ABOUT
SELSON
CLINICS
SELSON CLINICS NEUROLOGY

NEURODIAGNOSTIC LABORATORY

EPILEPSY DIAGNOSTIC AND TREATMENT CENTER

SLEEP DISORDER ASSESSMENT AND TREATMENT CENTER

NEUROBEHAVIORAL CLINICS

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Selwyn-Lloyd McPherson, MB,BS, M.D.
MESSAGE TO OUR PATIENTS

The information that follows is designed to answer many of the questions which you may have about neurophysiology and neurology testing. If you have any questions, please ask since we do want to be of help to you. The more you know, the more we can be of service to you. We firmly believe that better doctor-patient relationships are established when both parties communicate openly and honestly. It is through this understanding that we hope to actively involve you in your health care. Once again, we look forward to serving the health care needs of you and your family.

With warmest regards,

Selwyn-Lloyd McPherson, MB,BS, M.D.
Clinical Neurophysiologist
Director: Neurodiagnostic Laboratory
INTRODUCTION

Neurophysiology is a subspecialty of Neurology dedicated to diseases of the brain, spinal cord, nerves, and muscles. As a clinical neurophysiologist, my training includes expertise in the diagnosis and investigation of the following: stroke, Parkinson's disease, tremors, visual problems, weakness, dizziness, headaches, facial pain, back and neck pain, muscle pain, infections of the brain and spinal cord, tumors of the brain, spinal cord, and peripheral nerves, dementia, multiple sclerosis, movement disorders, head trauma, sleep disorders, diseases of the brain and spinal cord in children and adults, and neurologic manifestations of medical diseases. As you may be aware, I have also received extra training in epilepsy (convulsions, fits, seizures).

The following tests which are outlined in this brochure are all "non invasive" and therefore no hospitalization is required. All of these studies can be performed on an outpatient basis or may be performed while you are in the hospital. The specific tests are designed to diagnose diseases of the brain, spinal cord, peripheral nerves and muscles. Different patients may receive different tests depending upon their complaints. You should also be aware that the charges for these various tests are reimbursed to varying degrees by all major insurance companies depending on your policy. The responsibility for paying for these services, however, lies with you, the patient, even though you have insurance coverage for outpatient care services. If you have any difficulty completing the required insurance forms, whether they are to your insurance company or to Medicare, we will be happy to assist you. Our policy on patient responsibility for charges incurred is designed to hold our laboratory overhead costs down, which ultimately is to your benefit by allowing us to keep our fees as low as possible.
The electroencephalogram is used to investigate the electrical activity of the brain by applying electrodes to the scalp and recording this activity on paper or on a tape to be reviewed by the neurophysiologist. There are several different types of EEGs performed in our specialty laboratory. These are performed on children and adults, and a specific type of EEG is ordered depending on the patient's complaint. In preparation for an EEG, patients are advised to discontinue medications which may cause drowsiness for at least 24 hours. The patient should wash and dry their hair and scalp the night before the EEG. No chemicals or hair creams should be used.

1. **Standard Routine EEG** - This study is performed to rule out brain diseases, including strokes, seizures, epilepsy, tumors, and changes in personality or memory (including Alzheimer's disease).

2. **24 Hour Sleep Deprived EEG** - This EEG is obtained after the patient has been awake for 24 hours. This is considered a “stress EEG” and allows us to assess the brain wave activity under stress. Patients should not ingest caffeine for 24 hours prior to this EEG. This test is used to assess patients with epilepsy.

3. **EEG with Sphenoidal Electrodes** - This EEG is performed as above with the addition of small wires being placed in the jaws under local anesthetic. This allows us to assess the temporal lobes of the brain in patients suspected of having complex partial seizures.

4. **Multiple Sleep Latency Studies** - These are a series of 20 minute EEGs (5-6) performed during a six hour period in order to assess patients complaining of drowsiness or inability to stay awake. These are patients suspected of having narcolepsy.

