



NEUROLOGY ASSOCIATES, P.A.

www.noggindocs.com

NOGGIN NEWS

Winter 2012
Volume 4, Issue 1

Robert A. Yapundich, MD • Dale A. Menard, MD • Catherine A. Weymann, MD • Ryan S. Conrad, MD
Rita G. Katz, PA-C • Jessica M. Cain, PA-C • Tiffany R. Wightman, PA-C

Neurology Associates EEG Technician Becomes Credentialed

We are pleased to announce that in mid-December, Jenna Hildebran our EEG Technologist successfully completed the credentialing exam in EEG Technology given by the American Board of Registration of EEG and EP Technologists, Inc. (ABRET). Jenna is now credentialed as an R. EEG T.

ABRET is the national credentialing board for EEG's Technologists awarding credentials R. EEG T. ABRET has been focused on the competency and evaluation of technologists serving the neurology community and patients for 45 years.

Earning ABRET credentials requires study, focus, dedication



and significant preparation. An R.EEG T credential is only offered after success on both a written and oral exam.

ABRET credentials are the gold standard in electroneurodiagnostics and required by many hospitals, physician clinics and neurology departments nationwide. Additionally, the ABRET credentials assist in establishing competency in the field of electroneurodiagnostics.

As a leader of neurological services in the Hickory and surrounding area for over 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 encourage our staff to pursue credentialing and certifications which we believe will continue to strengthen our commitment.

We congratulate Jenna on this accomplishment.

What our Patients are Saying.....

The following are actual written comments from our patients following their visit to our practice.

“Everything was smooth and very professional. Excellent experience, everyone was very friendly.”

- Brent

“This office staff and Dr. Yapundich have been amazing, best practice I’ve been to.”

- Anjanette

“Experience with everyone was great. Ms. Cain always very nice and answers all questions. Mandy always helpful on the phone.”

- Gail

“Ms. Katz is a wonderful professional. She knows and does her job in a very professional and courteous way.”

- Alice

Youth: Epilepsy

“Epilepsy doesn’t mean these individuals have brain damage or a long-term likelihood of poor development. It simply points out that they are at an increased risk of having further seizures.”



Dale Menard, MD
Physician at
Neurology Associates

According to the Epilepsy Foundation, epilepsy affects nearly three million Americans and 50 million people worldwide. In the U.S., epilepsy affects more than 300,000 children under age 15.

“Epilepsy is defined as recurrent, unprovoked seizures. For example, anyone who has more than one seizure, which is not provoked by something like alcohol withdrawal, head injury or infection, would have ‘epilepsy,’” says Dale A. Menard, MD at Neurology Associates, P.A.

“Epilepsy doesn’t mean these individuals have brain damage or a long-term likelihood of poor development. It simply points out that they are at an increased risk of having further seizures.”

There are two types of epilepsy that are common in youth—Benign Rolandic Epilepsy and Juvenile Myoclonic Epilepsy. “Benign Rolandic Epilepsy means patients have a seizure focus near the midline of the brain. These patients have seizures often and only at night. For this type of seizure, medication treatment options are often effective, if treatment is needed at all. Patients often outgrow this type of epilepsy late

in adolescence,” says Dr. Menard. “Juvenile Myoclonic Epilepsy comes on in early adolescence. This type of epilepsy involves muscle jerking, which tends to occur most commonly in the first hour or so after waking. Patients with this type of seizure are less likely to outgrow these seizures as they age.”

After a first seizure, there will be a period of watching to see how the patient does, regardless of whether medication is started or not. There are several treatment options available, including:

- **Medication.**
- **Vagal Nerve Stimulation.** This treatment may be used to decrease seizure frequency in patients for whom medical therapy provides incomplete relief
- **Surgical Options.** Neurologists may attempt to remove the focal area of injured brain, or in extreme cases, split the brain in two, or remove half the brain if it is damaged beyond function, to allow the undamaged half to perform normally.

For patients 16 years or older, it is important to know that the state does not allow driving for six months following an episode of loss of consciousness. Patients should avoid potentially dangerous activities, like swimming, working at heights and using high voltage equipment, until it is clinically safe to do so. Patients diagnosed with epilepsy should be able to fully participate in society and live a full life. For more information about epilepsy, visit www.epilepsyfoundation.org.

Featured Photos From our Staff

Submitted by: Robert Yapundich, MD



Outer Banks Sunset over The Pamlico Sound



Outer Banks Sunrise through Sea Oats

On a recent trip to the Outer Banks I could not resist capturing these two shots of a beach sunrise and sunset.



New Addition to the Neurology Associates Family

We are pleased to announce the birth of a son to Tiffany Wightman, our Physician Assistant and her husband Wes on January 14, 2012.

William David Wightman

Born: January 14, 2012

Weight: 5 lbs. 5 oz.

Length: 18.5 inches long

Mom Tiffany and Baby Will are at home and doing very well.

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).



October 2011 -
Connie Maloney,
Front Office Manager



November 2011 -
Jenna Hildebran, R. EEG T
EEG Technician



December 2011 -
Alice Dixon,
Check-Out Associate

Volunteers Needed



Do You Have Multiple Sclerosis?

If so, you may be eligible to participate in a research study of an investigational medication for the symptoms associated with Multiple Sclerosis (MS). Qualified study participants will receive all study-related care and study medication at no cost. Financial compensation of \$75 for each completed non infusion visit and \$150 for each completed infusion visit will be provided to study participants for time and travel. Over approximately 2 years, qualified participants will visit the research site 11 times.

**For more information call 828.345.5060
or visit www.pmgofhickory.com**

1781 Tate Boulevard SE • Suite 202
Hickory, NC 28602 • 828.345.5060
www.pmgofhickory.com

Health Insurance is not required to participate.



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
- Multiple Sclerosis (Patients with Relapsing MS)
- Migraine Headache in Adolescents
- Epilepsy

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.

Depression in Older Adults Increases Mortality Risk

Depressed mood in adults 50 years and older is associated with a more than 2-fold increased risk for mortality according to a 12-year study. In this group of patients, depressed mood increased the risk of dying on average by between 90% and 120%. According to the investigators, depression may lead to worse outcomes for a number of reasons. First, there may be some direct biological effects, such as increased blood clotting and reduced heart rate variation. Depression may also deter patients from bothering with medical care, or it may lead to behaviors that discourage caregivers from providing the necessary assistance.

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.



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 28602

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.