



PERIPHERAL NEUROPATHY SUPPORT GROUP

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NEWSLETTER AND P.N. MINUTES for February, 2023

The meeting opened at 10.05 am

ATTENDANCE : Celia Miraglia, Barbara Morris, , Ron Gascoigne, Eileen Senn, Philip Surtees, Margaret Hunt, Lindsay Gibson, Faye Breslin, Mike Kiff, Ron and Beryl Hancock

APOLOGIES : , Murray Cox, Jenny Wilkins, Laurel Morris, Faye Holloway, Lorainne Keen, Murray Cox.

NEW MEMBERS:. Garry Sharplin, Lindsay Gibson, Ron and Beryl Hancock. Welcome to the Group.

CONFIRMATION OF MINUTES OF LAST COMMITTEE MEETING as circulated being true and correct.

Accepted: Eileen Senn

Seconded: Celia Miraglia

CORRESPONDENCE ;

Email from Connect Groups re the Pay it Forward Program (see below)

Email from ACNC re The Charitable Purpose Monthly newsletter (See below)

Accepted : Philip Surtees

Seconded: Celia Miraglia

TREASURER'S REPORT AS AT 1/02/2023

Receipts

Membership D.D	10.00
Joining Fee D.D	5.00
Membership	10.00
Joining Fee	5.00

TOTAL	30.00

Payments

Morning tea	20.00
	20.00

Balance b/f 923.13

BANK ACCOUNT

Cheque A/c paid	20.00	Deposits	30.00
Balance c/f	953.13		933.13

ACCOUNTS FOR PAYMENT

Nil

Accepted: Celia Miraglia

Seconded : Mike Kiff

GENERAL BUSINESS

We had another discussion around the table in regard to symptoms and treatment of P.N. A new member has found that a cream Zostrix helps him immensely with pain in his legs. Zostrix has been unavailable from the distributor but is now available. If a pharmacy does not have any it is because they have not ordered it. The cost is around \$20 for a 25g tube. Use sparingly, apply just enough to cover the affected area and massage into the skin until no residue remains. Always wash hands thoroughly with soap and water after the application. Check with your doctor before using.

A member from South Australia uses Lyrica which gives her some benefit. She feels very much alone in her endeavours to ease the pain, and a member from the Group contacted her to help in her wellbeing.

In the correspondence above, I mentioned the "Pay it Forward" scheme was now open. Following is the information about it.

Pay it Forward grants round now open!

An innovative early intervention and prevention Mental Health/Social and Emotional Wellbeing (SEWB) Program

The Pay it Forward Plan (PIF) is a Connect Groups' small grants program available to peer Support Group members. The objective of PIF is to be a mental health/SEWB early intervention and prevention initiative to

- Empower peer Support Groups to achieve positive mental health/SEWB outcomes for their members
- Contribute to the prevention of mental illness, and the recovery of mental health/SEWB for peer Support Group members,
- Further peer Support Groups' mental health/SEWB supports to their members
- Promote good mental health/SEWB
- Encourage peer Support Groups' mission, governance, and sustainability

Grants of up to \$10,000 are available for a project within the funding categories of capacity building and sustainability, marketing and promotion, information and promotion technology or customised projects.

Overall its a scheme which is run so that charities can apply for a grant to set up their ongoing activities.

The other email from ACNC (Australian Commission Not-for-Profit Charities) is a monthly Newsletter. Called "The Charitable Purpose". The Newsletter deals with charity news, updates, and short podcasts of helpful and interesting information helpful to the running of each charity.

The meeting finished at 10.50 am`. The next meeting will be held on Monday 13th March. At The Niche, Cnr Aberdare Road and and Hospital Avenue, Shenton Park from 10.00 am to 12 noon.

A POEM FOR OLD PEOPLE! Could be from Pam Ayres

I remember the cheese of my childhood and the bread that we cut with a knife.
When the children helped with the housework, and the men went to work, not the wife.

The cheese never needed a fridge and the bread was so crusty and hot.
He children were seldom unhappy and the wife was content with her lot.

I remember the milk from the bottle, with the yummy cream on the top.
Our dinner came hot from the over, and not from the fridge in the shop.

The kids were a lot more contented, they didn't need money for kicks.
Just a game with their mates in the road and sometimes the Saturday flicks.

I remember the shop on the corner, where a pen'worth of sweets was sold.
Do you think I'm a bit too nostalgic? Or is it.....I'm just getting old?

I remember the "loo:" was the lavvy and the bogey man came in the night.
It wasn't the least bit funny going "out back" with no light.

Hung on a peg in that loo, were interesting items to view.
From newspapers cut into squares. It took little to keep us amused.

Dirty clothes were boiled in the copper, with plenty of rich foamy suds.
But the ironing seemed never ending as Mum, pressed everyone's 'duds'.

I remember the slap on my backside and the taste of soap if I swore.
Anorexia and diets weren't heard of and we hadn't much choice what we wore.

Do you think that bruised our ego? or our initiative was destroyed?
We ate what was put on the table and think life was better enjoyed.

But a huge fact not here to mentioned in this tale of nostalgic rejoice,
Is the reason we all "enjoyed" our lot, We had NO BLOODY CHOICE.

