



Hello

We are celebrating International Trigeminal Neuralgia Awareness Day on October 7, 2020!

We would be thankful for your authorization to "Light up Teal" (or Blue) on October 7, 2020.

This year campaign is dedicated to spreading awareness to International Media to pick up the torch and speak out about (TN) Trigeminal Neuralgia and Facial Pain Disorders. Trigeminal Neuralgia (TN) has been universally described by medical professionals and sufferers alike as the most painful condition known to mankind.

If you are 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?

First choice date: 10/7/2020

Second choice date: 10/6/2020

Third date choice: 10/8/2020

Date of Special Lighting: Wednesday Oct 07, 2020 (We are flexible with dates as we had approvals from last year October 1 thru October 13 in 2019!

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

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

Approval are listed on TNnME web site.

The 2020 Light up Teal illumination initiative is to bring light and awareness to the World Health Organization by asking them to 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**)

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

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.

Hashtags: #LightUpTeal4TN

#trigeminalneuralgia #FacialPainDisorders #TNTeal #WHOHealthtopiclist

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

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.