

NOMC

New Orleans Musicians' Clinic

Rhythms

spring 2002



A not-for-profit occupational service sponsored by Daughters of Charity Services of New Orleans | The LSU Healthcare Network | The New Orleans Jazz & Heritage Foundation

As we celebrate our **4th birthday** on May 1, we have some exciting news! We are pleased to announce that one of our founding partners, the **New Orleans Jazz & Heritage Foundation**, has presented the NOMC with a check for \$50,000! The Executive Director of the NOJHF, Wali Abdel-Ra'ouf, stated, "I believe this year's contribution, while it has nearly doubled what we've done in the past, is still a small price to pay to help ensure the well-being of our music community."

Another fantastic piece of news is that **Dan's Chocolates** of Watertown, MA has been named Official Chocolatier of the NOMC! Dan's Chocolates, established in 1999, has grown to be one of the foremost purveyors for great chocolate and good will in the country.

A long time supporter of NOMC, Dan Cunningham, owner and chocolate entrepreneur, saw this as an innovative answer to our Pfizer challenge. Now our supporters can enjoy great chocolates and help us provide health services to local musicians. Dan's will donate to us a percentage of the purchase price of every box you buy to. So why not order some Dan's Chocolates for Mother's Day (May 12) and Father's Day (June 16)? Dan warns all NOMC supporters...*beware of spontaneous consumption!*
To order online, contact www.dans.com or by phone 1-800-800-DANS.

—Michelle Gegenheimer, NOMC Administrative Director

nomic memorials

Often our mission is bittersweet, especially when we lose cherished members of our music community. Recently Rob Florence of The Friends of New Orleans Cemeteries (FNOC) called our NOMC Outreach Chair, Bethany Bultman, to pledge his support in securing a tomb in St. Louis No. 1 or 2 which can be used as final resting place for our musical cultural icons. As Rob and Bethany are just in the planning stages of the New Orleans Musicians' Tomb Project, please contact Rob at 949-2785 to offer your advice and support.

the francis harding memorial fund

(October 4, 1951 – December 24, 2000)



Rose and Dutch Seutter present Michelle Gegenheimer with a photo of Franny at the Francis Harding Memorial/NOMC benefit at Fritzel's to launch a traditional jazz CD, "A Fritzel's Celebration," recorded at the memorial service for Harding on January 15, 2001. A percent of the proceeds go to the NOMC.

The CD is \$15.00 at Fritzel's, 733 Bourbon (504) 561-0432.

Francis (Franny) Harding

was passionate about traditional New Orleans jazz. A native of Bristol, England, he lived in Germany before permanently moving to New Orleans, his spiritual homeland, in 1994. He became a partner of Fritzel's Pub with Rose and Dutch Seutter in 1994, and became one of the great Ambassadors of New Orleans jazz throughout Europe.

Franny died of a heart attack on Christmas Eve 2000, at the age of 49, at Fritzel's doing what he loved best, preparing a Christmas feast for the musicians and staff he adopted as his family.

On January 11, 2002 Fahreena Buras, one of Franny's closest friends and former Fritzel's bartender, gave birth to a daughter, Ave Francis, named for the departed friend she had tried to save with CPR after his heart attack. To date, \$2500 has been donated to the NOMC in Franny's memory.

the nauman steel scott, III memorial fund

(May 10, 1945 – January 8, 2002)



Nauman Scott was cherished as a fixture on the late night music scene for his gift as a raconteur and uncanny ability for total recall of every detail which had ever crossed his path. Producing records was actually Nauman Scott's second career. He grew up in Alexandria, Louisiana where his father served as a federal judge. After graduating from Bolton High School in Alexandria, Nauman graduated from Washington and Lee University and LSU Law School. Having been awarded his law degree in 1972, he practiced oil and gas law for several years in Louisiana and Texas, before coming to New Orleans to indulge in his passion for music and the local culture. To date, more than \$2800 has been donated in the memory of Nauman Steele Scott, III to assist in the care of NOMC patients.

