



NEUROLOGY

ASSOCIATES, P.A.

NOGGIN NEWS

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Neurology Associates Opens Neuroimaging Center

On April 5, 2010, Neurology Associates, partnering with Alliance Imaging opened its new Neuroimaging Center. MRI appointments are scheduled every Monday from 7:00 am until 7:00 pm in a mobile MRI unit which is located on the ground level of our current office location off Tate Boulevard. Due to legal regulations we cannot schedule patients with Medicare or Medicaid insurance. MRI procedures performed at our office include scans of the brain, lower back, mid-back, and other areas of the head and neck.

Dr. Weymann received her MD from the University of Arizona, College of Medicine in Tucson, Arizona. She then completed her Neurology Residency at Case Western Reserve University in Cleveland, Ohio and her Neuroimaging Fellowship at the prestigious Dent Neurologic Institute in Buffalo, NY.



Dr. Catherine Weymann, our newest neurologist, has over 18 years of experience as a trained Neuroimaging specialist and is the Medical Director of the Neuroimaging Center. Dr. Weymann is Board Certified in Neurology and is certified in Neuroimaging by the United Council for Neurologic Subspe-



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).



January -
Eric Solano Duarte,
Patient Appointment
Associate



February -
Alice Dixon,
Medical Office
Assistant



March -
Sherry Collins,
Medical Records
Associate

Problems Sle

Sleep is a crucial part of our lives that many may take for granted, especially when we are experiencing a restful night's sleep. However, when that sleep becomes interrupted, secondary to any cause, an individual may start to experience restless nights, daytime sleepiness, mood changes, pain, all of which can impact their personal and professional lives.

The hours of required sleep change as we age. As a newborn our body is neither daytime nor nocturnal but rather has constant sleep wake cycles throughout the night, waking 1-2 hours followed by 3-4 hours of sleep around the clock. Throughout our first year of life we formulate a cycle toward wakefulness in the daytime and nocturnal sleeping. An infant requires approximately 10 hours of sleep per night and several naps during the day. By age 4-5 the nocturnal period has lengthened slightly more to 11-12 hours of sleep and napping in the day. By adolescence sleep requirements average 10 hours per night. The average adult requires 7-8 hours per sleep a night, and with less than 6 hours of sleep significant medical conditions can occur or current conditions worsen. Senior adults were once considered to have shortened sleep requirements secondary to aging, but this now appears to be untrue. In fact, we now believe seniors still require closer to the 7-8 hours of sleep, yet tend to get less secondary to underlying health issues, such as insomnia.

Our Providers in the News

In mid-February Drs. Seth Larson, Jeanette Larson, Robert Yapundich and our Physician Assistants, Rita Katz, Jessica Cain and Tiffany Wightman attended the 2010 NC Neurological Society meeting. At this meeting our providers learned about a variety of topics including the use of hypothermia in treating brain injury, the effects of cancer on the nervous system, the interplay of sleep disorders and epilepsy, a form of Multiple Sclerosis called "Devics syndrome" and the role of ultrasound in diagnosing nerve and muscle disorders.

Dr. Yapundich was named a Paul Harris Fellow by the Rotary Foundation of Rotary International. This recognition, the highest honor given by Rotary to a member, is in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among peoples of the world.

Dr. Jeanette Larson has moved her office location to the Physical Therapy and Rehabilitation building on the campus of Catawba Valley Medical Center. Dr. Larson has office hours in her new office location every Wednesday from 11:00 am until 3:00 pm.

On April 13, 2010, Jessica Cain, PA-C spoke to the local Dental Hygienists Society on sleep apnea, narcolepsy and other sleep problems.



