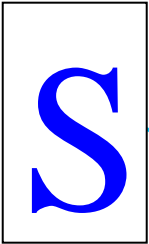


CENTRAL CALIFORNIA Trigeminal Neuralgia Association Support Group



STRIKING BACK! ⚡ Newsletter ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡ ⚡



SPRING 2007

SUPPORT GROUP LEADER

Carlin Lagrutta (209) 464-7171
carlin.stockton.tna.support@comcast.net

SUPPORT GROUP CO-LEADER

Carol (Roberts) Belluomo (209) 358-9475
cbellumo@sbcglobal.net

LIBRARY COMMITTEE

Alice Paxton (209) 532-1140
apaxton@inreach.com

RESEARCH COMMITTEE

Camie Tamraz (209) 531-2232
camietam@yahoo.com

REFRESHMENTS COMMITTEE

Joan Burns (209) 931-6486

TREASURER

Broughton Long (209) 464-5476

FAMILY/FRIENDS COMMITTEE

Rosafina Lagrutta (209) 943-5367 & Sarah Leary (209) 474-8088

TELEPHONE COMMITTEE

Patty Leary (209) 474-8088
Rosiestar_5@netzero.net

Carol Muller (209) 369-6594

p-cmuller@softcom.net

PUBLICITY COMMITTEE

Rita Huckins (209) 951-9825

ritagefes@aol.com

TRIGEMINAL NEURALGIA ASSOCIATION

925 Northwest 56th Terrace Place, Suite C, Gainesville, FL 32605
(800) 923-3608

www.endthepain.org

INSIDE:

- GUEST SPEAKER at 1/20/07 MEETING
DR. RUSSELL B. ROTTACKER

Support Group Member Shares Personal TN/Facial Pain Story

Western Regional Conference in SAN DIEGO, CA October 27, 2007!!

Pain Management for TN/Facial Pain In Emergency Room Facility

Use these BRAINY Tips to Minimize Stress



{Cut-off below and keep for your information}

NEXT SUPPORT GROUP MEETING

DR. KENNETH CASEY ~~~GUEST SPEAKER

April 14th, 2007, 1:30 p.m. – 3:30 p.m.
El Camino Hospital, Mountain View, CA

TNA Support Groups San Francisco North and South Bay, and Sacramento and Central California.



Contact Carlin or Carol regarding car-pooling, maps And parking directions/information.

By publication and dissemination of any informational materials, TNA (Trigeminal Neuralgia Association and/or Central California TNA Support Group), neither endorses nor assumes any responsibility for the accuracy of the information contained therein. Any information is intended to provide you with what TNA believes to be current information on TN and possible modes of treatment and is being shared in an effort to keep you informed. Any information provided is not intended to constitute specific medical advice and should not be relied on as such by you without consultation with your own physicians.



PAIN MANAGEMENT IN THE EMERGENCY ROOM 🚑 🚑

Avoid the hospital emergency room unless there is no other choice. Nevertheless, in case you need it, have documentation from your treating physician stating what the condition is. 📄 🗣️ [Call your primary care physician immediately prior to leaving for the emergency room so he/she can properly advise the hospital AND your insurance provider]. Have a list 📋 of your medications readily available when checking-in. Be prepared that you may have to provide awareness to the hospital, as Trigeminal Neuralgia/facial pain is not common, especially in emergency situations. The better prepared you are, the better immediate care you should be able to receive.

Also: If you have copies any medical records, MRI reports, or even your own daily/weekly journal, bring with you. 📁 It does make it easier for you to express your TN/facial pain to the emergency room doctor.

Suggestion: Grab your ‘*Striking Back*’ book on your way out of the house and take it with you, if anything, just for show-and-tell!! 📖 📖

Available: At support group meetings, you may pick up a copies of “When You Go to the Emergency Room with Extreme TN Pain” and “Hospitals Told To Treat Pain”.

USE THESE BRAINY TIPS TO MINIMIZE STRESS...

