



NEUROLOGY

ASSOCIATES, P.A.

ESTABLISHED 1985

Offices located in
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Taylorsville,
and Denver, NC

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Physician Assistant Students At Neurology Associates

If you have been to our office over the past year you may have noticed medical students joining our physicians and Physician Assistants (PA) as they treat patients. Neurology Associates in collaboration with the Wake Forest University PA Program allow these students to complete a neurology rotation at our practice as part of their clinical rotations. We are pleased to announce that we will continue this ongoing relationship with Wake Forest PA Program to mentor PA students. Tiffany Wightman, PA-C is our coordinator for the clinic rotations with Wake Forest and will continue to do so in the future.

We are also excited to announce our involvement with the Lenoir-Rhyne University (LRU) PA Program. The inaugural class starts January 2016 and we are pleased to have Jessica Cain, PA-C a member of our medical staff serve on the Program's Advisory Board as well as participating in the selection of students to join the program. Ms. Cain is part of the growing relationship we have established with the LRU PA Program.

Our clinic physicians participate in the educational phase of the program and our PAs participate in the students' clinical phase. We hope all of our patients will help us welcome each of these students as they rotate through the practice as they seek their Master's in Physician Assistant Studies.



Pictured L-R, Tiffany Wightman, PA-C, Jordyn Reisenauer, PA Student, Jessica Cain PA-C



Pictured L-R: Dr. Catherine Weymann, Dr. Dale Menard, Tiffany Wightman, PA-C, John Ramos, PA student, Jessica Cain, PA-C, David Skaff, Practice Administrator and Roger Austin, PA-C

Robin Egan, Physician Assistant student from Wake Forest School of Medicine (center) accepts a physician's hammer from Tiffany Wightman, PA-C. Others pictured (L to R) Dr. Dale Menard, Dr. Robert Yapundich and David Skaff



Sports Injuries – What You Should Know

Neurology Associates provides comprehensive treatment for a variety of sports-related injuries, including concussions and brain injuries. Whether a high school student or a business professional, serious injuries can occur regardless of amateur or professional status. Our primary services focus on diagnosing sports-related injuries, prescribing treatment and assessing “return to play.”



Sports-related neurological injuries have increasingly become a major public health concern. According to the Center of Disease Control and Prevention (CDC), an estimated 300,000 sports related traumatic brain injuries (TBIs), most of which can be classified as concussions, occur in the United States each year. 5.3 million Americans are currently living with disability as a result of TBI. Among American children and adolescents, recreational and sports activities are responsible for about

21% of all traumatic brain injuries. The proportion of these concussions that are repeat injuries is unknown; however, there is an increased risk for subsequent TBI among persons who have had at least one previous TBI. Repeated mild brain injuries occurring over an extended period (i.e., months or years) can result in cumulative neurologic and cognitive deficits, but repeated mild brain injuries occurring within a short period (i.e., hours, days, weeks) can be catastrophic or fatal. The latter phenomenon, termed "second impact syndrome" has been reported more frequently since it was first characterized in 1984. In the state of North Carolina alone, two high school football players recently died from second impact syndrome.

According to The United States Consumer Product Safety Commission (CPSC) and the National Injury Surveillance System (NEISS), some of the most common sports contributing to sports-related injuries are hockey, football, wrestling, basketball, baseball and softball.

In addition to providing concussion and head injury treatment to patients throughout North Carolina, Neurology Associates has become part of a larger community effort by collaborating with local health care providers. Together, we are working to develop a system to efficiently and proactively address the growing problems of sports-related injuries like concussions and ultimately minimizing the chances of a first event.

Symptoms of a Concussion:

- Headache
- Altered level of consciousness (drowsy— hard to arouse)
- Loss of consciousness
- Dizziness
- Memory loss (amnesia of events surrounding the injury)
- Blurred vision
- Nausea or vomiting

Call 911 if Symptoms Include:

- Changes in alertness & consciousness
- Convulsions
- Muscle weakness on one or both sides
- Persistent unconsciousness (Coma)
- Repeated vomiting
- Unequal pupils
- Unusual eye movement
- Walking problems

Drinking Coffee May Reduce the Risk of Death from Neuro Diseases

Drinking a second or third cup of coffee may reduce the risk of death from heart disease and other illnesses. In a study, people who regularly drank moderate amounts of coffee, less than five cups per day, had a lower risk of deaths from cardiovascular disease, neurological diseases, type 2 diabetes, and suicide.

