



# Simplifying the Care of Complex Diseases for All iHEALTH AND WELLNESS HIGHLIGHTS

*iHealth and Wellness Foundation, Inc.*  
A501(c)(3) Nonprofit: Offers Simple, Tax-Advantaged Giving Options



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## Founder's Message

Dear iHealth Community,

As we wrap up June, we're excited to share recent updates, progress highlights, and meaningful milestones from across the iHealth and Wellness Foundation. Your continued support helps us advance our mission to make healthcare more accessible, compassionate, and connected for individuals living with complex diseases.

Thank you for being part of the iHealth journey. We look forward to sharing more with you in July!

## iHealth's Hub-Based Healthcare Model

We're designing a centralized model that helps patients and providers access care, support, and resources all in one place — saving time, reducing costs, and improving outcomes.

💡 Curious about the financial value of our approach? 📄 View the 6-page PDF presentation:  
<https://drive.google.com/file/d/1hI20yFX2JBvmLuQCJpfckgvpTECIYVhH/view?usp=sharing>



**Now Live**

### “Navigating Your Child’s NF Journey”

We're thrilled to share the full video playlist from our powerful webinar — Navigating Your Child's NF Journey. Whether you joined us live or are just discovering us, this series is packed with insight, empathy, and expert advice.



**Watch the full series here:**

[https://youtube.com/playlist?list=PLWRCIAjMOjXh3LgVrz\\_Yz-7aGQx1E6dEV&si=Rt0OxXYrskzRIz9P](https://youtube.com/playlist?list=PLWRCIAjMOjXh3LgVrz_Yz-7aGQx1E6dEV&si=Rt0OxXYrskzRIz9P)

# Managing Pain in Neurofibromatosis: Effective Strategies

Chronic pain is common in Neurofibromatosis (NF), caused by nerve compression, skeletal issues, or tumors (Bellampalli & Khanna, 2019). Neuropathic pain leads to tingling, numbness, and weakness. Inflammation and bone deformities like scoliosis affect 10–25% of NF1 patients (Buono et al., 2019).



**Medical Approaches:** NSAIDs and paracetamol help mild pain; gabapentin, amitriptyline, and duloxetine target neuropathic pain; opioids are reserved for severe cases due to risks. Interventions include nerve blocks, surgery, and radiofrequency ablation. MEK inhibitors (e.g., selumetinib) show promise in reducing tumor-related pain (Handa et al., 2024).

**Non-Drug Strategies:** Physical therapy, acupuncture, cognitive behavioral therapy, and mindfulness support pain relief and coping. Lifestyle factors like anti-inflammatory diet, hydration, stress reduction, and good sleep hygiene improve overall well-being. Multidisciplinary care and personalized plans are essential to improving quality of life for people with NF.

## Ways to Help

- **Give hope, give health:** Visit [www.ihealthwellness.org](http://www.ihealthwellness.org) to make your contribution.
- **Share:** Amplify our message by sharing our posts on social media.
- **Volunteer:** Share your time and skills to support our mission. Contact us! <https://www.ihealthwellness.org/job-openings>

## FUNDRAISING CAMPAIGN



PAYPAL GIVING FUND  
<https://tinyurl.com/PayPal-Giving>

Support iHealth and Wellness Foundation: Every donation helps us move closer to a world where no one struggles alone with NF, Cancer, Diabetes, or other complex diseases. Support patients today!



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