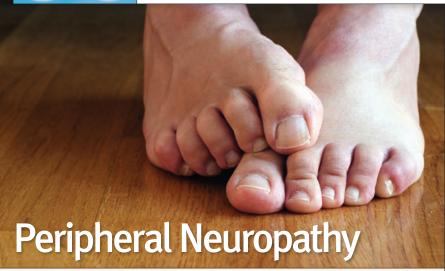
RESOURCE CENTRAL

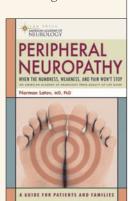


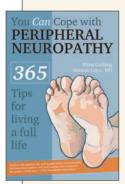
Peripheral neuropathy affects nearly 20 million people in the U.S., more often older adults. About 1 in 3 people with diabetes suffer from the condition, and it affects about 1 in 3 people with HIV. Certain chemotherapy drugs can cause peripheral neuropathy, and it can be associated with other diseases such as muscular dystrophy, Charcot-Marie-Tooth disease, alcoholism, and lupus. Symptoms include pain, numbness, loss of balance, and tingling in the extremities.

Two useful books on neuropathy are *Peripheral Neuropathy: When the Numbness, Weakness, and Pain Won't Stop*, (Demos Publishing, 2007) by Norman Latov, M.D., Ph.D., professor of neurology at the Weill Medical College of Cornell University; and *You Can Cope with Peripheral Neuropathy:* 365 *Tips for Living a Full Life* (Demos Publishing, 2009) by Norman Latov, M.D., and Mims Cushing.

Peripheral Neuropathy: When the Numbness, Weakness, and Pain Won't Stop, part of the American Academy of Neurology's patient book series, explains what we know about neuropathy, including its causes and manifestations, and what can be done to manage it. Topics covered include:

- ▶ The causes of peripheral neuropathy
- ▶ Drug therapy for the condition itself and for managing symptoms such as pain
- ▶ Interventional therapy such as nerve blocks
- ► Caring for your feet
- ▶ Personal accounts of people living with neuropathy
- ► Alternative medicines—and much more





You Can Cope with Peripheral Neuropathy: 365 Tips for Living a Full Life, is a compendium of tips, techniques, and life-task shortcuts to help people living with this painful condition. Published just in time for National Neuropathy Week—May 11-15—this valuable manual was written by Dr. Latov and former neuropathy support group leader Mims Cushing. Topics include:

- ▶ What to ask at doctor appointments
- ▶ Making the house easier to navigate with neuropathy
- ▶ Where to find a support group
- ► Tips for traveling with neuropathy
- ▶ Using vitamins and herbs for treatment—and much more

Assistance Directory

For a full listing of patient organizations, go to **neurologynow.com**

HELP FOR ALL NEUROLOGICAL DISORDERS

American Academy of Neurology Foundation **neurofoundation.org** 1-800-879-1960

The Brain Matters
AAN patient website
thebrainmatters.org

National Institute of Neurological Disorders and Stroke ninds.nih.gov

ALZHEIMER'S DISEASE

Alzheimer's Association alz.org 1-800-272-3900

Alzheimer's Disease Education and Referral Center alzheimers.org 1-800-438-4380

Alzheimer's Foundation of America alzfdn.org 1-866-232-8484

AUTISM

Autism Society of America autism-society.org 1-800-3AUTISM (1-800-328-8476)

Autism Speaks, Inc. autismspeaks.org 212-252-8584

Global and Regional Asperger Syndrome Partnership grasp.org 1-888-474-7277

RESOURCE CENTRAL

BRAIN TUMOR

American Brain Tumor Association abta.org

800-886-2282

Children's Brain Tumor Foundation **cbtf.org**

1-866-CBT-HOPE (228-4673)

National Brain Tumor Society Braintumor.org 1-800-934-2873

CEREBRAL PALSY

United Cerebral Palsy ucp.org 1-800-872-5827

DYSTONIA

Benign Essential Blepharospasm Research Foundation, Inc.