Breathe

As soon as you start to feel stressed, take three to five deep breaths. It’ll give you a brief time out and keep you from acting impulsively. 🕊️

Relax

While you breathe, repeat to yourself the word “relax” or another pleasant-sounding word. This helps reduce muscle tension and fatigue. ❤️

Ask, “How would I rather be feeling?”

A positive question like this evokes calm, serene answers. Those feelings often become reality – you are what you think.



Imagine feeling...

Calm, powerful, content, in control...and remember a time when you felt that way. Your body will respond to those memories as though they’re happening now! 🐕 🏠 🐕 🧘 🦋 🧑🏻 🧑🏻

Notice the change

If you’ve done these simple thought exercises, you’ll have turned a difficult situation into a soothing one. Reward yourself!



TNA WESTERN REGIONAL CONFERENCE - SAN DIEGO, OCTOBER 27, 2007

TNA Conference Coordinator, Shelly Wilson, proudly announces: TNA San Diego Support Group, Cherie Sato, Leader (& Jake - Assistance Dog) & John F. Alksne, M.D., Neurological Surgery of San Diego Gamma Knife Center, will be hosting....

**Western Regional Conference on Saturday, October 27, 2007,
9:00 a.m. to 5:00 p.m.**

There will be many speakers not only from California, but also all over. The conference fee is estimated at around \$60.00 and lunch will be served, which is included with your registration fee.

This is a great opportunity, especially for those whom are unable to attend *TNA National Conferences*. It will be like having a mini-conference. Be assured you will leave this Regional Conference having made many new TN/facial pain acquaintances, meeting doctors and plenty of information to take home with you.

TNA Central California SG will keep you advised on all information regarding this special event!!

SUPPORT GROUP MEMBER SHARES PERSONAL TN/FACIAL PAIN STORY

By Carol Muller

My trigeminal neuralgia pain started about fifteen (15) years ago. I went through the gamut of dentists, parodontist, oral surgeon, ear/nose/throat doctor, you name it!! These 'specialists' kept asking me, 'were you hit in the face as a child?' My answer being, "Not that I recall nor remember, NO".

Finally, my family physician told me I might have TN and sent me to a neurologist. The neurologist's diagnosis was that I did have TN and started me on Dilantin. My pain went into remission {away} for eight (8) years and then, suddenly, returned. I, again, started taking Dilantin, but with the worsening pain, my doctor prescribed Tegretol, also.

I'd heard about severe attacks of TN and that many emergency rooms do not know what to do for it. Where would I go if that happened? Not only how could I manage a severe attack, but was a hospital's emergency room going to be able to understand me, listen to me and treat me????

My treating neurologist referred me to Stephen D. Chang, M.D. [**see below]. Dr. Chang's opinion was that I have the MVD surgery [micro-vascular decompression], being my best option. Now, at this time, I was not ready; however, I did return home feeling more peaceful, having a place to go and a doctor in whom I felt great confidence.

A year later in August of 2005, I was taking three Dilantin and four Tegretol daily. My treating neurologist indicated, "I should have something done", as she couldn't allow more medication.

I had been doing my homework...reading the 'Striking Back' book, regarding options. I zeroed in on pages 180-203 and 246-252 and here are the five (5) matters that helped me decide to opt for the MVD:

- 1) MVD seemed like the most successful, longtime cure.
- 2) MVD seemed to work best when it was the first procedure.
- 3) I needed a doctor who had experience and whom I had confidence.
- 4) If an MVD would get rid of this pain, I would certainly have a better quality of life.
- 5) I had prayed about this for a long time, and now I had a real peace about my decision.

My MVD, with Dr. Chang, was on September 12, 2005. His well-trained staff, and Stanford Hospital were an incredible combination. The operation was on a Monday morning; I went home on Friday morning and had no more pain!! I was back to work in three (3) weeks.

It took me years to make this decision but, if necessary, I'd do it over again with no reservation.

Feel free to call me: (209) 369-6594 or email: p-cmuller@softcom.net if you would like more information or I can help in any way.

THIS IS APRIL 2007 AND I REMAIN PAIN-FREE!!!!!!!

