



NEUROLOGY

ASSOCIATES, P.A.

NOGGIN NEWS

Winter 2010
Volume 2, Issue 1

Meet our New Physician

To our Patients, Physicians and Friends of the practice:

Neurology Associates, P.A. is pleased to announce the addition of Catherine A. Weymann, MD to our practice. Dr. Weymann began seeing patients in our main office January 4, 2010.

Dr. Weymann is Board Certified in Neurology and Psychiatry, and received her MD from the University of Arizona, College of Medicine in Tucson, Arizona. She then completed her Neurology Residency at Case Western Reserve University in Cleveland, Ohio and her Neuroimaging Fellowship at the Dent Neurologic Institute in Buffalo, NY. She has been a well-respected private practitioner in Greensboro, NC for the last 15 years.



Catherine A.
Weymann, MD

As a leader of neurological services in the Hickory area for the past 23 years, Neurology Associates is committed to enhancing the health, well-being, and quality of life of our patients by providing comprehensive neurological services in partnership with community physicians and hospitals. We believe the addition of Dr. Weymann will continue to strengthen this commitment.

The providers and staff of Neurology Associates would like to thank all of our referring physicians and their staff for their support of our practice, and look forward to continuing to assist your patients with their neurological needs. Please do not hesitate to contact us at 828-328-5500.

Congratulations to our Physicians – Dr. Robert Yapundich and Dr. Jeanette Larson



Robert A.
Yapundich, MD

Dr. Robert Yapundich was recently informed by the American Board of Psychiatry and Neurology that he successfully recertified in the subspecialty of Clinical Neurophysiology. Every ten (10) years physicians must recertify with the Board to maintain their certification status in this subspecialty of Neurology.



Jeanette P.
Larson, MD

Dr. Jeanette Larson of Neurology Associates was recently appointed as the new Medical Director of Catawba Valley Medical Center's Inpatient Rehabilitation Center. Dr. Larson will be responsible for developing and providing medical protocols for this department of the hospital. Dr. Larson is also the Medical Director of Catawba Valley Medical Center's Stroke Center.

We congratulate Drs. Yapundich and Larson on these professional accomplishments!

Employees of the Month

Neurology Associates recognizes the importance of our employees and their dedication to our patients, medical providers and co-workers. Each month all employees of the practice vote on an Employee of the Month (EOM).



September -
Amanda Huffman,
Office Administrator



October -
Debi Lail,
Business Insurance
Associate



November -
Tiffany Wightman, PA-C,
Physician Assistant



December -
Melissa Harrington,
Front Office Receptionist

Neurology Associates makes impact with Concussion Project

As part of a larger community effort, Neurology Associates has been instrumental in collaborating with local health care providers to develop a system for efficiently, and pro-actively, address the growing problem of sports-related concussions.

Sports-related concussions have become a major public health concern. According to Dr. Robert Yapundich of Neurology Associates and the Center for Disease Control and Prevention, there are an estimated 300,000 sports-related concussions annually in the United States. Although concussions have been well publicized among players in the NFL (National Football League), this type of injury has also been gaining attention with high school athletes. It is estimated that each year as many as 40,000 high school football players suffer concussions, which are usually considered “mild traumatic brain injuries”, but some of these injuries may be more serious. In North Carolina, two high school football players died from a concussion related entity known as “second impact syndrome (SIS)”. Nationwide, three other football players died from brain injuries, and 14 high school football players died overall, according to the Annual Survey of Football Injury Research.



**Robert A.
Yapundich, MD**

The neurological aspects of a concussion have a broad range of potential presentations. Generally, a concussion is defined as head-trauma that causes an alteration in mental status that may, or may not, involve loss of consciousness. Bluntly put, this is brain injury. A mild concussion may involve symptoms including headache, dizziness, loss of balance, blurred vision, seeing stars, memory problems, poor concentration, nausea, or vomiting. Such symptoms may appear immediately, but may also be delayed for days or weeks after the initial injury. Research has shown that even a single mild, but especially repeated concussions, can have serious long-term consequences including depression, memory disorders, permanent brain damage, or even death.

Wireless Access Available for our Patients

As a convenience to our patients we now have free wireless access to the internet in both our office waiting rooms. To access our wireless network just ask our front office receptionist for the access code at your next visit.



“Concussions occur in 8-10 high school football players every year. Most of these are mild to moderate (grade I or II). These are the ones we know about. Frequently, high school athletes don’t tell their athletic trainers about their neurologic symptoms at times because of a lack of knowledge on the part of the student athlete/parent or because they don’t want to be removed from athletic competition for any period of time. In the past, once a diagnosis of concussion was made, we had very crude tools to assess when to return an athlete to the playing field. That has all changed.”

Neurology Associates has partnered with a team of local providers to enhance the process of handling high school sports concussions, and ultimately developing a system of pro-actively minimizing the chances of a first event. Dr. Yapundich notes that these providers include Family Physician Dr. Ed Bujold (Granite Falls), Orthopedist Dr Peter Hurley (Hickory Orthopedics), and Athletic Trainer Vic Winburn (Director of Sports Medicine at Hickory Orthopedics). Over the past year, Dr Bujold has successfully implemented a concussion prevention and management program at South Caldwell High School. According to Dr Bujold, “Concussions occur in 8-10 high school football players every year. Most of these are mild to moderate (grade I or II). These are the ones we know about. Frequently, high school athletes don’t tell their athletic trainers about their neurologic symptoms at times because of a lack of knowledge on the part of the student athlete/parent or because they don’t want to be removed from athletic competition for any period of time. In the past, once a diagnosis of concussion was made, we had very crude tools to assess when to return an athlete to the playing field. That has all changed.”

