BINGE DRINKING

Sometimes, it’s easy to overindulge in drinking. Especially in New Orleans – the home of many festivals, Mardi Gras and the Go-Cup.

Binge Drinking can have severe implications on a person’s body, mind and spirit. As a pattern of drinking that brings a person’s blood alcohol concentration (BAC) to 0.08 grams percent or above, Binge Drinking typically occurs when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours.*

If you think this problem only applies to 20-somethings, think again. A study from the CDC found that the majority of deaths from binge drinking happen among people ages 35-64.

HOW BINGE DRINKING IMPACTS HEALTH

According to the National Institute on Alcohol Abuse and Alcoholism, alcohol poisoning “occurs when there is so much alcohol in the bloodstream that areas of the brain controlling basic life-support functions (such as breathing, heart rate, and temperature control) begin to shut down.”

Knowing the signs of alcohol poisoning can save lives:

• Mental confusion or stupor – Can’t speak or doesn’t make sense.
• Passed out and can’t be roused – May already be in a coma.
• Vomiting – Throwing up is not a normal result of drinking.
• Seizures – The body shakes or convulses.
• Irregular breathing – Taking 10 seconds or more between breaths.
• Hypothermia – The person is cool to the touch, is pale or has bluish skin color.

WHEN LOW-RISK DRINKING BECOMES A PROBLEM

It’s safest to avoid alcohol altogether if you are:

• taking medications that interact with alcohol
• managing a medical condition
• planning to drive a vehicle
• pregnant or trying to become pregnant

*Blood alcohol levels can continue to rise even when a person stops drinking or is passed out. Don’t wait for all of the signs to appear before seeking medical help. Long term and permanent injuries may include Stroke, Liver Damage, Heart Disease, Brain Damage, Diabetes and more.
About 1 in 4 people who exceed these limits already suffer from alcohol abuse and the rest are at risk of developing it.

**WHY ARE WOMEN’S LOW-RISK LIMITS DIFFERENT FROM MEN’S?**

Women begin to have alcohol-related problems at lower drinking levels than men. One reason is that, on average, women weigh less than men. In addition, alcohol disperses in body water and pound for pound, women have less water in their bodies than men. After a man and woman of the same weight drink the same amount of alcohol, the woman’s blood alcohol concentration will tend to be higher, putting her at greater risk for harm.

**BINGE DRINKING: A SELF-ASSESSMENT**

Answering “Yes” to more than 3 of these is a sign that you may benefit from seeking help:

- Have you ever decided to stop drinking for a week, but your sobriety only lasted a few days?
- Do you ever try to get extra drinks at a party because you need more booze to have fun?
- When you have a hard day or feel under pressure, do you drink heavily?
- Do you ever wake up in the morning after drinking not remembering part of the night before?
- Do you feel guilty about your drinking?
- Do you sometimes stay drunk for days at a time?

**HELPING A FRIEND CONFRONT ALCOHOL ABUSE**

It’s natural to feel hesitation in speaking with a friend about heavy drinking. Alcohol continues to be absorbed into the bloodstream even after someone stops drinking. Telling a friend to stop who’s been drinking heavily, can save their life.

- **TIMING IS EVERYTHING:** Timing your conversation correctly could mean the difference between a success and a disaster. If possible, try to time your conversation close to, or directly after your friend has experienced a problem as the result of binge drinking.
- **CONSEQUENCES MATTER:** Talk about how their drinking is already having a negative effect on their life. Focus on how their drinking affects you and others they are close to.
- **DON’T LECTURE:** Remember you’re friends; keep your conversation friendly and casual. Avoid sermons and judgments, and making demands or using labels like “alcoholic.” You might begin your conversation by saying something like “As you know, I care a lot about you and our friendship. It’s because I care so much that I want to talk with you about something that has me concerned…”
- **EXPECT THE WORST:** There is no denying the fact that your friend may get angry at you for bringing up their binge drinking. Don’t take their anger personally; it is part of their denial. Chances are, even if your concerns are rejected, you opened the door to self-reflection for your friend.
- **BE READY TO HELP:** When your friend realizes they have a problem, be ready to offer assistance in finding help.
For NOMC Patients in Need, please call 504-412-1366.