Sincerely,


CAROL MULLER

SUPPORT GROUP MEMBER & TNA CENTRAL CALIFORNIA SUPPORT GROUP TELEPHONE COMMITTEE

~~~~~  
\*\* Steven D. Chang, M.D., Assistant Professor, Dept. of Neurosurgery, Stanford University, 300 Pasteur Drive, Room R225, Stanford, CA 94305  
(650) 723-5573  
~~~~~

HELLO/WELCOME! And GET WELL, to Support Group Members, Donors & Friends...


Sharon Brewer & Family: TN/facial pain sufferer, Sharon has now been diagnosed with a rare disorder, Ranouds. Her husband, Hal, was recently hospitalized due to heart complications, but is doing better. GET WELL, SHARON & HAL!!

Steve Groce,  donor/El Dorado Liquors, Stockton, *continues his struggle to recover* from severe gun-shot wounds while defending his employees during an at-point gun hold-up in September, 2005.

Zelda Giannecchini is recovering from a broken arm injury. Our group sent Zelda a 'get well' card. Zelda phoned Carlin kindly acknowledging receipt of the card. Zelda sends her thanks to all of you for your concern!

Heather Maddalon ~ staunch support group member, continues to battle with TN/facial pain. YOU HANG IN THERE, Heather!!

Christina Sandoval: continues to suffer from TN/facial pain, even after a recent MVD in 2006. Our group has sent her a card in hopes that she will be, soon, feeling much better.

CONGRATULATIONS & BEST WISHES to Carol (Roberts) Belluomo [TNA Central California SG Co-Leader]...married Tom Belluomo December 2006.  {Acknowledgement donation, in lieu of wedding gift, is requested by Carol & Tom to be made to TNA National!}.

**CENTRAL CALIFORNIA SUPPORT GROUP PARTICIPATES
IN HONORING PETER J. JANNETTA, M.D.**

Peter J. Jannetta, M.D., a pioneer in neurosurgery, retires from leadership of the TNA Medical Advisory Board. Dr. Jannetta's 'microvascular decompression' technique is one of the leading surgical treatments for TN. The surgery is sometimes called the 'Jannetta procedure'. A Lifetime Achievement dinner honoring Dr. Jannetta is Saturday, April 28, 2007, in Pittsburgh, Pennsylvania. TNA Kansas City Support Group Leaders Claude & Jean Aldridge came up with a thoughtful idea: local support groups may participate by sending a card and/or donation.

By *unanimous local member vote*, Central California Support Group has signed and sent a personal card to Dr. Jannetta and donation towards: JANNETTA INITIATIVE. If anyone would like further information regarding 'Jannetta Initiative', do not hesitate to contact Broughton Long, Central California TNA SG Treasurer at: (209) 464-5476.



NEWSLETTER SUBMISSIONS

Support Group Members~~**YOU are the ones that can keep us informed!** We certainly hope you are communicating amongst one another, either by email, phone, US mail and, also by using our "Local Support" list. Please keep us informed of mentionable notices by contacting: RITA HUCKINS, Publicity Committee, 3014 Carousel Circle, Stockton, CA 95219; (209) 951-9825; email: ritagefes@aol.com.

Local Support Group CHANGE OF NAME notice! notice! notice!

As you've probably noticed on Page One, Stockton-San Joaquin County TNA SG is undergoing a change of name to: **CENTRAL CALIFORNIA TNA SUPPORT GROUP**. No worries, please! Our member data remain the same, as are your Leaders and Committees. There is **no action required by you**.

This change of name, in coordination with TNA National, is made as this group reaches the entire Central Valley of California; not only San Joaquin County but Counties of Amador, Alpine, Calaveras, Mariposa, Merced, Stanislaus, Tuolumne.

It is our desired intention to reach, include and welcome all TN/facial pain sufferers!!

Again, there is no action you need to take. Thank you for your continued member participation. Any questions, contact Carlin Lagrutta, SGL or Carol Belluomo, SG Co-Leader.

THANK YOU, DONORS!!!!

