

FAST Times Spring 2020

Functional Amputee Support Team

of Orange County, California - Vol. 27 (Spring 2020) No. 01- Page 1

Recap of our 2019 events and speakers

Nancy Philbrook, RN, Rosie Days SOLUTIONS: Nancy has been a nurse for 40 years and is very knowledgeable in many areas of pain management using THC-FREE.



Willis Sutcliff, MPT.ATC: Impact Rehabilitation Center.
Orthopedics Physical Therapy.

Frederick Randjbar, Board Certified Prosthetist & Orthotist



Scott Bourdelais,



Canine Companions.



CSUDH Center for Orthotic and Prosthetic Megan Davies, Aldo Arias, Morgan Lishawa, Kaylee Clary, Brianna Heath, Celestia Davila, and Dana Green.



Alex Barone, From Camp No Limits

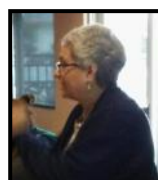
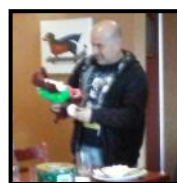
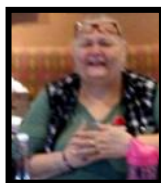
Bill Platka Memorial Amputee Family Picnic.



FAST Bowling 2019



FAST Holiday Party





Calendar for 2020



January 18		May 16		September 19	Rick Myers from SCP
February 15	Bowling and pizza at "Round 1", 10:30	June 20		October 17	<i>FAST</i> Picnic
March 21		July 18	Scott and his latest dog (maybe)	November 21	
April 18		August 15	Bowling and pizza at "Round 1", 10:30	December 19	Holiday Party

Subject: Coronavirus protection

Here is what I have done and the precautions that I take and will take.

- 1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
- 2) Use ONLY your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- 7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

What I have stocked in preparation for the pandemic spread to the US:

- 1) Latex or nitrile latex disposable gloves for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

- 2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

- 3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

- 4) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx.

James Robb, MD FCAP



National Public Radio
Features Conal Doyle's argument
before U.S. Supreme Court



Consumer Attorneys
Association of Los Angeles
"2011 Trial Lawyer of the Year"



Conal Doyle's legal work
highlighted on 60 Minutes

San Francisco Chronicle

FRIDAY, NOVEMBER 12, 2010

VOL. 40 NO. 32

JURY RETURNS \$1.7 MILLION VERDICT

Bob Egelko,
Chronicle Staff Writer

A jury has hit the state with \$1.73 million in damages for an illegal immigrant who died of penile cancer more than a year in state and federal custody.

The Los Angeles Superior Court jury found blame Wednesday for the death of Francisco Castaneda, a 42-year-old man who died in April, the family's lawyers said Thursday. Castaneda entered the United States with his wife and two children in 2007.

Los Angeles Times

Vol. 214 No. 53

April 8, 2011

FAMILY OF DETAINEE VINDICATED IN AMPUTATION CASE

A SOUTHERN CALIFORNIA CASE IN WHICH FEDERAL OFFICIALS AGREED TO PAY \$1.95 MILLION TO SETTLE A

Daily Journal

Vol. 123 No. 40

Tuesday, March 2, 2010

For Amputees, An Attorney Who Knows Their Pain Conal Doyle Lost His Leg At Age 2; Now, the Plaintiff's Lawyer Heads to the High Court

By Lawrence Hurley
Daily Journal Staff Writer

WASHINGTON — When Conal Doyle walks to the lectern at the U.S. Supreme Court Wednesday, he will do so with a detectable limp. The California-based plaintiff's lawyer, who recently

Doyle, a keen skier, needs no such assistance.

Fitted with a prosthetic leg, Doyle regularly represents amputees, often on a pro bono basis when they are battling for insurance coverage.

"It helps me to empathize with my clients and with technical issues related to prosthetics," he said of his own experience in



Doyle is an award winning trial attorney whose work has been reported in the media worldwide.