Blepharospasm.org

409-832-0788

Dystonia Foundation dystonia-foundation.org 1-800-377-DYST (1-800-377-3978)

National Spasmodic Dysphonia Association

dysphonia.org

1-800-795-6732

Spasmodic Torticollis spasmodictorticollis.org

1-888-445-4588

EPILEPSY AND SEIZURES

Citizens United for Research in Epilepsy (CURE) CUREepilepsy.org 312-255-1801

Epilepsy Foundation epilepsyfoundation.org 1-800-332-1000

HEADACHE / MIGRAINE

National Headache Foundation headaches.org

1-888-NHF-5552 (1-888-643-5552)

American Council for Headache Education achenet.org 1-856-423-0258

Migraine Research Foundation migraineresearchfoundation.org 212-249-5402

HUNTINGTON'S DISEASE

Hereditary Disease Foundation hdfoundation.org 212-928-2121

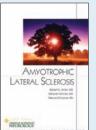
Huntington's Disease Society of America hdsa.org

1-800-345-HDSA (1-800-345-4372)

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Migraine and Other Headaches, by William B. Young, M.D., and Stephen D. Silberstein, M.D.

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Spinal Cord Injury: A Guide for Patients and Families, by Michael E. Selzer, M.D., Ph.D., and Bruce H. Dobkin, M.D.

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Understanding Pain: What It Is, Why It Happens and How It's Managed, by Harry J. Gould, III, M.D., Ph.D.

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HYDROCEPHALUS

Children's Hydrocephalus Support Group hydrosupport.org

425-482-0479

Hydrocephalus Association hydroassoc.org

1-888-598-3789

National Hydrocephalus Foundation nhfonline.org

1-888-857-3434

MULTIPLE SCLEROSIS

MSFriends msfriends.org 1-877-MSFRIENDS

MSWorld msworld.org

Multiple Sclerosis Association of America msassociation.org

1-800-532-7667

Multiple Sclerosis Foundation msfocus.org 1-800-225-6495 National Multiple Sclerosis Society nationalmssociety.org 1-800-FIGHT-MS (1-800-344-4867)

MYASTHENIA GRAVIS

Myasthenia Gravis Foundation of America myasthenia.org 1-800-541-5454

NEUROMUSCULAR DISEASES

ALS Association alsa.org 1-800-782-4747

Charcot-Marie-Tooth Association charcot-marie-tooth.org 610-499-9264 1-800-606-CMTA (2682)

Moebius Syndrome Foundation moebiussyndrome.com 1-660-834-3406

Muscular Dystrophy Association mda.org

1-800-FIGHT-MD (1-800-344-4863)

Neuropathy Action Foundation neuropathyaction.org 1-877-512-7262

Neuropathy Association neuropathy.org 212-692-0662

Spastic Paraplegia Foundation, Inc. sp-foundation.org 1-877-773-4483

PAIN

American Chronic Pain Association theacpa.org 916-632-0922 1-800-533-3231

American Pain Foundation painfoundation.org 1-888-615-PAIN (1-888-615-7246)

National Foundation for the Treatment of Pain paincare.org 713-862-9332

PARKINSON'S DISEASE & MOVEMENT DISORDERS

American Parkinson Disease Association apdaparkinson.org 1-800-223-2732

International Essential Tremor Foundation essentialtremor.org 1-888-387-3667

Lewy Body Dementia Association **lbda.org**

Michael J. Fox Foundation for Parkinson's Research michaeljfox.org 1-800-708-7644

National Ataxia Foundation ataxia.org 763-553-0020

National Parkinson Foundation parkinson.org 1-800-327-4545

Parkinson's Disease Foundation pdf.org 1-800-457-6676

Society for Progressive Supranuclear Palsy **curepsp.org** 1-800-457-4777 WE MOVE (Worldwide Education & Awareness for Movement Disorders) wemove.org 212-875-8312

STROKE

American Stroke Association strokeassociation.org 1-888-4-STROKE (1-800-478-7653)

Brain Attack Coalition **stroke-site.org** 1-800-STROKES (1-800-787-6563)

National Stroke Association **stroke.org** 1-800-STROKES (1-800-787-6563)

TRAUMA

Brain Injury Association of America biausa.org 1-800-444-6443

Brain Trauma Foundation braintrauma.org 212-772-0608

National Spinal Cord Injury Association spinalcord.org 1-800-962-9629

SLEEP

National Sleep Foundation sleepfoundation.org 202-347-3471

