

# Rose's CORNER

YOUR BODY IS AN INSTRUMENT : KEEP IT PLAYIN'



**Rose Mancini, RN**  
NOMC's Medical Liaison

My goal at NOMC&AF is to help our patients PREVENT DEATH BY LIFESTYLE by teaching about healthier eating and exercise.

As an avid baker, I enjoy developing cakes that are healthy for everyone but full of flavor by using substitute ingredients such as applesauce to replace oil in the cake. As the Hospitality Chairperson at St. Luke UMC, I am the lead cook on various occasions and strive to promote great tasting food that is lower in fat and salt content.

I have just completed my two year commitment to NOMC&AF with the submission of our federal Level III Patient Centered Medical Home application this month. I will be transitioning over the next few months from a fulltime staffer back to being a dedicated volunteer.

Hope to see you at the Diabetic walk (see details below) and/or to hear from

## Rose attends the 31st Annual Performing Arts & Medicine Association (PAMA) Conference with the NOMC&AF Team



2013 PAMA Attendees from New Orleans included faculty from NOCCA and Loyola, medical school faculty from Tulane, NOMAF board members and NOMC medical staff.

I was fortunate to attend the 31st Annual International PAMA Conference in Snowmass, Colorado. The presentations were great but my favorite topics were about musicians as community health leaders to prevent head and neck cancer, the hearing lectures and work shop.

## Music Community Lends its Voice to Combat Cancer



Dr. Paul Friedlander, Chair of the [Tulane Medical School department of Otolaryngology](#) presented a compelling talk on the dangers of throat cancer and the vital importance of early diagnosis. He has been providing cancer screenings

you soon.

-Rose

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## Second Line With Rose



**November 2, 2013**

at

**Audubon Park**

at

**10 AM**

**Join Team NOMC!**

and outreach at local churches and community events through **NOMC&AF's Herman "Roscoe" Ernest Memorial Screening Initiative.**

Herman was a masterful funk drummer who wanted his legacy to be prevention, early detection and treatment of the cancer that cut his life short. Dr. Friedlander spoke out about the importance of vaccinating males against the human papillomavirus (HPV). HPV can cause cervical cancer in women and is also a marker of throat cancer in males.

At first the vaccine was for females but DNA and testing is showing the HPV is one of the risk factors for throat cancer and that males also need this vaccine. Read more **HERE.**

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## Hear Today, Hear Tomorrow

Preventing noise induced hearing loss is a topic that is near and dear to my own ears, as my late husband and I were owners of Fritzel's on Bourbon St. for many years. NOMAF's own Safe Sounds co-director, Christophe Jackson, PhD presented "Noise Induced Hearing Loss in Musicians". He is currently working on a study to chronicle what those in the music industry actually know about noise-induced hearing loss, how they protect their hearing, and what the barriers are to protection.

S. Benjamin Kanters, M.M., Music Technology, Northwestern University Associate Professor, Associate Chairman Hearing Conservation in the Music Industry & Associate Chair, Audio Arts & Acoustics, Columbia College Chicago, founder, **presented an overview of hearing and sound.** He presented one of the best videos I have ever seen on the auditory transduction (sound conduction). You can find the video on the link to Safe Sounds on our **webpage.**

When it comes to sound, the levels and amount/length of exposure is critical. Daily activities, such as talking, that do not exceed 80 decibels (dB) are safe for 12 hours without damage. However sounds of 100 dB for only 30 minutes causes damage. Saints games can over 100 dB with damaging occurring in just 5 minutes.

Tinnitus is a result of hearing damage and it is not fun! The ringing never goes away and in a quiet environment can



NOMC&AF staff on  
the 2012 Diabetes Walk in Audubon  
Park "on our Team Rose."

drive one "up the wall". Ask me. I know.

Please use earplugs to protect yourself while playing and listening. Do not use ear buds with your personal music player turned up to drown out noise. It only makes it worse because the levels are increased to drown out the other sounds. Even the inexpensive foam ones from the drugstore help. Just roll the foam ones between your fingers until it decreases in size to fit into the ear canal. Otherwise the fit will not be good.

Musicians can get a hearing test and be fitted for personalized earplugs through the NOMC. Call and make an appointment with Catherine 504 412-1366. She'll be glad to help you.



**Become a Sustaining Supporter**

Donate monthly in any amount to support  
the New Orleans Musicians' Clinic

## **New Orleans Musicians' Assistance Foundation**

Hours: Monday - Thursday : 10 am - 4 pm

504-415-3514 : [info@nomaf.org](mailto:info@nomaf.org)