DOYLE LAW is a law firm that focuses on representing prosthetists and amputees in insurance and personal injury claims. Firm principal CONAL DOYLE is a right leg amputee who has walked with the aid of prosthetics for more than forty years. He has an in-depth knowledge of the prosthetic industry and the daily struggles of every amputee.

We provide a FREE consultation to the prosthetic industry and their patients to determine whether an insurance claim for prosthetic benefits has been wrongfully denied. The Firm has a long track record of getting claims paid and obtaining significant six figure recoveries for amputees whose claims have been wrongfully denied.

The Firm has a national reputation as a leader in the area of amputee rights and personal injury litigation. Conal Doyle's publication, "Glimpsing the Future for an Amputee" is used as a guide for litigation limb loss cases by attorneys across the nation. The Firm has obtained numerous multi-million dollar recoveries for the injured. Conal provides a FREE consultation.

Speaker's Of The House



Another fruitful “**Round Table**” meeting filled with new members, valued information, coming events such as bowling, and the opening soon of **Rick Meyer’s** new office.

Richard Gronos encouraged us to get more involved in the “Peer Visitor” service that we can provide as a certified Peer Visitor.



Nancy Platka mentioned that in March it will be our yearly election time to elect or reelect our group officers such as group leader. **Nancy** also reminded us about next month pizza, and bowling activity at “**Round One Entertainment**” located in the Santa Ana Main Place Mall.

Also mentioned was the **California State University Dominguez Hills** school of prosthetics. This is where many of our new future prosthetics will learn their trade. They will be learning how to make prosthetic devices from scratch. Several of our *FAST* member's have volunteered and made a little money also.

Dick Fuller will be stepping down as president of *FAST* to work on his new project that he is very excited to startup.

We also welcomed two new guests, **Salvador Lopez** and **Karen** and **Roy Miller**.

There was also another new visitor, **Suzanne Lynch**. **Suzanne** is in the medical field and wanted to know more about amputee support groups such as ours. Please let us know if we can help you in any way.



Did You Know Corner

Sepsis amputation surgeon back at work after losing legs.

Surgeon who has amputated thousands of limbs during his career has returned to work after having both of his legs removed. Vascular surgeon Neil Hopper, 43, underwent the operation after becoming seriously ill with sepsis last April.

Mr. Hopper, who works at Royal Cornwall Hospital in Truro, recently performed his first surgery after returning to work – an amputation.

Now he wants to make sure all amputee patients have access to the best possible rehabilitation after surgery.



Aimee Mullins - (born July 20, 1975)

Aimee is an American athlete, actress, and fashion model who first became famous for her athletic accomplishments. She was born with fibular hemimelia (missing fibula bones) and as a result, had both of her legs amputated below the knee when she was one year old. She competed against able-bodied athletes in the National Collegiate Athletic Association (NCAA) Division 1 track and field events, and is the **first female amputee in history** to compete in the NCAA. She was also the **first amputee in history** (male OR female) to compete in Division 1 NCAA track and field. In 1999 she began modelling, and in 2002 an acting career.

From Wikipedia

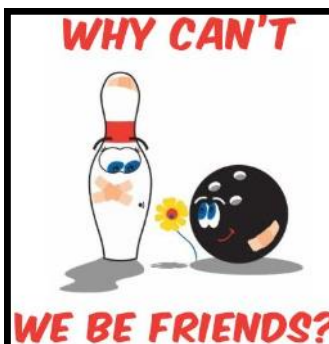
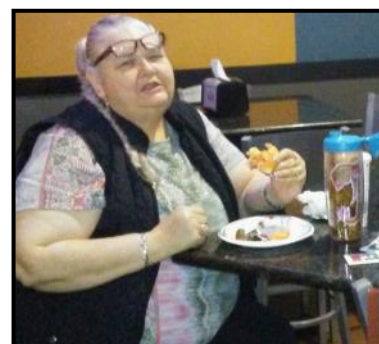
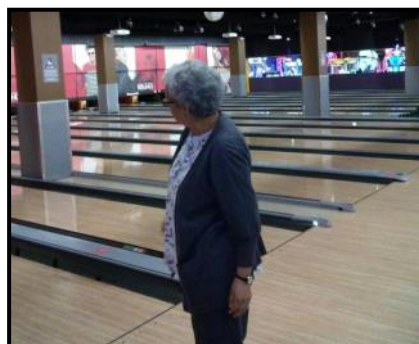