5. **24 Hour Ambulatory EEG/EKG holter monitor (with or without sphenoidal electrodes)** - This is a special EEG that allows us to monitor the electrical activity of the brain and the heart over a 24 hour period. This can be done on an outpatient or an inpatient basis. After being connected to the holter monitor in the laboratory, patients are sent home to continue their usual activities. After 24 hours of monitoring, the patient returns to the laboratory and is disconnected from the holter monitor. The EEG and EKG tracings contain 24 hours of electrical activity of the brain and the heart. It is then reviewed by the neurologist on a computer. This allows us to assess patients with complaints of dizziness, confusion, memory loss, seizures, dementia, and behavior change.

6. **Ambulatory EEG with Continuous EEG Video Monitoring** - This is a special EEG that allows us to assess the electrical activity of the brain as well as the heart. We are also able to video record the patient on a monitor during that time that he or she is having this EEG. This allows us to compare the brain function, heart function, and behavioral changes. This is particularly helpful in patients with abnormal movements as well as patients with epilepsy or difficult to characterize behavioral changes.

7. **Ambulatory Polysomnogram (Sleep Staging)** - This is a special EEG which allows us to assess the electrical activity of the brain and heart during sleep. This is a valuable assessment to evaluate patients with sleep disorders.
ABOUT SELSON CLINICS

Selson Clinics is a medical practice specializing in the management of neurologic, sleep, and neurobehavioral disorders. The clinic also has its own neurodiagnostic and sleep laboratories. Our labs are equipped with advanced computerized technology which allows us to achieve a high level of diagnostic capability. The following clinics are presently available.

LOCATION

Selson Clinics has two offices. One office is located at 1930 State Route 59 in Kent Ohio. The other office is located at 2725 Abington Road, Akron, Ohio.

NEUROLOGIC CLINICS:

- Headache Clinic
- Stroke Clinic
- Neuromuscular Clinic
- Dizziness Clinic
- Multiple Sclerosis Clinic
- General Neurology Clinic
- Geriatric Assessment Clinic
- Parkinson's Disease Clinic
- Neurodiagnostic Clinic

NEUROBEHAVIORAL CLINICS:

- Neuropsychological Assessment
- Stress Management

EPILEPSY DIAGNOSTIC AND TREATMENT CENTER:

- Clinical Assessment
- Neurophysiologic Assessment
- Pharmacologic Assessment
- Education and Support Group
- Neurology Library
- Drug Research Programs
- Neurology Research

NEURODIAGNOSTIC LABORATORY:

- Neuromuscular Assessment
- Evoked Potential Responses
- Vascular Assessment
- EEG and Epilepsy Assessment
- Dizziness and Hearing Assessment

SLEEP DISORDER ASSESSMENT AND TREATMENT CENTER:

- Sleep Disorder Assessment
- Overnight Sleep Studies
- Prolonged EEG/Video Monitoring
HOURS/EMERGENCY: Selson Clinics is open Monday through Friday (except holidays) from 8:30 a.m. until 5:00 p.m. If you need the physician anytime during the day or night, call the Kent office at (330) 673-9641 or the Akron office at (330) 836-5333. When calls are received after or before office hours, the Portage/Summit County Answering Service will make sure your message is given to the physician.

YOUR CLINIC APPOINTMENT: Whether you were referred to Selson Clinics by a physician or if you came here without a referral, the full services of Selson Clinics are available to you.

You are encouraged to make your clinic appointment as far in advance as possible. Appointments may be arranged by phone or in person. This helps us to better provide services to you and to others. As a courtesy, if you are unable to keep your appointment, please let us know as soon as possible. This way we can reschedule your appointment as quickly as possible.

It is difficult to predict how long your neurology clinic visit will last. Many examinations are completed in one day; however, others involving consultation and diagnostic procedures may require more time.

When you arrive at the clinic, go directly to the reception desk. Wheelchairs and elevator are available for your transport. Because it is important that your records are accurate and up-to-date, you will be asked to complete a patient information form as well as a more detailed medical history form. In order for the physician to perform a thorough consultation, all information forms must be completed. If you need help in filling out your forms, feel free to ask the office manager for assistance.

