



ACOUSTICNEUROMA ASSOCIATION

Latest News and Announcements December 2022

Educational Webinars

Thursday - 12/8/22 at 5 pm ET

What Happens After a Vestibular Schwannoma Resection

Presented by: Drs. Oliver Adunka, Joshua Palmer, Yin Ren, OSU Wexner Medical Center

Monday, 12/12/22 at 12:30 pm ET

How to Find an Experienced Surgical Team and Why it Matters

Presented by Drs. Rick Friedman and Marc Schwartz, UC San Diego Health

Patient Education Event – Mark your Calendar!

Saturday, March 18, 2023

UC San Diego Health Campus, La Jolla, CA

Details and registration coming soon!

Notes Quarterly Newsletter – December 2022 highlights

- Medical Report, *Navigating Relationships While Living with AN: How to Minimize Emotional Looting*, by Megan Sherod, Ph.D., University of Central FL
- Research Update – *Aspirin Treatment for Vestibular Schwannomas*, by D. Bradley Welling, MD, PhD, Mass Eye and Ear
- *Building a Support Network*, ANA Volunteers share their stories for making connections and finding help
- 2022 Research Grant Awards

The ANA's Newest and Updated Publications

- ***Hearing Loss Rehabilitation for Acoustic Neuroma Patients (Revised/Updated May 2022)***
Hearing loss is the most common disability in acoustic neuroma patients and impacts one's quality of life. This booklet can help you understand options for pre-treatment hearing preservation as well as the many rehabilitation options available for both bilateral and unilateral hearing loss.
- ***Newly Diagnosed Handbook (Published Feb. 2022)***
This handbook is intended to help people who are newly diagnosed with acoustic neuromas navigate what is often an overwhelming amount of information related to the diagnosis and treatment of this benign brain tumor.
- ***Acoustic Neuroma: Understanding Emotional, Cognitive and Behavioral Changes (Published June 2021)***
This educational booklet to help you understand the emotional, cognitive and behavioral changes associated with AN and provide you with information about what you may be experiencing and offer strategies to help you manage your symptoms and concerns.

Booklets are free to ANA members. You can view the electronic version in the [Member Section](#) of the ANA website or [contact us](#) to request the print version. If you are not an ANA member, [join today](#) or [order](#) the booklets only for a small fee.

Resources for Young Adults with Acoustic Neuroma

- [Young Adult Facebook Group](#)
This is a closed group moderated by ANA Staff and Volunteers. <https://www.facebook.com/groups/ANAYoungAdults>
- [Young Adult Online Support Group](#)
The group meets quarterly via Zoom and is moderated by ANA volunteers.
For more information, contact: Emily Truell, Peer Mentor, emily@lacampground.com

- [Peer Mentor Program](#)

Peer Mentors are volunteers who are acoustic neuroma patients and caregivers that are willing to talk about their acoustic neuroma experience. They provide information, encouragement, and support to other acoustic neuroma patients via telephone and email. Information about peer mentors is provided in our free patient kit or contact us to request a peer match today.

Support Group Meetings

The ANA offers a variety of support groups so that you can find what is best for you and your situation, including:
Geographic support groups across the U.S. / Specialty support groups / Co-sponsored support groups

All Support Group meetings are free and open to anyone affected by acoustic neuroma, we look forward to welcoming you at a meeting soon. When you are ready, we are here. Visit the [ANA website](#) for more information and to find a group.

ANA Website Resources

- [ANA Store](#) – Shop for ANA branded merchandise and help support ANA programs.
- [AN Research](#) – Learn more and participate in AN studies
- [Community](#) – Features include patient stories, fundraising ideas and volunteer opportunities.
- [Events](#) – View upcoming events calendar and register today.
- [Get Involved](#) – Explore volunteer opportunities and increase awareness and raise funds for ANA.
- [Healthcare Provider Listing](#) – A starting place to locate healthcare providers.
- [Member Portal](#) – Find information booklets, newsletters, educational webinars and list of peer mentors
- [News and Announcements](#) - stay up-to-date on news, events, and other items of interest.
- Social Media - stay connected on [Facebook](#), [YouTube](#), [Instagram](#) and [Pinterest](#)
- [Video Library](#) – Browse webinars, Facebook Live events, support group meetings

ANA Membership

Thousands of acoustic neuroma patients and caregivers understand the value of a membership in ANA. In return, we value our members by providing up-to-the-minute content, in-person support and educational programs and access to our quality volunteers. Membership benefits include:

- Subscription to our quarterly ANA newsletter, *Notes*
- List of patient/care partner volunteers for one-on-one peer support
- Access to the member section of our website:
 - Newsletter library
 - Patient booklets
 - Webinar library
 - Peer Mentor volunteers for one-on-one support

Team ANA - Fundraise for the ANA!

- Increase awareness of acoustic neuroma while raising funds for the ANA.
- Create your own fundraisers through Facebook, Walk4Hearing, or any individual fundraiser held locally.
- Contact Matthew Balte at matthewbalte@anausa.org if you are interested in raising funds for the ANA!

ANA Legacy Society

Philanthropic support is critically important to fulfilling the mission of the ANA. Our Legacy Society represents unique, exceptionally generous contributors who have included the ANA in their estate plans. This forward-looking philanthropy will have a remarkable impact on the future of the ANA. We are so very grateful for the commitments made by our Legacy Society members.

- To begin the conversation, please contact us at 770-205-8211 or email development@ANAUSA.org.
- You will also want to seek the advice of an attorney who specializes in estate planning.

In no case does ANA endorse any commercial product, physician, surgeon, medical procedure, medical institution or its staff.

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