



# NEUROLOGY

## ASSOCIATES, P.A.

ESTABLISHED 1985

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## Dr. Yapundich Speaks to the FDA

On January 7, 2015, Dr. Yapundich traveled with the Alliance for Patient Access (AfPA) to Washington, DC, and spoke before the Food and Drug Administration (FDA) on behalf of patient safety. As the FDA contemplates an approval process for a new class of drugs called “biosimilars,” Dr. Yapundich highlighted the benefits, dangers, and other important factors that must be considered during this very important stage of protocol development. He stressed the vital importance of robust clinical trials and rules for proper naming that must be considered to achieve the highest level of patient safety for drugs that promise to expand the available treatment options for individuals suffering from multiple sclerosis, stroke, migraine, and other debilitating neurological disorders.

## Neurology Associates Neuro Diagnostic Center

Neurology Associates is the first Neuro-Diagnostic laboratory in the state of North Carolina to receive Laboratory Accreditation status from the American Association of Neuromuscular & Electrodiagnostic Medicine (AANEM). AANEM is a nonprofit membership association dedicated to the advancement of neuromuscular, musculoskeletal, and electrodiagnostic medicine.



The purpose of our Diagnostic Center is to professionally evaluate patients and formulate the most effective treatment plan for their condition. Neurology Associates, a leader in neurological testing in Western North Carolina, is uniquely qualified to test, diagnose, and treat patients with a number of neurological disorders. Neurology Associate’s Diagnostic Center offers state-of-the-art neurological testing including the following:

### MRI Services

MRI procedures include scans of the brain, lower back, mid-back, and other areas of the head and neck. This noninvasive imaging technique can assist providers in identifying and accurately characterizing diseases and a broad range of conditions even in early stages.

### EMG and NCV

Electromyography, or EMG, is a test used to assess the health of the muscles and the nerves controlling the muscles. Nerve conduction velocity (NCV) is used to test the speed of conduction of impulses through a nerve. This test is commonly used to evaluate a wide variety of nerve conditions including carpal tunnel syndrome, neck/back pain, weakness, herniated discs, and many other types of nerve problems.

### EEG Tests

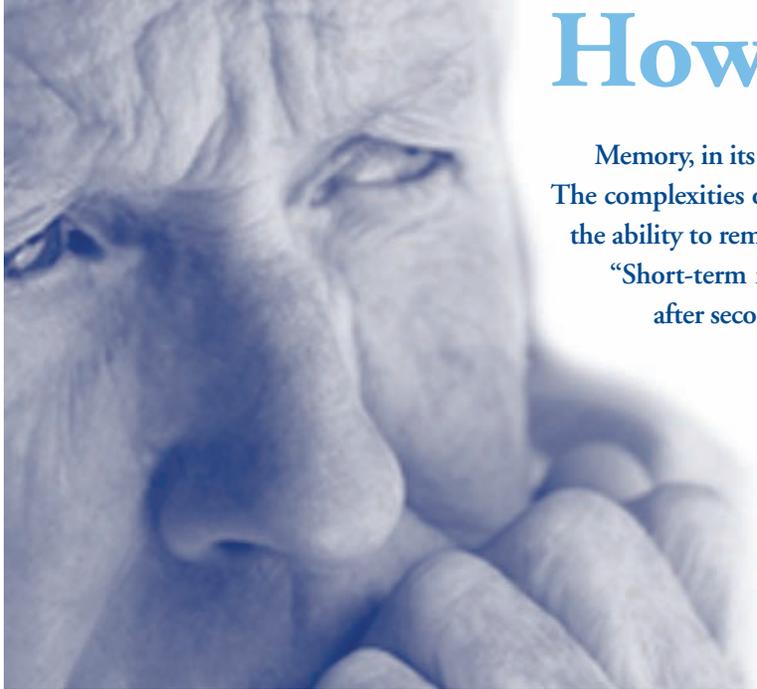
An electroencephalogram (EEG) is a test used to detect abnormalities in the electrical activity of the brain. This test is used to evaluate many different types of disorders including seizures, passing-out episodes, confusion, memory loss, tremors, etc.

### NeuroPsych Tests

Neuropsychological Testing (also referred to as a Central Nervous System Vital Signs Test) is a series of tests that examine a patient’s cognitive functioning, attention span, visual-spatial skills, auditory processing-skills, concentration, etc. They are used to measure the type and amount of cognitive deficits that the patient may have.