The NOMC is very pleased to announce that Odyssey House Louisiana (OHL), is now providing services to our patients seeking recovery. Established in 1973, OHL offers comprehensive services and effective support systems- nonprofit behavioral healthcare facility with an emphasis on addiction treatment including detox, treatment, physical and mental healthcare, life-skills, counseling and case management that enable individuals to chart new lives and return to our cultural community.

Additional Resources

Alcoholism is a disease afflicting millions of people worldwide. Luckily, it's also a treatable health problem:

- Center for Disease Control and Prevention (CDC)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- Alcohol Policy Information System
- Binge Drinking & Your Health

Self-Assessment and Understanding – The following sites provide questionnaires to help you assess whether or not you or someone you know has a problem with alcohol.

- Rethinking Drinking: Alcohol and Your Health
- AlcoholScreening.org

Support – These groups offer support and guidance for alcoholics as well as family and friends of people with alcohol and substance abuse problems.

- Alcoholics Anonymous (AA)
- Al Anon Family Groups
As a musician, your body is your most important instrument, but for horn, reed and some string players, as well as vocalists, your teeth are a vital tool.

Seeing your dentist regularly is the best way to prevent, detect early, and treat various dental problems.

Unhealthy habits, such as smoking cigarettes or using smokeless tobacco products can cause dental health problems, including cancer of the mouth and throat.

Be sure your dentist knows you are a musician and consider bringing your mouthpiece along to your visit so that you can demonstrate what you do.

### DENTAL CONCERNS SPECIFIC TO INSTRUMENT GROUPS

**BRASS:** Teeth grinding and problems with the joints connecting the jaw to the skull (temporomandibular joint or TMJ), are common. There is increased incidence of teeth grinding and TMJ clicking, known as crepitus, in trombone and tuba players, compared to others. Dry lips and calluses on upper lips also are common.

**VIOLIN AND VIOLA:** Pressure from holding the instrument between your shoulder and jaw often causes musicians to clench their teeth, causing pain in the cheek muscles on both sides of the face, TMJ or even cracking molars.

**DOUBLE REED:** If your teeth are already too close together, there is increased risk for pain, mouth sores, and the reed can cause calluses on your lips. The increased pressure in the mouth may increase the risk of infection within the ducts that release saliva.

**SINGLE REED:** Most of the weight and pressure is on the lower jaw, which can cause the biting surface of your lower teeth to wear away and/or chip.

### ADULT DENTAL ANATOMY

**UPPER RIGHT:**
- 1. 3rd Molar / Wisdom tooth
- 2. 2nd Molar
- 3. 1st Molar
- 4. 2nd Premolar
- 5. 1st Premolar
- 6. Cuspids
- 7. Lateral Incisors
- 8. Central Incisors

**UPPER LEFT:**
- 9. Central Incisors
- 10. Lateral Incisors
- 11. Cuspids
- 12. 1st Premolar
- 13. 2nd Premolar
- 14. 1st Molar
- 15. 2nd Molar
- 16. 3rd Molar / Wisdom tooth

**LOWER RIGHT:**
- 25. Central Incisors
- 26. Lateral Incisors
- 27. Cuspids
- 28. 1st Premolar
- 29. 2nd Premolar
- 30. 1st Molar
- 31. 2nd Molar
- 32. 3rd Molar / Wisdom tooth

**LOWER LEFT:**
- 33. 3rd Molar / Wisdom tooth
- 34. 2nd Molar
- 35. 1st Molar
- 36. 2nd Premolar
- 37. 1st Premolar
- 38. Cuspids
- 39. Lateral Incisors
- 40. Central Incisors

**Molars**
- 41. 3rd Molar / Wisdom tooth
- 42. 2nd Molar
- 43. 1st Molar
- 44. 2nd Premolar
- 45. 1st Premolar
- 46. Cuspids
- 47. Lateral Incisors
- 48. Central Incisors
ALIGNMENT OF TEETH: If you play wind instruments you have a greater chance of the position of your teeth being shifted than musicians who play other types of instruments. This is because the pressure of your muscles on your teeth when playing is greater than that to keep your teeth in their natural position.

