



# NEUROLOGY

ASSOCIATES, P.A.

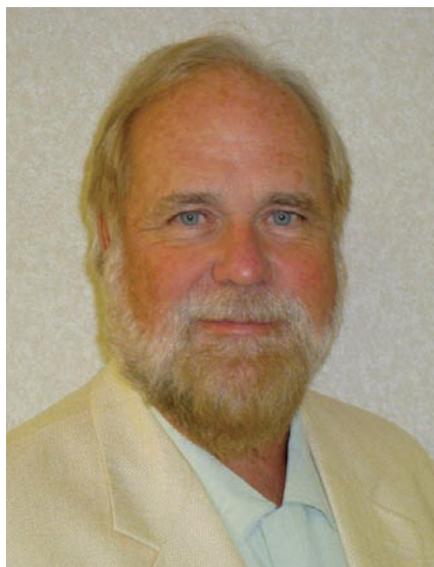
## NOGGIN NEWS

Spring 2011  
Volume 3, Issue 2

## We Welcome our Newest Physician

Neurology Associates, P.A. is pleased to announce the arrival of James D. Heckaman, MD to our practice. Dr. Heckaman will be seeing patients in our Denver, North Carolina office two days per week and in our main office in Hickory one day per week.

Dr. Heckaman is Board Certified in Neurology and Psychiatry and received his MD from the Indiana University School of Medicine in Indianapolis, Indiana. He then completed his Neurology Residency at the University of Miami in Miami Beach, Florida. Dr. Heckaman is also a Fellow in



James D. Heckaman, MD

both the American College of Physicians and American Academy of Neurology. Most recently Dr. Heckaman has been a well-respected private practitioner in Charlotte, North Carolina.

As a leader of neurological services in the Hickory area for the past 24 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. Heckaman will continue to strengthen this commitment.

## 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).



December 2010 -  
**Dianne Bost,**  
Medical Records  
Associate



January 2011 -  
**Dave Daniel,**  
Insurance  
Associate



February 2011 -  
**Kay McKinley,**  
Medical Records  
Associate



March 2011 -  
**Beth Gardner,**  
Pre-certification  
Specialist



April 2011 -  
**Pam Stephens,**  
Neuroimaging  
Center Associate

# Does Your Head Hurt?

Does your head hurt? According to the National Headache Foundation, more than 29.5 million Americans suffer from migraines. Of those, women are three times more often than men to be affected. To successfully treat a headache, your doctor has to determine the type of headache you have.

“The most common headaches are primary headaches,” says Rita Katz, PA-C of Neurology Associates, PA. “Generally, tension, migraine, and cluster headaches fall in this category.”

Primary headaches can be short-term, lasting from only a few seconds to minutes. Or, they can be long-term, lasting from hours to several days. “Long-term headaches are usually related to tension and various types of migraines,” says Katz. Following, Katz provides symptoms of tension, migraine and cluster headaches.

- **Tension.** This type of headache is usually stress-related and occurs later in the day. Pressure tends to be located on the front, top, or sides of the head. Other symptoms are chronic fatigue or mild sensitivity to light or noise.



- **Migraine.** Migraines may be described as an intense throbbing or pounding pain. Generally, pain occurs around one temple, on the forehead, back of the head, or around the eye. Other symptoms include nausea, vomiting, cold hands and feet, and sensitivity to light or sound.

- **Cluster.** A cluster headache is also known as “episodic.” These headaches generally occur in patterns, ranging from 1-3 short attacks during the day that last one to two months. Someone may not have past history of headaches to experience cluster headaches.

There are preventive and abortive therapies available. “Preventive therapies involve avoiding food triggers and environmental situations, developing good sleep habits, and eating healthy foods,” says Katz. “Certain vitamins, such as riboflavin, and minerals like magnesium have been shown to reduce headaches by up to 50 percent. Antidepressants, antihypertensive, and anti-seizure medications may also be prescribed. Doctors may prescribe oxygen, analgesics, and triptans to abort, or stop, headaches.”

For more information about migraines or cluster headaches, visit the National Headache Foundation at <http://www.headaches.org>. To set up an appointment with Neurology Associates in Hickory, call 828-328-5500.



Rita Katz, PA-C  
Physician Assistant at  
Neurology Associates

When the Hickory Crawdads bump their noggins on the field, there is only one clinic they go to – Neurology Associates. Always on call for the Crawdads, Neurology Associates exceeds professional baseball and Texas Rangers practice requirements, and are the trusted neurology choice of the Hickory Crawdads.



## Neurology Associates Providers in the News



Dale A.  
Menard, MD  
*Physician*

Dr. Dale Menard has been honored as a Headache Medicine Diplomat by the Board of Directors of the American Headache Society. To achieve Diplomat status, Dr. Menard had to earn a minimum of 50 hours of Continuing Medical

Education specifically related to headache medicine over a 60-month period and documentation of a 36-month period of time in which he spent a minimum of 25% of his time in the practice of headache medicine. According to the American Headache Society only 500 physicians nationwide have received Diplomat status.

