



*the* FOUNDATION *for*  
PERIPHERAL NEUROPATHY®

DEDICATED *to* REVERSING *the* IRREVERSIBLE

**Welcome to our eCatalog of topics!** For your ease of use, we have compiled this list of our most popular topics with links to content you can find on our website. Please feel free to send us questions or feedback about this eCatalog to [info@tffpn.org](mailto:info@tffpn.org). All blue text is hyperlinked.

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<a href="#">E-Tip: A Cup of Blueberries a Day Keeps the Doctor Away</a>	June 18, 2019
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<a href="#">E-Tip: Travel Tips</a>	February 4, 2020
<a href="#">Blog Post: Jonathan's Story: A World to Explore</a>	February 4, 2020
<b>Videos</b>	
<a href="#">PN Awareness Video: Name it! Learn it! Cure it!</a>	
<a href="#">Ovarian Cancer and Peripheral Neuropathy (Premium)</a>	
<a href="#">Physical and Occupational Therapy for PN (Premium)</a>	April 2012
<a href="#">PN: New Strategies for Patient Care (Premium)</a>	June 2012
<a href="#">Knowing Neuropathy (Premium)</a>	September 2012
<a href="#">Managing Pain and Neuropathy (Premium)</a>	October 2013
<a href="#">Brain Talk – Hope for Patients Suffering with PN (Podcast)</a>	November 2013
<a href="#">The Emotional Impact of PN (Premium)</a>	January 2014
<a href="#">The Use of Cannabis for Treating Neuropathic Pain (Premium)</a>	May 2016
<a href="#">2017 Chicago FPN Patient Conference (Premium)</a>	October 2017
<a href="#">Charitable Giving in the New Tax Age (Webinar)</a>	April 12, 2019

<b>2018 DC FPN Patient Conference: Updates and Breakthroughs:</b> What is New in Research on PN? The PNRR: What is its Part in the Puzzle, and How can You Fit?; Coping with Pain: Tips and Techniques; Physical Therapy and Exercise: The Physical Side of Managing Neuropathies	June 2018
<b>2018 New York FPN Patient Conference:</b> Overview of Neuropathic Pain and Pharmacological Approaches; MD Controlled Substances: What are the Roles of Opioids and Medical Marijuana in the Treatment of Neuropathic Pain? Optimizing Communication with your Provider and Beyond Drugs: Non-Pharmacological Management of Neuropathic Pain; Research and Technology for Possible Options to Neuropathic Pain Treatment	October 2018
<b>2019 Austin Patient Conference:</b> Clinical Trials for Treatment of Neuropathy; Maintaining Your independence at Home and on the Road; Integrative Approaches to Thriving with Chronic Illness: Addressing the Mental, Emotional and Relational Aspects of Your Journey; Panel Discussion: Exercising through All Stages of PN – Advice from Exercise Experts	September 2019
<b>Webinar: Living Well with PN with Dr. Shanna Patterson: Session 1: Managing the Symptoms of PN</b>	March 4, 2020
<b>Webinar: Living Well with PN with Dr. Shanna Patterson: Session 2: Getting the Most out of Virtual Visits with your Doctor</b>	June 4, 2020
<b>In their Own Words: This is Peripheral Neuropathy</b>	July 18, 2020
<b>Webinar: A Sense of Balance</b>	September 23, 2020
<b>Webinar: Panel Discussion on Trends in Peripheral Neuropathy Research</b> (Premium)	October 20, 2020
<b>Webinar: Chemo-Induced Peripheral Neuropathy (CIPN)</b>	November 10, 2020
<b>Webinar: Complementary &amp; Alternative Medicine in Neuropathy</b>	November 11, 2020
<b>Weather and Peripheral Neuropathy</b>	
<b>E-Tip: Coping with heat that can worsen chronic pain.</b>	July 3, 2018
<b>Foundation for Peripheral Neuropathy Brochures</b>	
<b>Improve Treatment, Discover a Cure</b> (Premium)	
<b>Understanding Peripheral Neuropathy</b> (Premium)	
<b>Together we bring information, resources and hope to those suffering with Diabetic Peripheral Neuropathy</b> (Premium)	
<b>The Peripheral Neuropathy Research Registry</b> (Premium)	
<b>Foundation for Peripheral Neuropathy Newsletters</b>	

