



Members of TNnME (Trigeminal Neuralgia and Me) and The Facial Pain Research Foundation (FPRF) would be thankful for you to join us to celebrate our 10th anniversary!

October 7<sup>th</sup>, 2022, International Trigeminal Neuralgia Awareness Day.

Our light up teal illumination initiative is to shine light on Trigeminal Neuralgia (TN) and Facial Pain Disorders.

By doing so it will expand awareness, education and create opportunities to fund research for a much-needed cure.

If you are not the main person to make this kind of authorization, could you, please forward this request to the individual that can provide approval.

**First choice date:** 10/7/2022

**Second choice date:** 10/6/2022

**Third date choice:** 10/8/2022

**Date of Special Lighting:** Friday Oct 07, 2022 (We are flexible with dates as we have had approvals from October 1st thru October 13th)

**Colors Requested colors** 1 = Teal Colors 2 = Blue Colors 3 = Light Blue

**Colors Requested:** Teal, RGB #0080 80 128, 128, blue RGB #0000FF 0,0, 255

[2022 Light Up Teal Approvals](#) are listed on TNnME web site.

All approvals will be mentioned on TNnME websites, social network sites as well as continuous press announcements, newspapers articles, and/or blog posts. You can follow updates and news coverage on [TNnME Media Page](#)

**Name of Organization:** TNnME (Trigeminal Neuralgia and Me) and the Facial Pain Research Foundation (FPRF) (Non-Profit)

**Contact Person:** Toni Saunders

**Email address:** [tnawareness@gmail.com](mailto:tnawareness@gmail.com)

**Hashtags:** #LightUpTeal4TN #trigeminalneuralgia #FacialPainDisorders #TNTeal

Notes to Request and Editors:

**What is Trigeminal Neuralgia?**

Definition Trigeminal neuralgia (TN) is a very painful disorder of the portion of the fifth cranial nerve (trigeminal nerve) that supplies sensation to the face. It is characterized by recurrent electric shock-like (paroxysmal) pains in one or more branches of the trigeminal nerve (maxillary, mandibular, and/or ophthalmic branches), each supplying a different portion of the face.

Severe facial pain can last from a second to 15 minutes or longer; some individuals may have up to 100

lightning-like bursts of stabbing pain in a day. Although remissions are common, trigeminal neuralgia usually is a long-term condition. It can be triggered by such stimuli as heat or cold, windy hitting the face, chewing, yawning, or talking. Because the sudden, sharp pain causes the individual to wince, the condition is known as Tic Douloureux or painful twitch.