Dr. Bujold also notes that the SAC (Standard Assessment of Concussion) is a computerized tool which assesses an athlete’s neurologic function, to determine a baseline score. Rescoring, after a concussion, can help determine when a student athlete should return to play.

“As an example, let us say one of our student athlete scores a 30 during his preseason testing. During the football season, he sustains a concussion. At that time he is retested. Let us say his score was 15. He feels good and has a normal neurologic exam and is free of headache. In the past, we would have returned this athlete to the playing field. Now, we wouldn’t return this athlete to contact competition until he met his preseason score of 30. We feel much more confident in our management of concussions as a result of this tool.”

The goal of this community concussion task force is prevention of sports-related concussions, and creation of a timely, efficient process of management when such injuries do occur. Neurology Associates is proud to continue to be an integral component of this, and other programs that enhance the neurological health of our community.

Neurology Associates Sleep Disorder Program

Neurology Associates has been aiding the community in the diagnosing and treating sleep disorders for almost 12 years,

Many people have been diagnosed with sleep disorders and it is very important that everyone be aware of what makes up a sleep disorder. If you are having trouble with daytime sleepiness, snoring, or restless legs it may be time to ask your family doctor about seeing a neurologist.

Education of sleep disorders can be a patient's best defense in prevention and management of sleep related problems. In addition to the sleep information contained on our website (www.noggindocs.com) we recommend you visit sleepeducation.com where you will find an abundance of information regarding sleep. Sleepeducation.com is published and supported by the American Academy of Sleep Medicine.

85%

...of people with sleep disorders remain undiagnosed and untreated.

70%

...of those patients indicate that their sleep problems negatively affect their current health status and quality of life.



Neurology Associates, PA remains committed to diagnosing and treating sleep related disorders. Our physicians and staff are continuing to work in conjunction with the local hospitals; Catawba Valley Medical Center, Frye Regional Medical Center, and Caldwell Memorial, to perform and evaluate sleep studies.

Gift to Greater Hickory Cooperative Christian Ministry



The Unifour Physician Assistant (PA)/Accredited Registered Nurse Practitioner (ARNP) Association recently presented a check in the amount of \$500 to the Greater Hickory Cooperative Christian Ministry (GHCCM) as an annual donation. Shown from the left, Tiffany Wightman, PA-C of Neurology Associates, GHCCM Executive Director Roger D. Baker, Ed. D., Jessica Cain, PA-C and Rita Katz, PA-C, both of Neurology Associates.

Photo reprinted with permission of Greater Hickory Cooperative Christian Ministry

What our patients are saying.....

At Neurology Associates we strive to provide the best possible care to our patients. To achieve this goal every three months we ask our patients to complete a patient survey to provide feedback on their visit to our practice. The following are a few comments we received from our patients...

“Dr. Yapundich,

I would like to say THANKYOU for your decision to refer me to the Doctor's at UNC Chapel Hill in 2005 for DBS Surgery. Even though I could have had this surgery performed closer home, I feel that God's Will was accomplished in choosing this place and time in the history of my life. Many of the great number of people who were praying for me consider this event nothing less than a miracle since I was completely disabled before the surgery. And now some five years after your referral, I am able to drive, mow grass, rake leaves, till my garden, and even cut wood with my chainsaw approximately 4-5 hours daily (dependant on protein intake, weather, etc.)

Again, I say thank you, Dr. Yapundich for your professionalism in unselfishly referring me to the Doctor's at Chapel Hill for this life changing event.”

-Auray

“I was very impressed with the care I received at Neurology Associates! They listened to me and helped me reach my own personal health goals. They're not just my doctors, they are my friends!”

-Leslie

“They had a mix-up about my appointment, but they worked me in so it worked out!”

-Grace

“Dr. Yapundich is a patient's doctor, he is easy to talk to, explains as you go, answers any questions.”

-Bill

“Overall I am very pleased with the care I get at Neurology Associates. I've been coming for many years with no problems.”

-Connie

“Dr. Larson makes me feel at ease and I am confident in her skills, I feel she really cares about me.”

-Debbie

“I love Jessica and her assistant always calls me back. I will always recommend Jessica to everyone. She always listens to me and I never feel rushed in your office. I like her frankness and to the point attitude.”

-Carol

Patient Tip:

- Do you have an appointment scheduled? If so, you can complete your paperwork at home by visiting our web-site (www.noggindocs.com). This can actually cut down on your waiting time and make your appointment go much faster. Website forms are in both English and Spanish.

Questions or comments?

- Please feel free to contact us at 828-328-5500.



NEUROLOGY ASSOCIATES, P.A.

1985 Tate Blvd. SE
Suite 600
Hickory, NC 28601

Phone: 828-328-5500
Fax: 828-485-2517
Email: ahuffman@noggindocs.com

www.noggindocs.com

Neurology Associates, P.A. specializes in adult and pediatric neurological conditions, including sleep disorders, headaches, seizures, dementia, stroke, Parkinson's, multiple sclerosis, fibromyalgia, dizziness, nerve disorders, and much more.