We value your time. Physician referrals streamline the appointment process, reducing the time spent in our waiting room. If you are in need of an MRI, EMG, EEG, NCV, or one of our other neurological testing services, contact your family physician today for a referral to Neurology Associates,

# Your Memory and How to Strengthen It



Memory, in its purest form, refers to our ability to store, retain and recall information. The complexities of memory lie in its many components. “Sensory memory” refers to the ability to remember items at a glance and typically has a capacity of only 12 items.

“Short-term memory” is also very limited and refers to the ability to recall items after seconds to minutes, with a typical limit of only 4-5 items. Finally, “Long-term memory” is much more capable of storing larger pieces of information, for longer periods of time. For example, being able to remember your first date or your childhood street address.

If you want to strengthen your memory, try these expert-recommended strategies to help you remember.

**1. Pay attention.** When you're introduced to someone, really listen to the person's name. Then, to get a better grasp, picture the spelling. Ask, "Is that Kathy with a K or a C?" Make a remark about the name to help lock it in ("Oh, Carpenter -- that was my childhood best friend's last name"), and use the name a few times during the conversation and when you say goodbye.

**2. Visualize the name.** For hard-to-remember monikers (Bentavegna, Wobbekind), make the name meaningful. For Bentavegna, maybe you think of a bent weather vane. Picture it. Then look at the person, choose an outstanding feature (bushy eyebrows, green eyes) and tie the name to the face. If Mr. Bentavegna has a big nose, picture a bent weather vane instead of his nose. The sillier the image, the better.

**3. Create memorable associations.** Picture Joe Everett standing atop Mount Everest. If you want to remember that Erin Curtis is the CEO of an architectural firm, imagine her curtsying in front of a large building.

**4. Give a play-by-play.** Pay attention to what you're doing as you place your glasses on the end table. Remind yourself, "I'm putting my keys in my coat pocket," so you have a clear memory of doing it, says Scott.

**5. Make it a habit.** Put a small basket on a side table. Train yourself to put your keys, glasses, cell phone or any other object you frequently use (or misplace) in the basket -- every time.

**6. Start a ritual.** To remind yourself of a chore (write a thank-you note, go to the dry cleaner), give yourself an unusual physical reminder. You expect to see your bills on your desk, so leaving them there won't necessarily remind you to pay them. But place a shoe or a piece of fruit on the stack of bills, and later, when you spot the out-of-place object, you'll remember to take care of them.

**7. Sing it.** To remember a small group of items (a grocery list, phone number, list of names, to-do list), adapt it to a well-known song, says Vorderman. Try "peanut butter, milk and eggs" to the tune of "Twinkle, Twinkle, Little Star," "Happy Birthday" or even nursery rhymes.

**8. Try mnemonic devices.** Many of us learned "ROY G BIV" to remember the colors of the rainbow, or "Every Good Boy Deserves Favors" to learn musical notes. Make up your own device to memorize names (Suzanne's kids are Adam, Patrick and Elizabeth, or "APE"), lists (milk, eggs, tomatoes, soda, or "METS") or computer commands (to shut down your PC, hit Control+Alt+Delete, or "CAD").

**9. Go Roman.** With the Roman room technique, you associate your grocery, to-do or party-invite list with the rooms of your house or the layout of your office, garden or route to work. Again, the zanier the association, the more likely you'll remember it, imagine apples hanging from the chandelier in your foyer, spilled cereal all over the living room couch, shampoo bubbles overflowing in the kitchen sink and cheese on your bedspread.

**10. Shape your numbers.** Assign a shape to each number: 0 looks like a ball or ring; 1 is a pen; 2 is a swan; 3 looks like handcuffs; 4 is a sailboat; 5, a pregnant woman; 6, a pipe; 7, a boomerang; 8, a snowman; and 9, a tennis racket. To remember your ATM PIN (4298, say), imagine yourself on a sailboat (4), when a swan (2) tries to attack you. You hit it with a tennis racket (9), and it turns into a snowman (8). Try forgetting that image!

**11. Rhyme it.** Think of words that rhyme with the numbers 1 through 9 (knee for 3, wine for 9, etc.). Then create a story using the rhyming words: A nun (1) in heaven (7) banged her knee (3), and it became sore (4).