The benefit resulted from caffeinated and decaffeinated coffee, suggesting that is not just the caffeine providing health benefits, but possibility the naturally occurring chemical compounds in the coffee beans.

“Bioactive compounds in coffee reduce insulin resistance and systemic inflammation,” said Ming Ding, MD, a doctoral student at the Harvard T.H Chan School of Public Health in Boston.



Employees of the Month



Front row L-R: Sherry Atwood - Medical Records Associate-September
Julie Xiong - Medical Office Associate-May and chosen at random for Year End Grand Prize.

Back row L-R: Kim Sparks - Billing/Insurance Manager-March
Janet Rhyne - Medical Office Associate-September,
Debi Lail - Insurance/Billing Associate-January
Nerissa Rowe - Medical Office Associate-July

Treatments for Neurological Care

*Neuro-
Therapeutic
center*

At Neurology Associates we are dedicated to offering our patients the latest possibilities to neurological care.

We continue to offer VNS therapy for seizure reduction by adjusting the stimulator in office. We are also offering DBS (Deep Brain Stimulator) adjustments to help control Parkinson's symptoms. These tiny electrodes in the brain send stimulation to reduce Parkinson's symptoms seen outwardly.

Even more recent, for Parkinson's Disease (PD), we started offering Duopa pump adjustments. These pumps have small tube surgically inserted into the small intestine and slowly pump dopamine by external pump. The rate and dose are determined by the patient and provider.

Finally, we offer Apokyn injections as possible treatment option for PD patients. These are injections of a medication that allows for better control of your "wearing off" symptoms associated with Parkinson's. The injection dose is determined by the provider and a nurse helps to educate you and your loved one how to administer the injection.

If you would like to learn more about these options for your health care needs, please speak to your neurology provider at Neurology Associates.



Our Staff Making News

- Dr. Menard was appointed to the Medical Executive Committee at Catawba Valley Medical Center.
- Dr. Menard was elected Section Chairman of Neurology at Frye /Duke LifePoint Medical Center for 2016.
- Dr. Yapundich was recently elected as a Fellow Member of the American Academy of Neurology in recognition of his contributions to the American Academy of Neurology and to the neurology community.
- Sherry Collins, Medical Records Associate was married to Ron Atwood in November 2015
- Jessica Cain, PA-C was appointed to the Advisory Board of the new Lenoir Rhyne University Physician Assistant Program.

Teva Announces U.S. Availability of ZECUITY® – First and Only Transdermal Patch System for the Acute Treatment of Migraine

JERUSALEM--(BUSINESS WIRE)--Sep. 1, 2015-- Teva Pharmaceutical Industries Ltd., recently announced that ZECUITY®, the first and only patch system designed to provide relief from migraine, is now available by prescription through specialty pharmacies. ZECUITY® is a single-use, disposable patch system that delivers sumatriptan through the skin. The device is designed to be worn for a four-hour period either on the upper arm or thigh.

ZECUITY® is used for the acute treatment of migraine headaches with or without aura in adults. ZECUITY® is used for people who have been told by a healthcare provider that they have migraine headaches. ZECUITY® is not used to prevent or decrease the number of migraine headaches you have.

Approximately 36 million people in the United States suffer from migraine and its various characteristics. According to the American Migraine Study II, 85 percent of respondents experience throbbing pain, 80 percent experience sensitivity to light, 76 percent experience sensitivity to sound and 73 percent experience nausea.

“Migraine sufferers experiencing nausea as part of their migraine may delay or avoid treatment and may seek non-oral treatment options,” said Dr. Michael Hayden, President, Global R&D and Chief Scientific Officer. “At Teva, we are committed to delivering innovative treatments that improve patient care and are proud to offer ZECUITY® to people looking for a different route to migraine relief.”

In conjunction with the availability of ZECUITY®, Teva is launching Migraine Support SolutionsSM to provide migraine education and assistance with ZECUITY® including a special offer that could save patients money on their prescriptions. To contact Migraine Support SolutionsSM, call 1-855-ZECUITY (1-855-932-8489).

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



PASSAGETM

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 website(www.noggin docs.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.