SOFT TISSUE DAMAGE: Those who play wind instruments may have lip and cheek discomfort. If you have braces that cause pain when playing, place a piece of orthodontic wax on the braces where they are rubbing your cheek or lip. Ask your orthodontist to show you how to use this wax.

FOCAL DYSTONIA (“OCCUPATIONAL CRAMP”): Cramping of key muscles used repeatedly in playing your instrument can occur. When it affects the muscles of lips and mouth, this can cause trouble controlling pitch and tone. It may be stress related or due to positioning of you or your instrument.

DENTAL PROTHESES (SPLINTS, LIP SHIELDS, PARTIAL & FULL DENTURES): Wearing devices, such as partial or full dentures when practicing and playing may cause you to develop mouth sores. Using mouth splints or lip shields when playing may damage the muscles needed for ne control of your lips and mouth.

DRY MOUTH: Playing wind instruments increases production of saliva, nervousness and performance anxiety may result in dry mouth. Limiting intake of caffeine and alcohol, as well as not smoking can reduce your chance of developing dry mouth.

TOOTH SENSITIVITY: If you have teeth that are sensitive to cold, the frequent inhaling of air while playing may make this worse. There are toothpastes available that may help to decrease the sensitivity of your teeth.

If you are experiencing dental or orthodontic problems, especially those that inhibit your ability to perform, please contact the New Orleans Musicians’ Clinic at 504-412-1366.
Every year, the flu causes widespread illness and in extreme cases hospitalization and even death. Getting the flu could mean weeks of sickness and missed gigs. Protect yourself by getting a seasonal flu shot (usually around October).

The flu vaccine (an annual flu shot) is the best way to protect against the virus. Anyone 6 months of age or older should get vaccinated. If you have a pre-existing medical condition (e.g., Asthma, Diabetes, Heart Disease, etc.), are pregnant, or are 65 years of age and older, you are at a high risk of developing flu-related complications.

Make an appointment at the NOMC today or use this convenient Vaccine Finder map to see where flu shots are available in your area.

**FLU SYMPTOMS**

Influenza (the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- **FEVER** or feeling feverish/chills
- **Cough**
- **Sore throat**
- **Runny or stuffy nose**
- **Muscle or body aches**
- **Headaches**
- **Fatigue** (tiredness)
- **Vomiting & diarrhea** (more common in children than adults)

*It’s important to note that not everyone with flu will have a fever.*

**MAKE AN APPOINTMENT TO COME IN TO THE NOMC IMMEDIATELY IF YOU SUSPECT YOU MAY HAVE THE FLU.**
TIPS FOR STAYING HEALTHY THIS FLU SEASON

Try to avoid close contact with sick people.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

While sick, limit contact with others as much as possible to keep from infecting them.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Keep your instruments clean and disinfected.

Add hand sanitizer to your gig prep routine.

Clean and disinfect surfaces and objects that may be contaminated with germs.

Get a Flu Shot!

For more specific details on this year’s virus’ visit: www.cdc.gov/flu
THE EFFECTS OF LOUD NOISE ON MUSICIANS

DID YOU KNOW?

Chronic conditions can exacerbate hearing loss.

Moderate noise levels (approx. between 40 – 60 decibels) gets the creative juices flowing.

Smoking constricts blood vessels and smokers are more susceptible to hearing damage.

PATIENTS WITH DIABETES are more likely to suffer hearing loss as high blood glucose obstructs blood flow to the cochlea, which is responsible for your hearing ability.
HEARING LOSS & DECIBEL LEVELS

WHAT IS NOISE-INDUCED HEARING LOSS?

