



# NEUROLOGY

## ASSOCIATES, P.A.

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# NOGGIN NEWS

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Robert A. Yapundich, MD • Dale A. Menard, MD • Catherine A. Weymann, MD  
Rita G. Katz, PA-C • Jessica M. Cain, PA-C • Tiffany R. Wightman, PA-C • Roger L. Austin, PA-C

# Roger Austin, PA-C Joins Neurology Associates



Neurology Associates is pleased to announce the addition of Roger L. Austin, PA-C to our practice.

Roger is a Board Certified Physician Assistant receiving a Masters of Health Sciences from Duke University and a Bachelor of Science in Physician

Assistant Studies at East Carolina University. Roger had been practicing as a Physician Assistant in Granite Falls since 2005. Roger will see patients in our Hickory and Taylorsville offices.

As a leader of neurological services in the Hickory area for the past 25 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 Roger 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 with any questions or appointments.

## Having trouble sleeping? We can help.

For over 25 years, Neurology Associates has been committed to aiding the community in the evaluation and treatment of sleep disorders. Because of the prevalence, it is very important that everyone understand what constitutes a sleep related disorder.

Symptoms such as daytime sleepiness, snoring, restless legs, sleep apnea, and other common issues can prevent you from getting a full night's sleep. If you are having trouble or experiencing any of these symptoms, it may be time to ask your family doctor about seeing a neurologist. Our physicians and staff at Neurology Associates are continuing to work in conjunction with the local hospitals; Catawba Valley Medical Center, Frye Regional Medical Center and Caldwell Memorial, to provide sleep disorder treatment.

Education of sleep disorders can be a patient's best defense in prevention and management of sleep related problems. Visit [www.sleepeducation.com](http://www.sleepeducation.com) for more information regarding sleep disorders, treatment and associated issues. Sleepeducation.com is published and supported by the American Academy of Sleep Medicine.

For more information on sleep disorders and treatment, contact Neurology Associates at 828-328-5500. Providing the residents of Hickory and Western North Carolina with a better night's sleep, we're here to help you rest.

# Neurology Associates' Neuro-Diagnostic Lab Completes First Year of Accreditation

Neurology Associates' Neuro-Diagnostic Lab, the first Electrodiagnostic laboratory in North Carolina to receive Laboratory Accreditation status from the American Association of Neuromuscular & Electrodiagnostic Medicine (AANEM), recently completed its first year of operation. Robert Yapundich, MD, certified by the American Board of Electrodiagnostic Medicine (ABEM), the laboratory's medical director said, "we are excited to be the first lab in North Carolina to receive AANEM Laboratory Accreditation and are committed to providing the best possible neurological care to our patients and our continuing accreditation just strengthens our promise." Lab technicians, Markese Powell, R.NCS.T and Jenna Hildebran, R.EEGT. perform diagnostic procedures such as Nerve Conduction Studies, EEG's, Neuro-Psyche tests and holter monitoring daily.

The AANEM established laboratory accreditation criteria for Electrodiagnostic (EDX) laboratories to ensure patients receive quality medical care in a safe environment. Laboratory accreditation provides patients, referral sources, and payers with a credible measure to differentiate the laboratory's quality of care. The accreditation standards evaluate the diagnostic services and clinical operations essential to provide excellent quality patient care.



## Nerve and Muscle Center

The Nerve and Muscle Center at Neurology Associates is dedicated to diagnosing, treating, and preventing disorders of the nerves and muscles, including but not limited to: Neuropathy, Myopathy, Multiple Sclerosis, Myasthenia Gravis, Restless Leg Syndrome, Carpal Tunnel Syndrome, Sciatica, Back Pain and Pinched Nerve.

Nerve Pain, known as neuralgia, is caused by a multitude of factors including injuries, nerve degeneration, inflammation, compression and disease.

Neuropathy commonly presents with a variety of symptoms including weakness, autonomic changes, sensory changes, loss of muscle bulk, muscle twitching, loss of sensation, pain, cramping, spasms, tingling and numbness.

Nerve  
& Muscle  
center



## State of the Art Diagnostic Tests Conducted by Physicians at Neurology Associates

**EMG: (Electromyography)** An EMG can help determine if a disorder is muscular or the result of nerve damage. Insertion of a needle into a muscle can evaluate electrical activity at rest and during movement.

**NCV: (Nerve Conduction Velocity)** A NCV is typically performed during a nerve conduction study, or NCS. The NCS evaluates the function of the motor and sensory nerves of the human body. The NCV test detects any damage in larger nerve fibers and degeneration of the myelin sheath.