Nauman Scott and his brother, Hammond Scott, founded Black Top Records in 1980, soon gaining an international reputation for their blues, R & B and zydeco recordings by such artists as Earl King, Snooks Eaglin, Carol Fran, Solomon Burke, Maria Muldaur, Tommy Ridgley and the Neville Brothers.

He died suddenly on January 8, 2002 of heart disease at the age of fifty-six. Besides his brother, Hammond, survivors include his son, Nauman Steele Scott, IV; his daughter Sarah Stafford Scott; his other brother, John W. Scott of Alexandria, and his sister, Ashley Scott Rankin of Dallas; and legions of devoted friends in the New Orleans musicians community.



photo by Harvard Business Review

ADDICTION AND RECOVERY

it ain't called the BIG EASY for nothin'

The Big Easy has long been a theme park for substance-induced misadventure. It has even been rumored that happy little R&B standard, "Who Shot the La La" may tell of the tragic drug overdose of a local R&B singer who died on his living room floor in front of his family. "Late nights performing in bars, weeks of loneliness on the road, stage fright, clinical depression, the pressures of performing, and career lows and career highs are often the occupational hazards leading to the roller coaster of substance abuse which has tragically cut short the careers and lives of many of our greatest artists," warns Dr. Kenneth White, NOMC Psychiatric Consultant and Director of Emergency Psychiatry at the LSUHSC/Medical Center of Louisiana.

SOLUTIONS:

First, the band needs to take the heat off the addicted member. Show your support to one another— not the 'how can you do this to us?' deal. Come to an understanding that the band is going to work as a family/team. Have an intervention to confront how the substance abuse is harming the music and your individual careers.

To get help, all the musician with a substance abuse problem has to do is **personally ask for it. Just contact the NOMC staff at (504) 412-1707.** After the NOMC's medical evaluation, we will help you contact our recovery partners at Musicares and "The road to recovery has a MAP" (Musicians Assistance Program). We'll help find/underwrite the appropriate detox facility, either in New Orleans or out of town, and assist in finding counseling and a support group.

"Regaining consciousness in an emergency room is not a musical statement," stresses noted jazz musician, Buddy Arnold, Co-Founder of MAP (Musicians Assistance Program), one of NOMC's national addiction services partners. "Our job is to change the mind set to break the connection between drugs and music."

So, how does a musician go about starting the recovery process? Explore treatment options available to musicians:

Musicians Assistance Program (MAP):

www.map2000.org or 888.627.6271

MusiCares Foundation: www.grammy.com.

877. 626-2748 (Central)

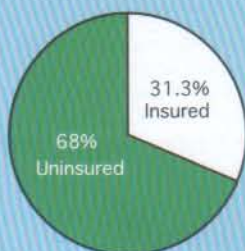
mental health band aid

"Many times identifying clinical depression and finding the appropriate medication can level the playing field leading to recovery," advises Dr. White. BECOMING AWARE OF TRIGGERS OF DEPRESSION can assist in your wellness strategy. **Remember: Alcohol is a depressant.** For every bottle of beer or alcoholic beverage consumed, you should drink two bottles of water. Sugar also affects mood changes, including triggering anxiety and depression. Those sugary beignets at dawn and those pancakes with the bacon chaser before the gig can lead to depression, and the self-medication to compensate for it. Remember: Fresh fruit, vegetables and broiled meat and fish are not only more healthy, they may improve your outlook.