Jessica M Cain,
PA-C, MPAS

Insomnia currently is the most common reported sleep disorder in the adult population, with approximately 40% of adults having a sporadic occurrence at some point in their life. Another 15% of adults suffer with chronic insomnia, lasting minimally 30 days. The National Institute of Health (NIH) defines insomnia as a complaint of difficulty falling asleep, or staying asleep, or early morning awakening accompanied by impaired function. Insomnia is distinguished into two groups: sleep initiation insomnia (trouble falling asleep) and sleep maintenance insomnia (trouble staying asleep or waking too early). There are also classifications of insomnia: primary and secondary. Primary insomnia is not caused by another physical or mental condition and is less common. Secondary insomnia is the result of another physical or mental condition. Depression and anxiety are common causes of secondary insomnia encountered in outpatient clinics. Depression causes sleep maintenance insomnia, particularly causing awakening too early, whereas anxiety causes sleep initiation insomnia and both must be treated to stop the insomnia. Some other possible causes for insomnia include medications, lifestyle factors, restless limbs, periodic limb movement disorder, snoring, and even sleep apnea.

When experiencing insomnia it is important that you also take a close look at your sleeping patterns or what we collectively refer to as sleep hygiene. Sleep hygiene addresses issues such as bed time, out of bed time, hours spent in bed, hours spent napping, activities done within the bedroom, and other factors that would influence sleeping patterns. Sleep hygiene training is a very useful, non-pharmacological approach to treating insomnia. Sleep hygiene training includes suggestions such as:

- maintenance of regular sleep and wake cycles
- exercising regularly in the morning/afternoon hours
- removing TV, radios, etc from bedroom
- increasing bright light exposure in daytime
- avoiding bright light at bedtime hours
- avoiding heavy meals or alcohol more than 3 hours from bedtime
- avoiding caffeine, tobacco products, and other stimulants after 2PM, and many others.....

Sleeping...?

Relaxation techniques, biofeedback (cognitive behavioral therapy), sleep restriction, and stimulus control therapy are also other examples of treating insomnia without the use of medication.

An important condition to consider when determining the cause of insomnia is sleep apnea. Sleep apnea currently affects 12 million Americans but likely continues to be an underdiagnosed and undertreated condition. There are three types of sleep apnea: obstructive, central, and mixed with obstructive being the most common. Obstructive sleep apnea is due to a blockage of the airway from the soft tissue in the rear of the throat collapsing and stopping the flow of air while asleep. In central sleep apnea the brain fails to signal the muscles to breathe rather than a blockage of the airway. Mixed sleep apnea is a mix of the two conditions.

Some common symptoms of sleep apnea include: loud snoring, apneas or pauses in breathing, waking gasping for breath, daytime sleepiness, frequent trips to bathroom at night, memory loss, moodiness, loss of sexual drive, early morning headaches, and even weight gain. Other physical indications include: increased weight, large neck size, large tonsils, and narrowed nasal passages. First, the greater the weight the more soft tissue there tends to be, allowing obstructive events to occur more frequently. In men neck size greater than 17 inches increases the risk for obstructive events whereas women are at risk at 15 inches. Lastly, larger tonsils and smaller, obstructed nasal passages may also increase the risk of obstruction by reducing the airflow's path.

If you, or a loved one, have any of these signs or symptoms you should consider seeking medical advice and undergoing an overnight sleep study to determine if you could be suffering with sleep apnea. Sleep apnea will not just lead to a poor night's rest or daytime fatigue but does increase the risk for high blood pressure, heart attack, stroke, arrhythmias, diabetes, impotency, and currently causes a substantial number of motor vehicle accidents due to "drowsy driving." Sleep apnea can be diagnosed and treated so ask your clinician today.

Dr. Yapundich Receives Board Certification in Sleep

Dr. Yapundich recently passed his examination for certification in the subspecialty of Sleep Medicine and is now a Board Certified Sleep Neurologist as recognized by the American Board of Psychiatry and Neurology.



Gift to Piedmont Council of the Boy Scouts of America

On behalf of Neurology Associates, Mitchell Menard, son of Dr. Dale Menard, presents a check in the amount of \$1,000 to John Norwood, Director of the Piedmont Council of the Boy Scouts of America.



