Care, a non-surgical approach to the treatment of Trigeminal Neuralgia.”*

Dr. Gottlieb earned a bachelor’s degree in Kinesiology from UCLA in 1985. He attended Los Angeles College of Chiropractic and earned his Doctorate of Chiropractic degree in 1989. He started his first Chiropractic practice in 1991. Over the past 14 years, Dr. Gottlieb has successfully operated several Chiropractic practices. Dr. Gottlieb started advanced training with the National Upper Cervical Chiropractic Association (NUCCA) in 1993. He decided to dedicate his career to practicing Upper Cervical Chiropractic when his own health problems were helped by an Upper Cervical adjustment. Severe back pain, fatigue, and allergies threatened to end his career. After receiving Upper Cervical adjustments, his pain and allergies disappeared and his energy returned. Since then, he has helped numerous patients throughout the Sacramento area restore and preserve pain free optimal health through Upper Cervical care. Dr. Gottlieb has written numerous articles for Sacramento’s Health and Fitness Magazine over the last 10 years and has conducted workshops for employers in Sacramento. Topics have included lower back injury prevention, nutritional awareness, and stress.

James Tomasi was relieved of his TN pain by Upper Cervical Care after suffering for 12 years. Because Upper Cervical literally saved his life, James and his wife Rhonda are committed to devoting their lives to creating awareness of this healing procedure. As a retired business-man and pastor, James has made people aware of Upper Cervical Care across the nation by doing public service lectures, TV and Radio appearances, as well as speaking in many churches, colleges, and clinics. He and Rhonda have written several books, including, *“What Time Tuesday”* which chronicles his life with the debilitating disease, and shares with millions world-wide his and many other testimonies of remarkable recovery and healing through dedicated Upper Cervical Specialists. Their commitment to make people aware of this healing science has taken them as missionaries with these doctors to many continents.

Disclaimer: The Sacramento TN Support Group does not endorse any one treatment, study, physician or medical facility over another. The information presented at our meetings is for information purposes only and is not intended as specific medical advice. It should never be used to replace the expert care and advice of your physician.

TNA National Conference

The 6th National TN Conference will be held September 14-16, 2006 in Portland, Oregon. Dr. Kim Burchiel of Oregon Health Sciences University and a member of the TNA advisory Board will host the conference.

Striking Back, a Handbook of Trigeminal Neuralgia & Facial Pain

Published by TNA in 2004 and authored by George Weigel and Kenneth F. Casey, M.D. 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! Copies are available for check out and purchase through our support group. You can also purchase online at www.tna-support.org, or through Barnes & Noble Bookstore.

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 a meeting and would like to know what's 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.

Sacramento 2006 Meetings

Sutter Memorial Hospital

1:00 pm - 4:00 pm

February 11; May 6*; September 9; November 11

***May 6th Guest Speaker:** *Dr. Nicolas Barbaro, Neurosurgeon at UCSF Medical Center and a member of the Trigeminal Neuralgia Associations Medical Advisory Board. Dr. Barbaro also hosted the TNA Regional Conference at UCSF in September 2005*

Other Area Support Group Meetings

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

El Camino Hospital. 1:30 pm – 3:30 pm

January 14, March 11, May 13, July 9, 2006

North S.F. Bay Area (Walnut Creek)

John Muir/Mt. Diablo Women's Health Center

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

February 4, April 1, June 3, 2006

Stockton

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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!

Directions to Sutter Memorial Hospital:

I-80 West (Roseville/Auburn)

Travel I-80 West towards Sacramento and then take the Capital City Freeway West (Business Loop 80). Stay on Capital City Freeway and exit at 'E' Street. Merge onto 29th Street. Turn left on 'H' Street and follow to 51st Street. Turn left on 51st Street. Turn right on 'F' Street.

I-80 East (Davis/Bay Area)

Take I-80 East. Get in the middle or left lanes as you enter Sacramento and follow signs to Capital City Freeway East (Business Loop 80). Do not take I-80/Reno as this completely bypasses downtown Sacramento. At Hwy 99, Hwy 50 and Business 80 interchange, follow signs to Business 80 Reno and exit at 'H' Street and follow to 51st Street. Turn left on 51st Street. Turn right on 'F' Street.

North of Sacramento (Airport/Redding)

Go South on I-5/Hwy99 and follow signs to Capital City Freeway East. Do not take I-80/Reno. At Hwy 99, Hwy 50 and Business 80 interchange, follow signs to Business 80 Reno and exit at 'H' Street and follow to 51st Street. Turn left on 51st Street. Turn right on 'F' Street.

South of Sacramento (Elk Grove/Stockton)

Go North on I-5/Hwy 99 and follow signs to Capital City Freeway East. Exit at 'H' Street and follow to 51st Street. Turn left on 51st Street. Turn right on 'F' Street.

East of Sacramento (Placerville-Hwy 50)

Go West on Hwy 50 and take Capital City Freeway East. Exit at 'H' Street and follow to 51st Street. Turn left on 51st Street. Turn right on 'F' Street.

**Parking is behind the hospital.
Validations will be available at the meeting.**