We have an introduction to an article on Exercise included on the next page and as there are many pages we will include further pages in future monthly newsletters. I suggest that you collect the relevant pages as you get them over the next few months so that you end up with the complete article.

Many will baulk at bothering about exercise, but this article will simplify how to adjust to your level of ability.
As with any new exercise program, please check in with your doctor to make sure that these activities are right for you.



PHYSICAL FITNESS | ULTIMATE GUIDE

The metabolic benefits of slow, steady Zone 2 exercise

Exercise that's easy, but not too easy, can improve your fitness and your metabolic health. Here's how to do it.



WRITTEN BY

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8 MIN
READ

Chances are, you've heard a lot about high-intensity interval training (HIIT) workouts, where bursts of near-maximum effort alternate with bouts of lower-intensity exercise. You may have also heard that HIIT is more efficient than slow and steady workouts for fat loss and conditioning and that when it comes to cardio, the only effort worth doing is one that's all out.

Not so fast. In the past decade, scientists, physiologists, and coaches have re-embraced the fitness benefits of slow, steady, "Zone 2" cardio—exercise that keeps your

https://www.levelshealth.com/blog/the-metabolic-benefits-of-slow-steady-zone-2-exercise?blm_aid=151812

Long-Term Neurologic Problems Rise by 7% After SARS-CoV-2 Infection

— Movement disorders, memory problems, strokes, and seizures emerge, regardless of age

by Judy George, Deputy Managing Editor, MedPage Today
September 25, 2022

Risk of movement disorders, memory problems, strokes, and seizures rose 1 year after acute SARS-CoV-2 infection, an analysis of millions of U.S. veterans' records showed.

Former COVID patients had a 42% increased risk of neurologic problems 12 months after testing positive (HR 1.42, 95% CI 1.38-1.47), reported Ziyad Al-Aly, MD, of Washington University in St. Louis and Veterans Affairs St. Louis Health Care System, and colleagues.

The burden was roughly a 7% increase in long-term neurologic problems (70.69 per 1,000 persons, 95% CI 63.54-78.01), the researchers wrote in *Nature Medicine*. Risks and burdens were elevated even in people who did not require hospitalization during acute COVID-19.

"COVID can lead to long-term neurologic consequences," Al-Aly told *MedPage Today*. "The virus is not always as benign as some people think it is."

"It is not only brain fog," he emphasized. "There is clearly an increased risk of strokes, headaches, seizures, peripheral neuropathy, and more."

Using Veterans Affairs national healthcare databases, Al-Aly and co-authors built cohorts that included 154,068 individuals diagnosed with COVID-19 from March 2020 to January 2021, 5,638,795 contemporary controls who were not infected, and 5,859,621 historical controls from 2017.

The mean age of the COVID cohort was 61, and 89% were men. The researchers used inverse probability weighting to balance the cohorts. In the COVID group, they evaluated incident occurrences of 44 brain and other neurologic disorders about 1 year after acute SARS-CoV-2 infection. Both hospitalized and non-hospitalized COVID patients were included.

Compared with controls, COVID patients were 80% more likely to have a new occurrence of epilepsy or seizures, 43% more likely to develop mental health disorders such as anxiety or depression, 42% more likely to be diagnosed with movement disorders, and

35% more likely to have mild to severe headaches at 1 year. They also were 50% more likely to have an ischemic stroke.

People with COVID had a 77% higher risk of memory problems as those in the control groups. In some patients, post-COVID memory problems have resolved over time, Al-Aly noted.

COVID patients also had an increased risk of an Alzheimer's disease diagnosis compared with their counterparts who weren't infected (HR 2.03, 95% CI 1.79-2.31).

"It's unlikely that someone who has had COVID-19 will just get Alzheimer's out of the blue," Al-Aly said in a statement. "Alzheimer's takes years to manifest."

"But what we suspect is happening is that people who have a predisposition to Alzheimer's may be pushed over the edge by COVID, meaning they're on a faster track to develop the disease," he added. "It's rare, but concerning."

Medical News from Around the Web

BBC

How to use anxiety to your advantage

FORBES

Listening To Birdsongs Can Calm Your Frayed Nerves

DISCOVER MAGAZINE

Combat Cognitive Decline With These 5 Activities

Analyses by age as a continuous variable revealed two key findings, the researchers noted. "Regardless of age and across the age spectrum, people with COVID-19 had a higher risk of all the neurologic outcomes examined in this analysis," they observed.

In addition, "our interaction analyses suggest that the effect of COVID-19 on risk of memory and cognitive disorders, sensory disorders and other neurologic disorders (including Guillain-Barré syndrome and encephalitis or encephalopathy) is stronger in younger adults," they pointed out. "The effects of these disorders on younger lives are profound and cannot be overstated; urgent attention is needed to better understand these long-term effects and the means to mitigate them."

Limitations to the study included a cohort of mostly white males. Few people were vaccinated for COVID because vaccines were not widely available during the study period. Other research led by Al-Aly has shown that vaccines reduce but do not eliminate the risk of neurologic complications from COVID-19.