Neurology Topics "In the News"

Nintendo Wii Games Improve Motor Function in Stroke Survivors

A new pilot study has found that the Nintendo Wii gaming technology is a novel, safe, and feasible strategy to improve motor function in stroke patients and could be incorporated into at-home rehabilitation. In this study, those using the Wii on average were able to perform a task 30% faster than those using recreational therapy.

Scientists Find How Relaxed Minds Remember Better

Stronger and more lasting memories are likely to be formed when a person is relaxed and the memory-related neurons in the brain fire in sync with certain brain waves. Researchers found that synchronization in the brain is influenced by "theta waves" which are associated with relaxation, daydreaming and drowsiness, but also with learning and memory formation.

Extremes in Sleep Duration Linked to Increased Abdominal Fat in Minority Young Adults

Extremes in sleep duration are related to increases in abdominal fat in minority young adults, according to the results of a study reported in the journal Sleep. In a group of African-American and Hispanic participants, those who slept less than an appropriate amount of time had greater increases in belly fat over a five-year period. Participants reporting 5 hours of sleep or less consumed more total calories (2224 kcal) than those reporting 6 to 7 hours (1920 kcal) or 8 hours of sleep or more (2199 kcal).

Traumatic Brain Injuries Rising 3 Times Faster Than Population Rate

Traumatic brain injuries (TBIs) have increased 21% since 2004, whereas the population has grown only 6.3%, according to new data from the Centers for Disease Control and Prevention (CDC). In particular, TBIs are increasing among children as more become active in sports and among the elderly as that demographic grows. Falls were the leading cause of TBI (35.2%), and rates were highest for children from birth to 4 years and for adults 75 years and older.

Clinical Research Corner

Neurology Associates partners with sponsors (major pharmaceutical companies) and local clinical research centers to offer specialized clinical research opportunities to our patients and community.

Drs. Yapundich, Menard, Weymann have extensive experience in clinical trials across a broad range of therapeutic areas.

About Clinical Research Trials

Medical research studies involving people are called clinical trials.

The term clinical trial includes both interventional and observational types of studies. Interventional studies are those in which the research subjects (patients) are assigned by the study investigator to a scheduled treatment or other intervention and their outcomes are measured. Observational studies are those in which individuals are observed and their outcomes are measured by the investigators.

Clinical trials look at:

- Preventing disease - using drugs, vitamins, foods to reduce risk
- Treatment - new drugs or combinations of drugs; new ways of giving treatment, new types of treatment
- Diagnosing disease - new tests or scans
- Controlling symptoms - new drugs or complementary therapies.

Clinical trials aim to find out if a new experimental drug or procedure:

- Is safe
- Has side effects
- Works better than the currently used treatment
- Helps you feel better

Clinical trials are designed to:

- Collect data about investigational medications, devices or procedures that may benefit future patients and current research participants
- Assess both the safety and effectiveness
- Provide documentation supporting any claim of safety and/or effectiveness

Clinical trials are conducted under rigorous U.S. Food and Drug Administration (FDA) guidelines.

At the completion of the clinical trial the sponsor will then submit the data to the FDA for approval.

At Neurology Associates we are currently recruiting patients for the following Clinical Trials:

- Osteoarthritis
- Diabetic Neuropathy
- Restless Leg Syndrome

If you would like more information about these clinical trials contact our office at 828.328.5500.

For additional information about clinical trials

<http://clinicaltrials.gov>

<http://clinicaltrials.gov/ct2/info/understand>

<http://www.clinicalconnection.com/aboutclinicaltrials.aspx>

Do you suffer from Diabetic Neuropathy?

Do you continue to experience pain even with medication?

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 up to a possible total of \$700 will be provided to study participants for time and travel.

Please contact:

Unifour Medical Research

828-345-5060

www.pmg-research.com/unifour

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.



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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.