



# NEUROLOGY ASSOCIATES, P.A.

## NOGGIN NEWS

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# Neurology Associates Launches New Website and Facebook Page

Neurology Associates is excited to kick off the New Year with the launch of a newly redesigned website and coordinating Facebook page. These changes will greatly enhance the ability of patients and practices to access the latest information pertaining to a wide variety of neurological conditions.

With the development of an informational Business Facebook page, Neurology Associates joins the growing number of medical practices integrating social media into their communication portfolio. The Business Facebook page is accessible from the new website, [www.noggindocs.com](http://www.noggindocs.com), or through a simple Facebook search.

Neurology Associates' newly designed website introduces and profiles nine treatment centers operating within the practice for the following disorders: Neuro Diagnostic, Sleep, Nerve & Muscle Disorders, Epilepsy, Headache, Memory Disorders, Stroke, Movement Disorders, and Sports Neurology.

Visitors can also access physician bio's, learn information on treatment options, review ongoing and upcoming clinical trials, research insurance plans accepted, and download appointment/ HIPPA forms for convenience and decreasing patient wait time. There is even an "Ask the Doc" link for general health questions as well as a News page where *NOGGIN NEWS* newsletters and current press releases are posted.

"Neurology Associates is committed to improving communications to our patients, their families and caregivers and our community physicians and hospitals. Patients are seeking information and considering their options in new ways. Our goal is to be accessible to them in person and online in an updated, convenient and professional manner," says Robert Yapundich, MD.

For more information visit our new website at [www.noggindocs.com](http://www.noggindocs.com) or to schedule an appointment at our main Hickory office or at our satellite clinics in Taylorsville, Denver and Lincolnton, please call 828-485-2476.



Neurology Associates' new website and Business Facebook page were created by Pink Penguin Solutions in Hickory, NC.

# Dietary Changes Heal Headaches

I never had migraines until I started working in neurology. After they started, the headaches gradually increased in frequency and severity the way migraines so frequently do. Over a period of several years, they became so frequent that I had a headache more days than not, and I was taking as-needed medications several times per week. The headaches became so disruptive that I started Topamax®, a medication used for migraine prevention. Severity decreased somewhat on Topamax, but I still was having at least four migraine days per week. The worst part of my migraines was not necessarily the pain, but rather the other symptoms that accompanied them, including cognitive difficulties, fatigue, and dizziness. One night, after finishing a dinner of spaghetti with tomato sauce and parmesan cheese, I started to have a severe migraine that prompted me to take a deeper look into food triggers of headaches.

I was doubtful that I would come across anything meaningful, but I encountered a book entitled [Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Pain](#). Written by Dr. David Buchholz, a neurologist from Johns Hopkins University, [Heal Your Headache](#) outlines a three-step program for gaining control of headaches.

“Step 1: Avoiding the Quick Fix” gives information on rebound headaches and the importance of avoiding overuse of as-needed medication. Frequently, headache sufferers take as-needed medication more and more often until they end up taking it almost daily. They become caught in a vicious cycle of rebound headaches – headaches alleviated by the same medication that perpetuates the headaches. Buchholz recommends coming off of as-needed medication altogether to break the cycle.

In “Step 2: Reducing Your Triggers”, Buchholz recommends stopping all foods that may trigger headaches for four months then adding

them back one at a time. The list of food triggers is extensive, including almost all cheeses, citrus fruits, onions, monosodium glutamate (MSG), sour cream, yogurt, chocolate, nuts, avocados, raisins, sulfites, nitrite-processed meats, most vinegars, caffeine, bananas, aspartame, and alcohol. Food diaries usually do not work because a particular food may take up to two days to trigger a headache.

The diet sounded impossible when I first read about it. My husband did not want me to do it since he thought it was too restrictive. Once I adjusted my cooking and got used to it, though, I realized that it was not so bad. I was able to find foods I liked to eat, I felt healthier than ever before, and my headaches gradually improved. After two months, headache frequency decreased to about twice per month, and after four months, I only had about one headache per month – typically when I veered from the diet. I have since added several foods back, which has made the diet less difficult. I was even able to taper off Topamax® completely.

Overall, [Heal Your Headaches](#) provides a sensible way to decrease migraine frequency and severity, often without the need for prescription medication. I have benefitted so much from it that I now regularly recommend this book to my patients who suffer from headaches. Many of them, after following these recommendations, are also starting to have improvements in their headaches.



**Tiffany  
Wightman, PA-C**  
*Physician Assistant at  
Neurology Associates*

## 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).



*July-*  
**Jessica Cain, PA-C,**  
Physician Assistant



*August -*  
**Jenna Hildebran,**  
EEG Technician



*September -*  
**Robert Yapundich, MD,**  
Physician



*October -*  
**Diane Whitener,**  
Patient Registrar Associate

## Neurology Topics “In the News”

### Fibromyalgia Symptoms Eased by “Lifestyle Physical Activity”

Accumulating 30 minutes a day of “lifestyle” physical activity, by walking more, using the stairs, or gardening, for example, led to significant improvements in perceived physical functioning and reduced pain in a study of previously minimally active adults with fibromyalgia, researchers report. The group that increased lifestyle physical activity, likely as the result of becoming more physically active, significantly improved their perceived physical functioning and reduced their pain compared to a group of patients who participated in an education/support group.

### Does your child experience the pounding, throbbing pain of migraines?

If so, he/she may be eligible to participate in a research study of an investigational nasal spray for migraines in adolescents. The study medication, ZOMIG nasal spray, has been approved for adult migraines and its effectiveness for adolescent migraines is being evaluated in this clinical trial.

To be eligible, each participant must:

- Be 12 to 17 years old
- Have a diagnosis of migraines for 1 year
- Experience at least two moderate to severe migraines per month

Qualified participants will receive all study-related care and study medication at no cost. Study participants will visit the research site 3 to 4 times over a 14 week period. Financial compensation of \$35 per completed visit will be provided to participants for time and travel expenses. Health insurance is not needed to participate.

For more information, please contact:



828-345-5060

www.pmg-research.com/unifour

## Neurology Associates Cares!



## 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
- Parkinson's Disease
- Migraine Headache in Adolescents
- Diabetic Neuropathy

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 and Tuesday 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.



### 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.

### Is your Multiple Sclerosis still active despite your treatment?

If so, you may be interested in learning more about the SURPASS research study. This research study will compare Rebif, Copaxone and TYSABRI in patients whose Multiple Sclerosis is still active despite their current therapy. Qualified study participants will receive all study related care including a MRI and study medication at no cost. Financial compensation of \$50 per completed study visit will be provided for time and travel.

For more information, please contact:



828-345-5060

[www.pmg-research.com/unifour](http://www.pmg-research.com/unifour)

### Do you suffer from Diabetic Neuropathy?

If so, you may be eligible to participate in a research study of an investigational medication for chronic pain associated with Diabetic Peripheral Neuropathy (DPN). Qualified participants will receive all study related care and study medication at no cost. Financial compensation will be provided to study participants for travel expenses associated with study visits.

Please contact:



828-345-5060

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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.