



Latest News and Announcements December 2021

The ANA's 40th Anniversary

It's not too late to tell us what the ANA means to you. We invite you to share how the ANA has impacted YOUR AN journey. There are several opportunities to give back and get involved. Join us as we wrap up 2021 commemorating this occasion and thanks to everyone who helped us celebrate the ANA's 40th anniversary this year! <https://www.anausa.org/ana-40>

Notes Quarterly Newsletter – December 2021 highlights

- Medical Report, *Gross Total vs. Near Total vs. Subtotal Removal for Acoustic Neuroma*, by Roberto A. Cueva, M.D., FACS, Southern California Permanente Medical Group, San Diego, CA
- Medical Report, *Dizziness and Balance Issues after Microsurgery for Vestibular Schwannoma*, by Nicholas L. Deep, MD, Mayo Clinic, Phoenix, AZ and J. Thomas Roland, Jr., MD, NYU Langone Health, New York, NY
- Patient Story – *A New Trail*, by Meredith Anne Henry, Raleigh, NC
- Research Update - *2020 Single-Cell RNA Transcriptome and DNE Copy Number Variation Sequencing of Vestibular Schwannoma*, USC Keck Medicine
- The ANA's 40th Anniversary
In Conversation – The ANA Speaks with Volunteer, Phyllis Pearl-Baxter

The ANA's Newest Publication – *Acoustic Neuroma: Understanding Emotional, Cognitive and Behavioral Changes*

We are pleased to offer a new educational booklet to help you understand the emotional, cognitive and behavioral changes associated with AN. This booklet will provide you with information about what you may be experiencing and offer strategies to help you manage your symptoms and concerns. The booklet is free to ANA members, get your copy today! 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 booklet 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:

- Geographic in-person local groups
- Virtual support groups
- Specialty support groups Caregivers
- Headaches (pre-treatment)

Headaches (post-treatment)
Newly Diagnosed/Pre-treatment
Young Adults

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.

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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