

GBS/CIDP Foundation International
Denver Chapter Newsletter

Issue Number 13 --- Fall, 2006

LOOKING BACK:

Monthly Meetings:

Some of you may remember that at the beginning of 2006, we decided to try holding monthly meetings. While we enjoyed good attendance it has become too much work for Ann and Elaine to continue. We also question whether the average number of people coming to each meeting justifies the amount of work involved in holding a monthly meeting.

For those of you who want to continue monthly contact, please let Ann or Elaine know and they will try to make sure you are not left without a "telephone buddy".

If anyone wants to take over and continue running a monthly meeting let Elaine know and she will give you all the hospital contact information.

Many of you have maintained interest in receiving the quarterly newsletter. So we will shift our area of support to visiting, calling, sending the newsletter, and holding three to four meetings a year. As usual, we welcome comments and feedback regarding these issues.

Ted Asch did extensive research on nerve conduction studies (we all remember those!) and presented his findings in a very informative meeting in June. His handouts will be available in November.

Our annual Statewide meeting was held in September and we had a very small showing. Is May the preferred month for our Statewide? Handouts from September will also be available in November.

LOOKING AHEAD:

There will be two last meetings in 2006: **November 11** and **December 9**. Both will begin at 2:00pm at St. Anthony Central Hospital. In November a panel of folks who will have attended the Foundation's International Symposium in Phoenix will answer your questions and share the newest and latest information.

In December we'll have our **annual Holiday Potluck** for GBS/CIDP survivors, families and friends.

You will NOT receive telephone reminders for the November or December meetings from our faithful but tired telephone volunteers. Please consider helping these telephone people by taking a portion of the list. Contact Rennie Langman or Maureen Williams if you wish to help.

The year 2007 is still in the planning stages and your input is needed. Tentatively, a speaker and/or open discussion is planned for February, and in May a meeting of all Colorado chapters, with a speaker is on the table.

Food for Thought:

Newly recovering GBS survivors need to talk face to face with "old veterans." Long term survivors have a great deal to offer "newbies." Consider your attendance at meetings as an offering for someone's healing journey.

Living Well With GBS/CIDP:

"Fellow sufferers of Neuropathy might want to try this ~ nothing ventured nothing gained"

"Six years ago the tingling in my toes was diagnosed as the early stages of Peripheral Neuropathy. My symptoms progressed to almost complete numbness above my ankles, causing discomfort and pain, especially at night. About a year ago I began applying Vicks VapoRub to my toes to kill a fungus under some toenails. Not only did it control the fungus, but I began to notice sensitivity in my feet again, where before I couldn't even feel the

prick of a sharp pin. So I started applying the Vicks on the entire surface of both my feet. I again have feeling in both my feet and the numbness up my legs seems arrested. There is still some tingling and discomfort in my toes at night but it is so slight I no longer use Neurontin. My doctor is as amazed as I am and has encouraged me to keep with it. I apply Vicks Vaporub -- the odorless, greaseless cream in a tube -- to my feet and cover with socks every night before bed."

Also: One of our members in the western part of Colorado suggests checking out this website:

http://health.groups.yahoo.com/GBS_CIDP.

All recipients of this newsletter are encouraged to provide suggestions and tips for upcoming meetings and newsletters. This is YOUR way to provide encouragement and HOPE to others. We need YOUR input so we can to continue to provide you with what you want from this group.

Please call or write us:

Elaine ~ 303-567-2927 mtn.weaver@wildblue.net

Ann ~ 303-438-1428 anngeob@msn.com.

Thought for the Day:

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

Michelangelo

Be well, we look forward to seeing you in November.