Noise-Induced Hearing Loss (NIHL) is a permanent hearing impairment resulting from prolonged exposure to high levels of noise.

Noise is all around us in our everyday lives and is a common cause of hearing loss. Hearing loss typically occurs slowly, over a long period of time, and is painless. Sounds become harmful when they are too loud, even for a brief time, or when they are both loud and long-lasting. Over time, exposure to harmful sounds can damage sensitive structures in the inner ear which causes hearing loss.

Noise-Induced Hearing Loss is an important public health concern and common issue (over 36 million Americans have hearing loss!), especially amongst musicians. NIHL is preventable if proper hearing protection is practiced – wear earplugs and limit the length of exposure to loud levels of noise (over 80 decibels).

FACTORS THAT AFFECT HEARING LOSS & HOW TO PREVENT THEM

<table>
<thead>
<tr>
<th>INTENSITY: (AVERAGE LEVELS)</th>
<th>DISTANCE: (BETWEEN YOU &amp; THE SOUND SOURCE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turn down the volume!</td>
<td>Don’t stand in front of the speakers. Put some distance between yourself and the sound source.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEAR PROTECTIVE EARPLUGS WHEN YOU CAN’T CONTROL THE VOLUME!</th>
<th>DURATION: (EXPOSURE LENGTH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Besides turning down the volume and taking breaks, protective earplugs are one of the only protections against hearing loss brought on by loud noise.</td>
<td>Take a break in a quiet space, especially when sounds are over 85 dB!</td>
</tr>
</tbody>
</table>
This chart represents levels of noise measured in decibels (dBA) - an expression of the relative loudness of sounds in air as perceived by the human ear. Sounds (measured in dBA) are coded green (lower) – yellow (medium to loud) – red (loud) and the permissible or safe exposure times are noted before hearing damage begins to occur.

As a general rule, noise may damage your hearing if:

- You have to shout over background noise to make yourself heard
- The noise makes your ears ring
- You have decreased or “muffled” hearing several hours after exposure
- The noise is painful to your ears

When you’re out and about remember to ask yourself – How Safe is Your Sound?

DAMAGING DECIBELS

Sounds above 90 decibels (Decibel-dB or dBA- a measurement of the loudness or strength of sound vibration) may cause vibrations intense enough to damage the delicate sensory cells of the inner ear, especially if the sound continues for a long time. These sensory cells in the inner ear typically do not recover once damaged; once they are gone, they are never replaced.

For instance, daily activities such as speech take place in the 60-80 dB range (the GREEN zone) and are safe without hearing loss for up to 12 hours. Alternatively, a jackhammer produces a sustained noise level of 120 dB, the noise from a large truck can peak at around 90 dB, and the average noise level inside the cabin of an airplane can be between 90-100 dB over the duration of your flight.

If you turn up your iPod or car radio to drown out the racket around you, you are actually blasting your ears with a dangerous level of sound. This combination of noise can cause hearing damage in a very short period of time. For further information, visit the Dangerous Decibels website.

OTHER SOUND EXPOSURE FACTS

- The dynamic range of music, whether performed by a symphony orchestra, brass band, or at a rock concert, can peak at 95 dBA or above.
- 100 dBA of sustained sound can cause hearing damage after just 5 minutes! The roar of a cheering Saints crowd enclosed in the Superdome can peak at 100 dBA or higher. Sounds pouring out of some blocks of Bourbon St. can also peak at 100 dBA or higher.

DO YOU NEED A HEARING TEST?

CLICK HERE to take this interactive quiz provided by the NIH to see if you need a hearing test. If so, get in touch with the NOMC or your primary care provider to make an appointment.
ABOUT THE PROGRAM

THE SAFE SOUNDS PROGRAM IS A MODEL PROGRAM IN HEARING LOSS PREVENTION

The New Orleans Musicians’ Clinic & Assistance Foundation’s Safe Sounds wellness program provides resources and preventive health education aimed at protecting New Orleans’ hearing by working to reduce the number of noise induced hearing disorders.