A Visit To Our Sister club “AMP’D Up”

I visited our sister club in Brea and found a lively group with each one of them mentioning issues that they had experienced. They also had a speaker, Tiffany Richardson. You may remember Tiffany from the ‘Peer Visitor’ training class. Tiffany is the Clinical Director from ‘CASA COLINA Hospital and Center for Healthcare’. In addition to Tiffany’s talk others spoke of individual problems such as phantom pain and the hand cycling supported by the ‘RAMP’ volunteer group at Bolsa Chica State Beach. Lazlo was also at the meeting and recommended a company called ‘Amputee Store’ for the purchase of many amputee products.

Bill Lindahl

Bowling 2 2



I decided to change calling the bathroom the **John** and renamed it the **Jim**. I feel so much better saying I went to the **Jim** this morning.

Last year I joined a support group for procrastinators.

We haven't met yet.

THEY SAID A MASK AND GLOVES WERE ENOUGH TO GO TO THE GROCERY STORE

THEY LIED, EVERYBODY ELSE HAD CLOTHES ON

The old saying.
"It is more deductible to give than to receive".

Amazon donates .5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
(FAST)

Famous quotes by famous people.

I never saw a horse that couldn't be rode.
I never saw a man that couldn't be thrown. See page 7

“She has loved her leg so far, and insisted on wearing it... she’s showed off her new leg to pretty much everyone she’s encountered.

—Morgan’s mom



Southern California Prosthetics



Morgan, age 5

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SEARCHING FOR THE HOLY GRAIL, PART TWO: THE CURE FOR PHANTOM PAIN? CONCLUSION

Last issue I described my adventure in going to UCSD for a phantom pain study. This is a procedure in which the nerves in your residual limb area (may I please just say stump?) are frozen via an injection. The idea is to freeze the nerves for a temporary period. During this time, your brain is supposed to forget about the connection to these nerves and therefore not register pain. It's like the long-lost lover who doesn't write anymore; eventually, it is hoped that your brain moves on.

I'll cut to the chase right now - although this article says conclusion, I am not sure if the trial is conclusive, at least for me. I made sure that I was weaned from Gabapentin long before the trial began. After the first injection, I continued to have phantom pain. Fortunately, if you feel that you have received the placebo, you may go back in four months for a second procedure. You are given the opposite of what you received the first time.

The first visit was in April of last year, while the second was in August. I have not felt an incinerable difference between the two treatments and, yes, I still get phantom pains periodically. The positive news is that I don't feel that the pain is any more frequent than when I was on Gabapentin. In fairness to the treatment, I am net even (versus taking the pills.) One less RX in your daily regimen is not a bad thing.

Long term results remain to be seen. Participants will know which treatment they received after the last patient has completed their treatment and requisite follow up. The lead research doctor contacts me at set intervals to see how I am doing; the follow ups are via phone and there is no need to commute to La Jolla after your injection(s).

The staff was excellent, and the process fascinating to me. When I checked recently, they were still accepting new patients. Each person will have different results, and you can be one of those people!

Has anyone experienced any other interesting medical trials that they would like to share with us? Please let us know!

Richard Gronos

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ATTN: Dick Fuller *FAST* President and Assistant Editor, Nancy Platka Associate Editor, Bill Lindahl Editor, Gil Aguilar Treasurer, Maria Lindahl Secretary, Suzi Luke communication coordinator, and Dave Bernstein Mail Coordinator.

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