**Biopsies:** Nerve and or muscle biopsies involve removal of small tissue samples to reach a more accurate diagnosis.

## Treatment Options

**Nerve Block:** A nerve block interrupts pain signals providing the patient relief. A substance is injected in or around the nerve or into the spine.

**Botox:** Injection of Botox blocks acetylcholine from getting to muscles which would normally trigger the tissues to move. The treatment is effective but temporary needed repeating about every three months.

To schedule an appointment for a MRI, EMG, Biopsy or Nerve Conduction Study, or to discuss various treatment options, contact The Nerve and Muscle Center at Neurology Associates at 828-485-2476. We are conveniently located in Hickory, Taylorsville, Denver and Lincolnton.

## 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).



*April 2013 -*  
**Nerissa Rowe,**  
Medical Office  
Assistant



*May 2013 -*  
**Jenna Hildebran,**  
R.EEGT,  
Neurodiagnostic  
Lab Technician



*June 2013 -*  
**Debi Lail,**  
Business Office  
Associate



*July 2013 -*  
**Sherry Collins,**  
Medical Records Clerk



*August 2013 -*  
**Alice Dixon,**  
MOA

## Our Medical Providers in the Community

- Jessica Cain, PA-C, has been selected to the Advisory Board of the new Physician Assistant program at Lenoir Rhyne University in Hickory.
- Tiffany Wightman, PA-C is now serving as a Preceptor for Physician Assistant students at the Wake Forest Baptist PA Program in Winston Salem.



*Markese Powell, R.NCS.T at Neurology Associates training students at Catawba Valley Community College*

## Tiffany Wightman, PA-C Speaks at the Unifour Epilepsy Support Group in Hickory

Tiffany Wightman, PA-C at Neurology Associates was guest speaker at the Unifour Epilepsy Support Group in August. This meeting was sponsored by Western North Carolina Epilepsy Association (WNCEA) and Neurology Associates.

WNCEA is in its fourth season with Catawba County HOPE (Help Our People Eat) Garden Project, and encourages people to volunteer with the project.



WNCEA was formed to provide services to individuals and their families who experience epilepsy and its unique challenges. Work provided through WNCEA is done on a volunteer basis which allows all funds raised and donated to go directly for medical assistance, educational programs, the HOPE Project and other operating expenses.

For more information, visit <http://catawba-hope.wordpress.com>; <http://wncea.wordpress.com>; or contact Christine S. Cofer at 828-312-8298 or [cchope2012@gmail.com](mailto:cchope2012@gmail.com).

## Low Back Pain Linked to Bacterial Infection

New research suggests that some 40% of chronic lower back pain (CLBP) could be caused by bacteria, and that a significant percentage of people with lower back pain following a herniated disc and swelling in the spine could find relief by taking an antibiotic.

Investigators from the Research Department of the Spine Center of Southern Denmark, University of Southern Denmark, Odense, led by Hanne B. Albert, PhD, conclude that antibiotics may be considered as a treatment option for patients with chronic low back pain, but with caution.

The authors suggest that long-term antibiotics should not be prescribed “without due consideration.” Low back pain is so common in the community that there could be hazards if used indiscriminately.

Their findings, published in 2 papers, 1 a randomized trial of antibiotics for low back pain, are published in the April issue of the *European Spine Journal*.

## Depression Strongly Linked to Stroke Risk

Middle-aged women with depression are more than twice as likely to have a stroke as those without depression, a new study shows, suggesting the stroke risk in these women is stronger than previously thought.

Because traditional risk factors, such as diabetes and hypertension, accounted for only some of the association, the study authors surmise that a biological mechanism may play a role.

The study results underline the importance of identifying depression as a possible preventable risk factor for stroke, said study author Caroline A. Jackson, PhD, Centre for Longitudinal and Life Course Research, University of Queensland, Brisbane, Australia.

“We’re adding to the growing body of evidence which shows there’s a strong relationship between mental health and physical health,” said Dr. Jackson. “It’s important to raise awareness not just among individual patients — men and women — but also among doctors, to make sure that people can access proper treatment and care.”

The research is published online May 16 in *Stroke*.

## Neurology Associates’ Neuroimaging Center

Neurology Associates schedules patients for MRI procedures every Monday in our mobile MRI unit located on the ground level of our Hickory office at 1985 Tate Boulevard.

All MRI scans performed at Neurology Associates are read by Dr. Catherine Weymann, Board-Certified Neurologist and Medical Director of Neuroimaging.



### 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](http://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.



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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.