



ACOUSTICNEUROMA ASSOCIATION

Latest News and Announcements April 2022

Notes Quarterly Newsletter – March 2022 highlights

- Medical Report, *Hearing and Balance Function after Radiosurgery*, by Walter Kutz, MD, FACS and Cameron Wick, MD
- Medical Report, *The Role of the Nurse Navigator*, by Tricia Fox, RN, BA, BSN, CNOR, Duke Skull Base Tumor Center
- Patient Story – *My ANA Story*, by Elizabeth Kauermann, Holland, PA
- Support Groups and Contact Information
- The ANA's Newest Publication – *Newly Diagnosed Handbook*
- Medical Advisory Board Profile – P. Daniel Knott, MD, FACS, UCSF

ANAAwareness Week 2022 is Coming! Mark your calendars for May 15 – 21!

The ANA's 10th annual ANAAwareness Week is around the corner! Join us for an informative week of presentations. You'll also have the opportunity to engage with us – share your stories and photos and buy an ANAAwareness Week 2022 t-shirt to show your support!

The ANA's Newest Publications

- ***Newly Diagnosed Handbook***
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***
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 several times a year via Zoom and is moderated by ANA Peer Mentors.
For more information, contact: Emily Truell, Peer Mentor, emily@lacampground.com
Melanie Hutchins, Manager, Volunteer Programs, volunteers@anausa.org.
- **[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, email and video chat. A list of 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:

40 Geographic groups across the U.S. / Specialty support groups* / Co-sponsored support groups

***New: Facial Paralysis Virtual Support Group**

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, milestones, photos and videos. Explore fundraising ideas and volunteer opportunities.
- [Events](#) – View all ANA upcoming events and register today.
- [Get Involved](#) – View volunteer opportunities - increase awareness and raise funds for ANA.
- [Healthcare Provider Listing](#) – A starting place to locate healthcare providers.
- [Member Portal](#) – ANA members can view information booklets, newsletter library, and educational webinars
- [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 archive
 - AN informational booklets
 - Member webinar library
 - List of volunteer Peer Mentors and their contact info

[Team ANA - Fundraise for the ANA!](#)

- Individuals who increase awareness of acoustic neuroma while raising funds for the ANA are considered members of Team ANA.
- Join Team ANA and create your own fundraisers through Facebook, Walk4Hearing, or any individual fundraiser held locally.
- Contact Melissa Baumbick at development@anausa.org if you are interested in establishing a team and raising funds for ANA!

[ANA Legacy Society](#)

- When you give a planned gift to ANA, you join a very special group of contributors as a member of the Acoustic Neuroma Legacy Society.
- Legacy giving is the most enduring statement you can make about your commitment to those affected by acoustic neuroma.
- Many of our most significant gifts have come from the estates of our generous donors.
- These special gifts have helped us grow and achieve our goal to be the premier resource for AN education and support.
- We welcome any discussions you would like to have regarding your wishes.
- To begin the conversation, please contact ANA at 770-205-8211 or email development@ANAUUSA.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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