Safe Sounds advocates for healthy sound environments with the goal of making New Orleans the nation’s number one acoustic friendly city. Through research, outreach, and preventive health education we strive to create a healthy local music environment for musicians and music lovers alike.

Like the NOMC & AF Safe Sounds Facebook page for updates on programming, hearing health and Safe Sounds events!

PROGRAM GOALS

• Share research and information on noise and music-induced hearing loss, as well as guidelines for safe sound exposure.

• Encourage self-efficacy in those in New Orleans’ music environments (i.e., musicians, sound engineers, club owners, music enthusiasts, etc.) by providing strategies for scientifically-approved hearing loss prevention and protection methods.

• Create a voluntary compliance system or pledge whereby clubs which “Practice Safe Sounds” are recognized and supported for their efforts to reduce noise related hearing disorders in musicians and cultural workers. Furthermore, consumers can be informed as to which clubs subscribe to these practices.

• Effectively advocate practicing ‘Safe Sounds’ in order to engage behavioral change and maximize the listening experience in musicians’ rehearsal and performance environments.

#SAFESOUNDS
#YAHEARD
THE EFFECTS OF LOUD NOISE ON MUSICIANS

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Smoking constricts blood vessels and smokers are more susceptible to hearing damage.

VISIT NOMAF.ORG/SAFESOUNDS
APPS

Decibel Ultra measures volume and helps you determine the noise level around you.

Decibel 10th turns your iPhone, iPad and iPod touch into a professional sound meter, precisely measures the sound pressure level all around you.

RECOMMENDED VIDEOS

EDUCATIONAL VIDEOS ON THE TOPICS OF HEARING HEALTH:

AUDITORY TRANSDUCTION
FITTING FOAM EARPLUGS
TINNITUS: RINGING IN THE BRAIN

MUSIC STUDENT RESOURCES

INFO ON HEARING PROTECTION AND PREVENTIVE METHODS FOR WHEN PRACTICING:

Preventing Music Induced Hearing Loss
Soundscape: Hearing Loss
National Association of Schools of Music (NASM)
National Hearing Conservation Association (NHCA)

NEW ORLEANS SPEECH & HEARING CENTER (NOSHC)

New Orleans Speech and Hearing Center (NOSHC) was founded in 1930. Each year brings growth and expansion as they continue to be the forerunner of speech and hearing centers in the New Orleans area. Their audiology services include comprehensive hearing testing and rehabilitation, including hearing aids for both children and adults. They also offer Auditory Attention Screenings, Auditory Processing Disorder (APD) Testing, non-sedated Auditory Brainstem Response (ABR) testing, and custom musician earplugs. Their speech-language pathology department administers formal and informal testing to address the following: articulation disorder, fluency disorder, voice disorder, expressive and/or receptive language disorder, social pragmatic disorder, language processing disorder, auditory processing deficits, phonological awareness deficits, and reading/spelling deficits.

Many musicians, culture workers, and music lovers can benefit from Musician’s Earplugs. With Musician’s Plugs from the New Orleans Speech and Hearing Center, sound quality is clearer and more natural than when using foam plugs. In addition, they are shown to reduce fatigue associated with noise exposure. For more information on Musicians’ Plugs contact the Musicians’ Clinic: at 504-412-1366.

NEWORLEANSMUSICIANSCLINIC.ORG
Hepatitis C is a virus that affects liver function. It is spread by contact with an infected person’s blood, for example by sharing needles or having intercourse with an infected person.

Many people with Hepatitis C don’t know they have the disease, won’t have symptoms, but the NOMC can do a simple blood test to check for the virus.

If you suspect you may be at risk please come to the NOMC (for an appointment please call 504-412-1366) to be tested. We have the opportunity to help you receive free treatment via one of our partnering providers.