MISAKI SUSHI AND BAR, donation of dining gift certificate(s) for Silent Auction. 222 N. El Dorado Street, Stockton, CA 95202; (209) 547-1288; **Andrew San**, Manager. Excellent sushi bar and menu items. Watch the sunset, over the downtown Delta, at the bar or while dining outside in patio! 🍷 🍴

EL DORADO LIQUOR and LOTTO CENTER, donation of ice, juice and soda for meetings! 4106 N. E. Dorado Street, Stockton, CA 95204; (209) 466-1077; **Steve Groce**, Owner. 📄 📄

DR. & MRS. RUSSELL B. ROTTACKER, donation towards costs of printing and mailing January 2007 meeting flyer. 321 Cherry Lane, Manteca, CA 99337; (209) 824-8160. 📄 📄

GEORGE A. AZEVEDO, CLU/Agent, **State Farm Insurance Company**, donation of '2007-year' calendars; 525 Lincoln Center, Stockton, CA 95207; (209) 474-3285. 📄

LITTLE CAESARS PIZZA, donation of pizzas (delicious!) for January 2007 meeting. **Jeff Eckerty**, Manager, 1101 E. March Lane, Stockton, CA 95210; (209) 477-7667. 🍷

PATRONIZE OUR DONORS

Do not forget to say: 'HELLO'

'I am a member of the Central California TNA Support Group, thank you for your support.'



THANK YOU, FAMILY/FRIENDS/SUPPORT GROUP MEMBERS

NAME	AFFILIATION
JOAN BURNS	Support Group Committee & Member~~donation for 2006 National Conference
MR. & MRS. LEO FONG	Family/friends of C. Lagrutta~~donation for 2006 National Conference
CAROLE GREEN	Family/friends of C. Lagrutta~~donation to National and Support Group
MR. & MRS. PETER LEHR	Family/friends of C. Lagrutta~~donation for 2006 National Conference
BROUGHTON LONG	Support Group Treasurer & Member~~donation for 2006 National Conference
HEATHER MADDALON	Support Group Member~~donation to National and donation(s) to Stockton SG
RON & ALICE PIMENTEL	Family/friends of C. Lagrutta~~purchase of Dr. Zak's book
CAMIE TAMRAZ	Support Group Committee & Member~~donation to Stockton SG
DONNA LOLLI	Support Group Member~~donation to Stockton SG
ROSAFINA LAGRUTTA	Support Group Committee & family supporter of C. Lagrutta~~donation of office supplies ~ shared amongst all Stockton SG Chairpersons/Meeting attendees!

Support Group Meeting Re-Cap of January 20, 2007

Guest Speaker: RUSSELL B. ROTTACKER, D.C., Q.M.E, D.A.C.N.B.,
Qualified Medical Examiner by the State of California and a Board Certified Chiropractic Neurologist. You may contact Dr. Rottacker and make appointments by calling: (209) 824-8160. His office is located at 321 Cherry Lane, Manteca, CA 99337.

This meeting was made tremendous by member attendance and our guest speaker! Members present was greeted by Dr. Rottacker as he asked questions and listened to each individual. Dr. Rottacker then took our [member] data, drawing charts, answering questions and provided information. Dr. Rottacker's presentation was over 1½ hour long, and he then spent time afterwards speaking with members individually!! WOW!! Terrific!!

Below is DR. ROTTACKER's PRESENTATION IN GENERAL.

Dr. Rottacker presented information about non-pharmaceutical and non-surgical treatment options available to addressing TN/ facial pain. This material focused on pain production and pain inhibitory pathways and how these can be influenced by non-invasive methods. "I have had success in helping those with TN", says Dr. Rottacker.

QUESTION	ANSWER BY DR. ROTTACKER
What is a chiropractic neurologist?	A chiropractor that has taken a three-year course of post-graduate study, specializing in the field of neurology.
How is this different from other chiropractors?	Additional training results in greater technical skills in evaluation, diagnosis and treatment.
What does a chiropractic neurologist do?	Influences the nervous system by affecting the sensory ~ [touch/taste/smell/sound/feeling] ~ and motor ~ strength, coordination ~ control systems.
Why would I go to this doctor of chiropractic/neurology?	To get answers to health problems that has not resolved with home remedies, other professional help or to simply receive excellent health care.