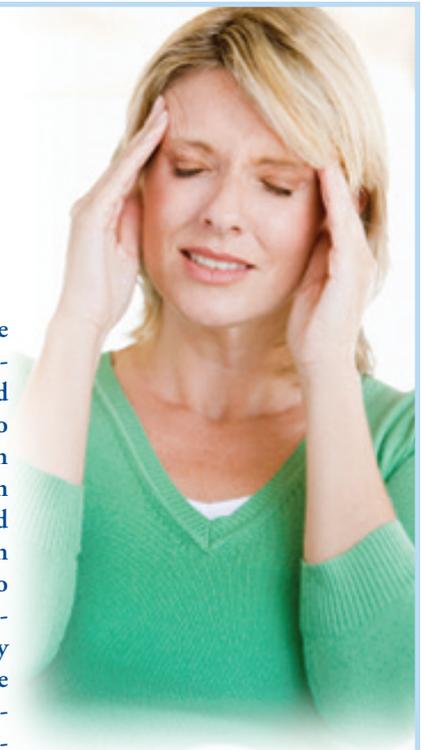
**12. Practice your ABCs.** Say you just can't remember the name of that movie. Recite the alphabet (aloud or in your head). When you get to the letter R, it should trigger the name that's escaping you: Ratatouille. This trick works when taking tests too.



**Dr. Dale Menard was recently elected Secretary of the 2015 Catawba Valley Medical Center General Medical Staff.**

**Dale Menard, MD**  
*Physician at  
Neurology Associates*

## Headache Services at Neurology Associates



The providers at the Headache Center of Neurology Associates are dedicated to helping patients return to their normal lives. Pain from debilitating headaches can affect a person's physical and emotional well-being, often making it challenging to work, maintain personal relationships, and simply enjoy each day. Dr. Dale Menard is the only Neurologist in the area to be certified in Headache medicine.

He has also been named a Headache Diplomat by the Board of Directors of the American Headache Society.

According to Dr. Menard, patient education is a key component to successful headache treatment. Our medical staff partner with patients to identify and recognize headache triggers and adhere to recommended therapies and changes in lifestyle.

Unfortunately, too many patients with headache pain go undiagnosed and untreated. At Neurology Associates, our headache services provide compassionate & effective treatment for the following headache conditions:

- Migraine headaches
- Analgesic Rebound headaches
- Sinus headaches
- Tension headaches
- Chronic daily headaches
- Cluster headaches
- Trigeminal Neuralgia
- Many other conditions causing head pain and discomfort

## 2014 Employees of the Month



*Front row (l-r) Nerissa Rowe, Dave Daniel, Victoria Costea.  
Back row (l-r) Janet Rhyne, Angela Robinson, Connie Maloney*



*Janet is shown here accepting the prize from Dr. Yapundich (left) and David Skaff, Practice Administrator (right).*

## Employee of the Year Drawing Winner

At the end of each year all Employee of the Month Winners are eligible for an end of the year grand prize. For 2014 the prize winner was Janet Rhyne, Medical Office Assistant.

# Anna Hopkins Receives Certification Status

Anna Hopkins, our Clinical Research Coordinator (CRC) at Neurology Associates, who manages our clinical trials department, recently achieved the status of Certified Clinical Research Coordinator (CCRC).

The CCRC credential is awarded to a CRC who has met all eligibility requirements, demonstrated proficiency of specific knowledge, job-related skills, and passed the standardized CRC exam with the Academy of Clinical Research Professionals (ACRP). The CCRC designation formally recognizes a CRC has met the professional standards set forth by the ACRP.



## Living with MS?

Other people like you who are being treated for their MS with a disease-modifying therapy have volunteered to join a program to better understand the long-term safety of these treatments.

You may qualify to participate in this voluntary research study if you:

- Are between the ages of 18 and 65
- Have been diagnosed with relapsing MS
- Have recently started taking a disease-modifying therapy

Talk to your doctor to learn how you can participate or for more information call:

Anna Hopkins  
Certified Clinical Research Coordinator  
**828-485-2488**  
[www.passagestudy.com](http://www.passagestudy.com)

The logo for the PASSAGE study, featuring a stylized flame or leaf shape in red and yellow above the word "PASSAGE" in bold, yellow, sans-serif capital letters with a trademark symbol.

## 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.