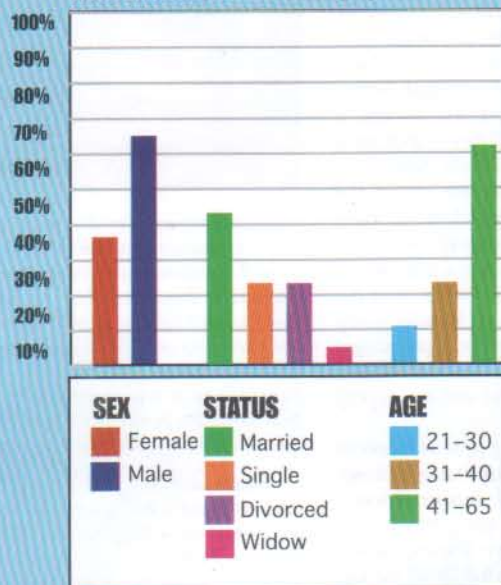
nomc patient survey

the results

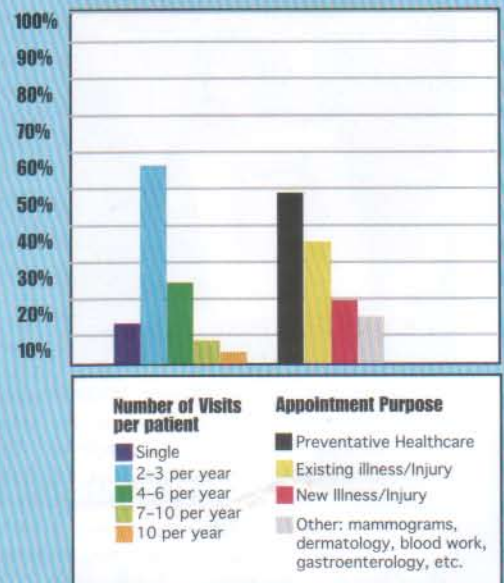
NOMC Patient Insurance Status



NOMC Musician Patient Demographics



NOMC Patient Clinic Visits/Purpose



NOMC MUSICIANS HEALTH NOTES

seasonal allergies . . .

Spring is here and so are airborne allergens. Flowers are blooming, the ligustrum are flowering, and the air is filled with pesky airway irritants. Runny noses, sneezing, and postnasal "drips" are everywhere. Although multiple antihistamines are now available, both with and without prescriptions, most of the over the counter agents (benadryl, chlorpheniramine, etc.) are sedating (make you sleepy!). There are prescription antihistamines available without the sedation. **Vocalists must be wary of drying agents like antihistamines because they dry up secretions and vocal cords.**

Performers with high blood pressure, remember, antihistamines may be safe for you, but avoid decongestants that raise your blood pressure. Decongestants include things like pseudoephedrine (Sudafed). If you are going to self-prescribe, read labels. **If the label says to avoid if you have high blood pressure, AVOID IT.**

Please remember that if you need help enduring and performing during this allergy season, call for an appointment at the NOMC. Other options are also available to treat symptoms of allergies...nasal cromolyn for prevention and nasal steroids for treatment. Nasal steroids don't have the same side effects as systemic steroids and are generally safe for short term use...

like when performing during Jazz Fest which just happens to coincide with allergy season.

- Dr. Cathi Fontenot, Medical Director NOMC



Carol Schwaner, NP-C, NOMC Clinical Coordinator, LSUHSC Department of Medicine, Section of Comprehensive Medicine/Internal Medicine

tributes, memorials, & donations



Giving to the NOMC is possible through cash contributions and pledges, gifts of royalties, stocks, corporate matching programs and gifts of real estate. Gifts through the estate plans of individuals are also welcomed and encouraged. Useful vehicles for estate commitments include wills, charitable remainder trusts, life insurance policies, retirement fund assets and others – contact Tish Williams (504) 568-3712 or twilli8@lsuhsc.edu

Make your tax-deductable donations to: The New Orleans Musicians' Clinic P.O. Box 58126 New Orleans, La. 70158-8126

The NOMC is supported by the Foundation for the LSU Health Sciences Center, a 501c3 organization.