Dr. Rottacker also shared with us that he did his undergraduate work at San Joaquin Delta College. Graduating Summa Cum Laude (with highest academic honors) from Palmer College of Chiropractic in 1983. Since 1983, Dr. Rottacker has been in solo practice, group practice and founded a multidiscipline practice with a neurologist, physical therapist, podiatrist and acupuncturist; providing treatment for 17 years in San Francisco. Dr. Rottacker moved back to the valley in 2005 to be closer to family. He achieved the status of Dipolmate of the American Chiropractic Neurology Board. His specialty area of training enables him to not only help those with headaches, neck pain and backaches, but also (for example) those who have had peripheral nerve injuries, brain and spinal cord injuries, ADD/ADHD, strokes and chronic unresolved pain. Also a Qualified Medical Examiner appointed by the State of California to evaluate injured workers, Dr. Rottacker has a certification in Permanent Medical Impairment Rating. He has testified in court on numerous occasions regarding patient injuries sustained in motor vehicle accidents.

Dr. Rottacker's initial consultation is complimentary - no charge! At the end of your consultation with Dr. Rottacker, he will advise whether he can: 1) help you; 2) anticipated cost {Medicare provider and most other insurance carriers accepted}.

Dr. Rottacker wants you to know: 'YOU decide the direction of your health care; I am available for you!'

Dr. Rottacker was presented with a TNA lapel pin in appreciation for his time, consideration and wonderful presentation. Thank you, Dr. Rottacker!!




DR. KENNETH CASEY

SUPPORT GROUP MEETING GUEST SPEAKER

DATE: SATURDAY, APRIL 14TH, 2007
TIME: 1:30p.m. to 3:30 p.m.
PLACE: EL CAMINO HOSPITAL, 2500 Grant Road, MOUNTAIN VIEW, CA

Dr. Kenneth Casey will be guest speaker at co-meeting with TNA San Francisco North Bay and South Bay, and Sacramento and Central California Groups. [Hosted by John Porter and Emily Diaz, TNA San Francisco/North Bay Support Group].

Make time for yourself, and attend this meeting! Family/friends are welcome, too! A lifetime opportunity: listen/hear Dr. Casey, co-author of 'Striking Back! The Trigeminal Neuralgia and Face Pain Handbook', and ask questions. Dr. Casey is Associate Professor, Department of Neurosurgery at Wayne State University in Detroit, Michigan {where he will host the 2008 TNA National Conference!}.

You will want to bring your 'STRIKING BACK' book  along with you and ask Dr. Casey to autograph! Dr. Casey is a neurosurgeon and Member of the TNA Medical Advisory Board.



Car-pooling, directions, map and parking instructions may be obtained by contacting any of the following:

John C. Porter, TNA San Francisco North Bay Support Group Leader
John.C.Porter@ucsf.edu; phone: (510) 865-8751

Emily Diaz, TNA San Francisco South Bay Support Group Leader
iemily@mac.com; phone: (408) 846-0618

Bennett Bloomfield, TNA Support Group Leader {retired}
chiefbmb@yahoo.com; phone: (650) 573-6292

Susan Ray, TNA Sacramento Support Group Leader
Srray1156@yahoo.com; phone: (916) 435-3017

Carlin Lagrutta, TNA Central California Support Group Leader
carlin.stockton.tna.support@comcast.net; phone: (209) 464-7171

Circle April 14th, 2007 on your calendar, post in your date-book, tape this page to your refrigerator, wherever it may REMIND YOU:

SUPPORT GROUP MEETING DATE: SATURDAY, APRIL 14, 2007
TIME: 1:30 p.m. to 3:30 p.m.
PLACE: EL CAMINO HOSPITAL
ADDRESS: 2500 Grant Road, MOUNTAIN VIEW, CA