



ACOUSTICNEUROMA ASSOCIATION

Latest News and Announcements September 2022

Notes Quarterly Newsletter – September 2022 highlights - The Headache Issue

- Medical Report, *Managing Headaches Associated with Acoustic Neuromas*, by Christopher J. Farrell, M.D. and Omaditya Khanna, M.D., Thomas Jefferson University
- Medical Report, *Patient Survey of Treatment Modalities for Persistent Post- Craniotomy Headaches*, Rinki Goswami, M.D., MSc, University of Cincinnati
- ANA Volunteers Share their Headache Experiences and Provide Helpful Tips
- ANA Headache Resources – Patient Information Booklet, Support Groups, and more

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 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@anaua.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 and email. 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

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
 - Patient booklets
 - Webinar library
 - Peer Mentor volunteers for one-on-one support

[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](#)

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 ANA 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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