<p><b>Fall/Winter 2016:</b> 2007-2017 10 Year Anniversary of FPN; Recognizing FPN Founder Jack Miller; Vitamin Nicotinamide Riboside Protects Mice from Diabetes Complications; What is Scrambler Therapy and How Does it Work; News Brief: Third Biannual International Research Symposium: Letter from Scientific Advisory Board Member Dr. Ahmet Hoke; Forever Grateful-Letter from Board Member Patti Davis; Clinical Trials; Yoga – Training Your Body, Mind and Spirit to Deal with PN; Giving Tuesday; Board Member Spotlight on Adam Halper; FPN Symposium Excerpts; Professional Patient Advocates: Making Sure You Have Someone on Your Side; Letters from Fans</p>	
<p><b>Spring/Summer 2017:</b> Message from the Executive Director; The Voice of the Patient; European Workshop Focuses on Anti-MAG and IgM Paraprotein-Associated PN; Blocking Molecular Signaling Pathway Could Prevent or Reverse PN; SLU Scientist Examines Potential Biomarkers for Pain Lined to Debilitating Health Conditions; New Book: Small Nerves, Big Problems; Clinical Trial Update; Complementary Therapies – Medical Cannabis Q &amp; A; Thank you to 2016 Donors (listing); Spring Cleaning; Letters from Fans; Why People Give to Charity</p>	
<p><b>Fall 2017:</b> Opiates for Neuropathic Pain: Problem or Panacea? Patient Profile: Bobby Rigney; Preventing Complications and Treating Symptoms of Diabetic PN; Sigma 2 Receptor/TMEM97 Agonists Produce Long-Lasting Antineuropathic Pain Effects in Mice; Aptinyx Conducts Phase 2 Trials of Investigational Therapy for Neuropathic Pain and Fibromyalgia; News Brief: Chicago Patient Conference; Easy Way to Find a PN Clinical Trial Near You; FPN Represented at NINDS Forum for Non-Profits; Donor Spotlight on Walter Van Woudenberg and Saskia Keyes; Leave a Legacy; Relieving Numbness and Pain with Acupuncture; Finding the Right Cane; Letters from Fans</p>	
<p><b>Spring 2018:</b> A Message from the Executive Director; A New Approach to CIPN Symptom Management; Peripheral Neuropathy Research Registry Yields New Discovery; PN Patient Conference Held in Washington, DC; FPN Launches FPN Ambassador Committee; Ask the Foundation: Balance Tips; Spotlight on PN Awareness Week; FPN Welcomes New Board Members, Dr. Senda Ajroud-Driss and Dr. Gordon Smith; Letters from Fans; Careful: Those Supplements May Do More Harm than Good; Efficacy of Spinal Cord Stimulation</p>	
<p><b>Fall 2018:</b> From the Executive Director; Walking with Peripheral Neuropathy by Patient Robert Manning; Unbiased Biomarker Discovery in Painful Idiopathic Neuropathy; The Search for Biomarkers Indicating Pain; FPN Conducts Survey for FDA; Managing and Coping with PN; Peripheral Neuropathy Patient Conference Held in New York; Donor Spotlight: The Legacy of Naomi Kronfield Shapiro; Tips for Caregivers; From the Bookshelf; Charitable IRA Rollover</p>	