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Jessica Cain, PA-C, recently gave a presentation at Abernethy Laurels on Parkinson's Disease and Parkinson's Dementia.

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Jessica Cain, PA-C, was mentioned in an April 6, 2011, Taylorsville Times newspaper article relating to a patient of hers with Epilepsy who is raising local awareness of Epilepsy. In the article, Jessica, was mentioned as a "caring" medical provider who began helping the patient "dial in a dosage of medication to allow him to experience fewer seizures." This patient is now working again thanks in part to Jessica's treatment.

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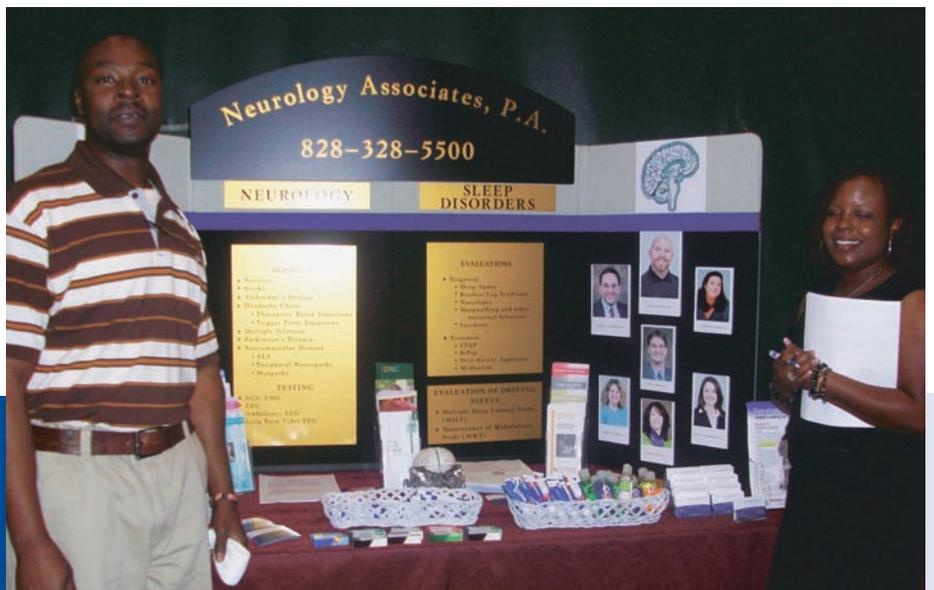
Dr. Robert Yapundich, has been appointed Medical Stroke Director at both Catawba Valley Medical Center and Frye Regional Medical Center. As Stroke Director, Dr. Yapundich will oversee the treatment of stroke and neurodiagnostic patients at both hospitals.



Several Neurology Associates staff participated in the annual three mile March of Dimes walk held in May. Neurology Associates was also one of the sponsors for this event.



Neurology Associates staff l-r, Mandy Weaver, Nerissa Rowe, Connie Maloney, Kim Sparks and Debi Lail, preparing for the annual MS walk in Hickory held this past April.



Neurology Associates staff Markese Powell, Nerissa Rowe and Jenna Hildebran manned a booth at the City of Hickory Employee Health Fair held in early May. Over 400 City of Hickory employees attended.

## Clinical Research Corner

### Clinical Trial Opportunities for Patients

Neurology Associates partners with many major pharmaceutical companies and local research centers to offer specialized clinical research and drug study opportunities to our patients and community.

We are currently recruiting patients for the following Clinical Trials:

- Multiple Sclerosis
- Migraine Headache in Adolescents
- Partial Seizures

If you would like more information about these clinical trials please ask one of our physicians or physician assistants during your visit or call our office at 828-328-5500.

## Neurology Associates' Neuroimaging Center

Neurology Associates schedules patients for MRI procedures every Monday from 7:00 am to 7:00 pm 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, our Medical Director of Neuroimaging.



## Walking Slows Progression of Alzheimer's Disease

Walking five miles per week was shown to improve the brain's resistance to Alzheimer's disease and mild cognitive impairment and reduce memory loss over time.

CHICAGO – Walking may slow cognitive decline in adults with mild cognitive impairment (MCI) and Alzheimer's disease, as well as in healthy adults, according to a study presented at the 96th Scientific Assembly and Annual Meeting of the Radiological Society of North America (RSNA).

“We found that walking five miles per week protects the brain structure over 10 years in people with Alzheimer's disease and MCI, especially in areas of the brain's key memory and learning centers,” said Cyrus Raji, PhD.

“We also found that these people had a slower decline in memory loss over five years.” Dr. Raji is from the Department of Radiology at the University of Pittsburgh.

### 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.