Dr. Cathi Fontenot wears many hats. Besides being one of the founders and the Medical Director of the New Orleans Musicians' Clinic, Cathi serves as the President of the Medical Staff at the Medical Center of Louisiana in New Orleans, the Section Chief and an Associate Professor of Comprehensive Medicine at the LSU School of Medicine, and she's a wife and mother of two young sons. As the granddaughter of rural Louisiana preachers, her childhood was filled with music. Today she is an avid fan of country, zydeco, gospel and R&B. But the tune our Cathi likes to sing the most is the message of preventive medicine and keeping our musicians healthy

Dr. Claude Burgoyne/Glaucoma Project:

nomc research and free eye exams

In March 2001, the National Academy of Recording Arts & Sciences (NARAS) awarded the LSU Eye Center's Dr. Claude Burgoyne a two year grant for glaucoma screening and treatment in musician patients. This grant includes ongoing research studies of the prevalence of glaucoma and optic nerve damage in horn/wind players. Glaucoma is a group of diseases that can include eye pressure too high for the health of the eye, damage to the optic nerve and vision loss. In most cases, a person will not experience any symptoms. In less common cases, symptoms can include hazy vision, eye and head pain, nausea or vomiting, the appearance of rainbow-colored circles around bright lights, and sudden vision loss.

Glaucoma can affect people of all ages. Those at higher risk in developing glaucoma are: individuals over 60 years old, African-Americans, relatives of people with glaucoma, very near sighted and those with diabetes. For an accurate diagnosis of glaucoma a patient needs their intraocular pressure (eye pressure) checked and a complete dilated exam. To date, we have performed extensive eye examinations (FREE) on 30 musicians with 1 being diagnosed with Uveitic glaucoma – inflammation of the eye. Two other patients are glaucoma suspects. If glaucoma is suspected, photos and visual fields of the eye(s) are taken as well as follow up visits.

For more information on Glaucoma and to receive your free eye examination, please call 504-412-1707 and speak with Michelle Gegenheimer.



nomc medical services

nomc general information available at www.wwoz.org/clinic
nomc musicians healthcare website at www.musiciansclinic.org

new musician patient services

412-1111

- Musicians call for information and appointments
- FREE **Mammograms** for women musicians 50 years and over.
To schedule your mammograms Please call Michelle @ 412-1707.
- For FREE **Prostate** Screening please call Michelle @ 412-1707.
- Call 412-1111 to set up your NOMC **Dental** appointment.
- **Glaucoma** screenings for all musicians are offered on Fridays from 1-4PM as part of a grant given by the National Academy of Recording Arts and Sciences (NARAS) to Dr. Claude Burgoyne at the LSU Eye Center. Call Troy at 412-1111 to schedule an appointment.
- Want to become part of a musicians' support group for **substance abuse recovery?** or **Diabetes, Hep C** or **Asthma** group, or schedule a consultation with our NOMC dietician? Please call Michelle at 412-1707.

The NOMC/Daughters of Charity Health Services

in Carrollton Shopping Center (3900 South Carrollton) offers all primary care services to NOMC patients as well as:

1. Wellness and healthcare services to musicians and their families
2. General pediatric care
3. Vaccinations
4. Prescription filling for \$8.00 (NOMC formulary) at the pharmacy

nomc specialty services

- Addiction/Recovery Services funded by Musicians' Assistance Program (MAP)
- Musician Hep C Advocate: Timothea Beckerman
info@timothea.com (504) 896-2471
- Deafness Prevention Research and Ear Protector funded by National Academy of Recording Arts & Sciences, Inc. (NARAS)
- Glaucoma Research and Treatment funded by NARAS
- Dental Services funded by Sweet Relief Musicians Fund, Musicares, American Orthodontics, and Pierre Fauchard Academy Foundation

nomc clinic located at

2020 Gravier St., 7th floor, New Orleans 70112 (near University Hospital)

the nomc staff

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- NOMC Administrative Director: Michelle Gegenheimer
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NOMC Rhythms newsletter

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