<b>Spring 2019:</b> From the Executive Director; Accentuating the Positives by Chef and Patient Bill Nolan; Key Data from FPN Patient Registry Highlighted in Top Medical Journal; Donor Spotlight: the Legacy of Mary Jo Tucci; New Drug Development Underway to Prevent Chemotherapy-Induced PN; Treatment Options and Pain Management; FPN Welcomes New Board Member, Van Salmans; Letters from Fans; Managing your (Diabetic) Peripheral Neuropathy; Making an Impact Today and Into the Future	
<b>Fall 2019:</b> From the Executive Director; Bringing Home the Gold (Profile of Dana Delgado); PN Biomarker Study; PNS Meeting 2019; Acupuncture for the Treatment of Neuropathy; Living Well with PN – Austin Patient Conference Held; Driving and Neuropathy; The Faces of Peripheral Neuropathy; Charitable Giving in the New Tax Age; Shop and Support FPN with Amazon Smile	
<b>Spring 2020:</b> From the Executive Director; Got Nerve? Meet Allison Stone, who organized a run in Virginia; Research: Predisposition of PN by Genetic Markers?; AAN & PNS Meetings; Patient Education Webinars Announcement; FPN Launches Advocacy Campaign to Include Peripheral Neuropathy in Department of Defense Medical Research Budget; Nerve Basics; Traveling with a Disability; Integrative Treatments for Neuropathy: Vitamins and Supplements	
<b>Fall 2020:</b> From the Executive Director; The Power of Nutrition: Patient Profile of Barbara Montgomery; Research: Celebrating PN Research; Virtual Programming Opportunities; Amid Challenging Times, FPN Continues Advocacy for Peripheral Neuropathy Research Funding; Ronald Lissak: Board Member, PN patient, and COVID-19 Survivor; A Sense of Balance; Nerve Health: The Power of Nutrition; HOKA ONE ONE “Run the L” Challenge	
<b>Facebook Chat Transcripts</b>	
<b>Neuropathy After Cancer: CURE Magazine Facebook Chat</b>	July 2014
<b>How to Live Well with Neuropathy: PainPathways Magazine Facebook Chat</b>	May 2015

<b>About the Foundation for Peripheral Neuropathy</b>	
<b>2018 Mid-Year Update – what we’ve been up to at FPN</b>	Mid-year 2018
<b>2018 Annual Impact Review</b>	2018 End of Year
<b>E-News: Congratulations to FPN Board President, Lou Mazawey, named among “Best Lawyers” in Washington, DC</b>	February 2019
<b>FPN News: Introducing Van Salmans: PN Sufferer and new FPN Board Member</b>	Spring 2019
<b>E-News: FPN Welcomes New Board Member, Van Salmans</b>	March 2019

<a href="#">Blog Post: FPN Welcomes New Board Member, Ron Lissak</a>	May 21, 2020
<a href="#">Blog Post: FPN Welcomes New Scientific Advisor, Dr. Steven Scherer</a>	November 16, 2020
<b>Advocacy</b>	
<a href="#">E-Tip: We need your help to make our voices heard! Help us spread the word about PN!</a>	March 27, 2018
<a href="#">Blog Post: FDA and FPN survey patients on chronic pain and treatments</a>	July 17, 2018
<a href="#">Blog Post: Update on FPN's Campaign to Get PN Research in the US Budget</a>	July 31, 2019
<a href="#">E-News: Call to Action: Help Us Get Your Voice Heard for More Research Funding</a>	August 2019
<a href="#">Blog Post: Call to Action 2020! Help Us Get Your Voice Heard for More Research Funding!</a>	February 10, 2020
<a href="#">Blog Post: FPN Government Relations Update: May 2020</a>	May 6, 2020
<a href="#">Blog Post: Peripheral Neuropathy Designated Among Conditions Eligible for Research!</a>	November 6, 2020
<b>Awareness</b>	
<a href="#">PN Awareness Video: Name it! Learn it! Cure it! (Video)</a>	
<a href="#">Web Page: What can YOU do to raise awareness for PN?</a>	
<a href="#">Web Page: Spread the Word for PN Awareness!</a>	
<a href="#">Web Page: Share the Facts for PN Awareness!</a>	
<a href="#">Web Page: Become an Ambassador for PN Awareness!</a>	
<a href="#">E-Tip: We need your help to make our voices heard! Help us spread the word about PN!</a>	March 27, 2018
<a href="#">Blog Post: We need you for #PeripheralNeuropathyAwareness</a>	April 17, 2018
<a href="#">Blog Post: Help spread the word for PN Awareness Week!</a>	April 17, 2018
<a href="#">Blog Post: After PN Awareness Week: Let's Keep the Momentum Going!</a>	May 14, 2018
<a href="#">Blog Post: We need you for #PeripheralNeuropathyAwareness 2019!</a>	May 2, 2019
<a href="#">E-Mail: May 5, 2019 PN Awareness Week</a>	May 5, 2019
<a href="#">E-News: Peripheral Neuropathy Awareness Week Recap: May 4–10, 2020</a>	May 2020