We are celebrating the 7th International Trigeminal Neuralgia Awareness Day on October 7th, 2019!

We would be thankful for your authorization to “Light up Teal” (or Blue) on October 7th, 2019. If you’re not the main person to make this kind of authorization could you, please forward this request to the individual that provides this sort of permissions? We're flexible with dates.

First choice date: 10/7/2019  
Second choice date: 10/6/2019  
Third date choice: 10/8/2019

This year not only are we asking you to Light Up Teal your structures but to pass on our Light Up Teal initiative to your local news media print or digital contacts.

The 2019 Light up Teal illumination initiative is to bring light and awareness to the World Health Organization by asking them to please add Trigeminal Neuralgia to their “Health Topic List” of illnesses which will expand awareness, grant access to further resources, and create opportunities for funding research for Trigeminal Neuralgia and Facial Pain Disorders.

WHAT IS TRIGEMINAL NEURALGIA? (See Below)

Our goal every year is to increase awareness by lighting as many World Landmarks, international bridges, buildings, and structures teal on October 7th.

All approvals will be mentioned on TNnME websites, social network sites as well as continuous press announcements, newspapers article, and/or blog posts.

We will make sure to send any coverage to help keep everyone posted and this year we would like your help and letting us know your social media sites, so we can give public thank you and mentions.

All mentions of approvals will be listed on TNnME web-site 2019 Light Up Teal 4 TN

You can follow updates and news coverage on TNnME Media Page

Hashtags: #LightUpTeal4TN #trigeminalneuralgia #FacialPainDisorders #TNTeal #WHOHealthtopiclist #Tealarmy #AFAT

Name of Organization: TNNME (Trigeminal Neuralgia and Me) and The Facial Pain Research Foundation (Non-Profit) International Awareness: Education and Financing for Trigeminal Neuralgia and Facial Pains Disorders  
Contact Person: Toni Saunders
Email address: tnawareness@gmail.com Reason related to submitting the illumination request: 7th International Trigeminal Neuralgia Awareness Day October 7th, 2019

Date of Special Lighting: Monday Oct 07, 2019 (We're flexible with dates as we had approvals from last year October 1st thru October 13th in 2018!

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

First choice date: 10/7/2019
Second choice date: 10/6/2019
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Notes to Requested 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.