



ACOUSTICNEUROMA ASSOCIATION

News and Announcements – March 2024

[Member Only Webinar](#)

Tuesday, March 5 at 1:00 p.m. ET

Treatment Options for Acoustic Neuromas

Presented by UH Cleveland

Notes Quarterly Newsletter – March 2024

- Medical Report, *How Doctors Make Decisions*, By Steven A. Gordon, M.D., M.P.H., and Myles L. Pensak, M.D., F.A.C.S., University of Cincinnati
- *A Guide to Informed Decision-Making*, by Courtney C.J. Voelker, M.D., Ph.D. (DPhil Oxon), Pacific Neuroscience Institute
- Patient Stories – *Cyberknife Was the Right Choice For Me / 12 Years of Watching and Waiting / Surgery Gave Me My Life Back*, by ANA volunteers Mark McLaren, Erin Heidrich, and Ginnie Ferraro
- 2023 Support Group Highlights
- 2023 Research Grant Awards
- Save the Dates - 2024 Events

[ANA Membership](#)

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

- Subscription to our quarterly ANA newsletter, *Notes*
- Access to patient/care partner volunteers for one-on-one peer support
- Access to the member section of our website:
 - *NOTES* newsletter archive
 - Patient information booklets
 - Educational webinar library
 - Peer Mentor volunteers for one-on-one support
 - Video Q & A library with healthcare providers

Patient Information Booklets

Improving Balance Associated with Acoustic Neuroma

Eye Care After Acoustic Neuroma Surgery

Facial Nerve and Acoustic Neuroma: Possible Damage and Rehabilitation

Headache Associated with acoustic Neuroma Treatment

Hearing Loss Rehabilitation for Acoustic Neuroma Patients

Improving Balance Associated with Acoustic Neuroma

Newly Diagnosed Handbook

Understanding Emotional, Cognitive and Behavioral Changes

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](#) booklets online for a small fee.

Employment Considerations Reference Guide

The ANA's employment reference guide was compiled from patients, volunteers, and caregivers. Each AN journey is unique, and employment situations can certainly be distinctive. We encourage you to use this resource as a starting point as you consider your situation, as well as questions, and options. This is not meant to be comprehensive, nor should it be considered legal advice. Please reach out to us with comments/suggestions at info@anausa.org.

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, anayoungadults@gmail.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 phone, email and video chat. Information about peer mentors is provided in our free patient kit or contact us to request a peer match today.

Support Groups

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 group with a medical partner

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 and register for a meeting today.
- **[Get Involved](#)** – Explore volunteer opportunities, increase awareness, and raise funds for the ANA.
- **[Healthcare Provider Listing](#)** – A starting place to locate healthcare providers.
- **[Member Portal](#)** – Find information booklets, newsletters, educational webinars, and a searchable peer mentor database.
- **[News and Announcements](#)** – stay up-to-date on news, events, and other items of interest.
- Social Media - stay connected on [Facebook](#), [YouTube](#), [Instagram](#) and [LinkedIn](#).
- **[Video Library](#)** – Browse webinars, Facebook Live events, and support group meetings.

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 matthewbalte@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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