



*Pat, Doug and Liz*

### Raffle

- 1st Prize: Hand towels and body lotion  
*Won by Pat Humphreys*
- 2nd Prize: 2 movie tickets  
*Won by Doug Alchin*
- 3rd prize: A lovely notebook  
*Won by Liz Gamble*

### Q Magnets TN Support Group Trial

Our trials on the use of QMagnets to help relieve the pain of TN are continuing.

The 2 initial trials which were previously reported as having very positive results have both shown in follow up reports to be effective in the management of pain associated with TN.

*Julie* has said that she continues to feel the benefit of the magnets as when she does get a reoccurrence of the pain it is not as intense and does not continue on for days and she has a better quality of sleep. The 2 large magnets are placed in the same locations as before and used for 3 nights when the hypersensitivity starts, resulting in about 4 pain free days and using the magnets for another 3 nights results in 2-3 weeks of only occasional sharp jabs and minimal pain elsewhere. The small magnets dampen a severe headache.

*Steve* reported that after using the QMagnets in December, some slight pain has returned, but it is not intense or aggressive, and he has reduced his medication by half. He can swim underwater at a depth of 2m without pain where previously this activity triggered pain.

*Gaye* found no pain relief from using the QMagnets and started medication, but wants to try them again.

James Hermans, Managing Director of Neuromagnetics Australia Pty Ltd in Queensland, who asked us to trial the QMagnets has advised that *Nancy* from Dianella, a TN sufferer, had after using 1 large magnet for 5 nights noticed a considerable reduction in her pain, then had 3 pain free weeks and was slowly reducing her medication. After slight pain returned, she was about to use them again. Nancy also said that her Neurologist had advised her to continue using them.

*Rob* trialled the magnets for neck and elbow pain and reported slight improvement in the neck and none on the elbow.

*Elizabeth* trialled the magnets for wrist pain and reported some help but then thought she may have over used her wrist and has had to rest it and use a brace protection. We have 2 sets of QMagnets currently out on trial with *Gill* and *Jewel* and I am hoping for good results for these two ladies.

James summed up by stating that "While we do get the dramatic cessation of the persistent pain of TN, it is becoming more apparent that QMagnets at least can be a very useful adjunct in treatment in reducing medication use and helping a sufferer through the more severe bouts of pain".

We will continue these trials as the QMagnets are so easy to use, results are encouraging and the more we can learn about the placing of magnets, the size used, the length of time trialled and the follow up use of these QMagnets, will, I believe be a useful aid towards pain free time.

*Should you wish to be a part of these trials, please feel free to contact me on 0428 866338 or [bevely\\_young@westnet.com.au](mailto:bevely_young@westnet.com.au) or at our next meeting. Bevely Young.*

### Neuro Expo Report - Brian Power

Neuro Expo 2011 was held in E Block at Sir Charles Gairdner Hospital from 14 – 18 March and our Support Group had a display stand as did 19 similar organisations.

We were able to give advice and support to a number of sufferers or their relatives and friends and such Expo's in a large Teaching Hospital are an ideal opportunity to let medical staff and the public visiting the hospital know of our existence and the role we have in supporting and informing sufferers of Trigeminal Neuralgia.

A special thanks to Ronnie Shepherd, Bevely Young, Pat Humphries and Joan Walker for giving their time to man the booth during the week.

### MIDLAND TN SUPPORT GROUP MEETING NOTES 22<sup>ND</sup> JANUARY 2011

**Present:** Julie Russell, Hazel Seager, Jewel Lamb, Alan Hayes, Russell Coyle, Eleanor and Peter Lamprey and Gill and Ross Wood.

**Apologies:** Lorraine Dash and Rita and Eddie Thorpe  
A BIG WELCOME and HAPPY NEW YEAR to all our members with the hope that we all improve health wise and have a better year.

We missed both *Lorraine and Rita* – Lorraine was most unwell and Rita was recovering from a Radio frequency Rhizotomy. We wish them both a speedy recovery.

*Eleanor* was well – she and *Peter* will have a well-deserved break in Sydney. *Peter* still copes with background pain. *Russell* had not been well necessitating various tests. Hazel reported having a "wonderful" Christmas and was looking extremely well. Alan has been okay with occasional "twitches" of pain, *Jewel* has dropped her medication down slightly – still has TN but not "too badly" at present. *Ross* has had