WHAT TO WEAR/WHAT TO BRING: Please dress comfortably. Another important consideration is your insurance information. Please bring all pertinent information with you. The name of your company, policy number, and a list of covered services are important.

INFORMATION ABOUT COST: At Selson Clinics, each patient examination is done individually, and no two are exactly the same. In most instances, the need for consultation or diagnostic procedure is not known until the physical examination has been completed. Therefore, estimates of cost are often not practical. A schedule of our fees is available at the reception desk. Payment is expected at the time of your office visit.

CONFIDENTIAL INFORMATION: Your medical records are maintained in strict confidence. If your family or personal physician has referred you to the clinic for specialty care, he or she will receive a report from your Selson Clinics physician. Other than this, we will release such information only with your written permission.

PHYSICIANS AND STAFF: The staff of Selson Clinics is our most valuable asset. It is this essential human component that we are especially proud of. If you have any comments or criticism regarding the service you received at Selson Clinics, we encourage you to discuss this with the physician or write the physician a letter stating your complaint.
INSURANCE AND BILLING

Payment is expected at the time of service. If your insurance plan requires you to have authorization for office visits, this must be obtained by you or your primary care physician prior to your appointment. As a courtesy to you and all our patients, we will submit the charges to your insurance company for reimbursement. If you wish to submit the charges yourself, please inform us so we can send the claim to you. We have one centralized billing department for both the Akron and Kent offices. If you need any assistance with your account, please call (330) 673-9641 and ask for the billing department. The following is a list of insurances which we have contracts with (please call our billing department for the most up-to-date list):

Accessible Health Alliance (OHCP)
Aetna
Aetna Managed Choice (must have authorization for visits)
Aetna Select Choice (must have authorization for visits)
American Selectcare (ASC-Flora)
Anthem
Anthem Senior Advantage (need authorization for visits)
Aultcare
Beech Street
Blue Cross/Blue Shield of Ohio (now called Medical Mutual)
Buckeye Community Health Plan of Ohio
CAPP Care (OHCP)
CareSource
Choice Care
Cigna -PPO/HMO (HMO must have authorization)
Community Choice
Community Care (OHCP)
Community Preferred Health
Creative Health Plans
Direct Care America
Emerald Health Network (EHN)
Emerald HMO (needs authorization)
First Benefits (also known as First Ohio Preferred)
First Health Network
Flora Preferred
Genesis-HMO (needs authorization for visits)
Goodyear Tired & Rubber (Summa)
Health Maintenance Plan (HMP)
Health Services Preferred (HSP)
Healthsource (needs authorization for visits)
Healthstar
Healthy Options
Heller Associates (Summa)
Humana (PHCS)
Integrated Health Network
John Alden
Klais Health Network (KHN)
Medicaid
Medical Mutual (formerly Blue Cross)
Metrahealth
Mutual of Omaha (HMO/PPO/POS)
National Association of Letter Carriers
National Advantage
Nationwide Health Plans
Ohio Health Choice Preferred (OHCP)
Ohio Children’s Health Network
One Health Plan (must have authorization)
Personal Physician Care (Summa, needs authorization)
Physicians Health Care Services (PHCS)
Preferred Medical Plan (PMP)
Preferred Provider Organization Michigan (PPOM)
Primary Health Services (PHS)
Provident Life/Parker Hannifin Employees
Pro-America (OHCP)
Prucare (Prudential)
Prudential (HMO/HMO-Select/POS)
Super Med Plus
Summa Health Care (need authorization for visits)
Total Health Care (Medicaid)
Unison
United Healthcare
USA Health Network (affiliated with Emerald)
US Healthcare (merged with Aetna)
Western Reserve (PHS)
PRESCRIPTIONS AND REFILLS

Please remind the Neurologist during your office visit if you are going to run out of your medication before your next appointment so that he can give you a prescription. The Neurologist generally will not refill medications after hours or on the weekends because he will not have your chart to ensure that you are receiving the proper medication and dosage.