You can protect yourself and others from Hepatitis C by not sharing needles with anyone, wearing gloves if you have to touch someone’s blood, having protected intercourse, not using an infected person’s toothbrush, razor, or anything else that could have blood on it, and taking other safety precautions.

For further information please visit some of these resources:

- Learn the Effects of Hepatitis C on the Body
- CDC
- HCV Advocate
- American Liver Foundation (ALF)
Odyssey House Louisiana and NO/AIDS Task Force are proud to announce the addition of an Outpatient Substance Abuse Treatment Program for clients who are HIV positive. This treatment program is designed to meet the client's needs from the current use of alcohol or other drugs to a history of substance use, abuse or dependence. All services are free and include HIV testing, substance abuse assessment, and individual, group and family counseling. Intensive and non-intensive programs are available to fit all clients' schedules – whether you can meet 4x a week or 1x a week after work. There is also an aftercare component. Clients may be self-referred or referred by case managers, AIDS Service Organizations, mental health programs, medical professionals and other support programs. Proof of HIV status should be included with all referrals.

“This program provides the intensity of a residential program while allowing you to maintain your life outside.”
– Current Client

To learn more about the Outpatient Substance Abuse Program, please call Mary-Ellen Harwood at 504-821-2601 ext 259.

Si habla español, llame a Madi Whalen a 504-821-2601 ext 285 o a Robin Pearce a 504-821-2601 ext 294.

OTHER RESOURCES:
• CDC
• Crescent Care
If you are experiencing any kind of pain as a result of injury or otherwise, please make an appointment at the NOMC.

Pain management is important for ongoing pain control, especially if you suffer from long-term or chronic pain. Different types of pain require different pain management options. Your doctor can prescribe certain pain treatments or medicine based on your individual needs.

As part of our services at the NOMC, we partner with local providers who offer a range of pain management or rehabilitation services including Physical Therapy, Feldenkrais Method, and Myofascial Release Physical Therapy. Talk to our Nurse Practitioner about the pain you’re experiencing and treatment options available to NOMC patients.

Please contact office@nomaf.org for more information.

Before your appointment, please fill out the PERFORMANCE PAIN SYMPTOM MONITOR to help us better understand how to help you heal.
Name: __________________________ Date of Birth: ______________ Age: ______________

### Performance Overview

Is your right or left leg dominant?  
- [ ] Right  
- [ ] Left

What type of dance/parading do you do (primary)? __________________________

Secondary? __________________________

What surface do you perform on? __________________________

Other genres/styles? __________________________

How old were you when you started dancing/parading? __________________________

What type of dance/parading? __________________________

Did you receive professional training? If so, where and when? __________________________

On average in the past 6 months, how many hours per week do you PRACTICE?  
- [ ] 1  
- [ ] 2  
- [ ] 3  
- [ ] 4  
- [ ] 5  
- [ ] 6  
- [ ] 7  
- [ ] 8  
- [ ] 9  
- [ ] 10  

On average in the past 6 months, how many hours per week do you PERFORM?  
- [ ] 1  
- [ ] 2  
- [ ] 3  
- [ ] 4  
- [ ] 5  
- [ ] 6  
- [ ] 7  
- [ ] 8  
- [ ] 9  
- [ ] 10  

Do you warm up before you perform? How? __________________________

What is your primary occupation? __________________________

What is your upcoming performance schedule? __________________________

### Performance Pain Symptom Monitor

**Do you have performance anxiety?**

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>no anxiety</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>high anxiety</td>
</tr>
</tbody>
</table>

**Have you heard of noise induced stress?**  
- [ ] Yes  
- [ ] No

**Have you ever had it?**

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>no noise induced stress</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>high noise induced stress</td>
</tr>
</tbody>
</table>

**Do you have pain when you perform?**

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>no pain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>unbearable pain</td>
</tr>
</tbody>
</table>

**How often do you experience pain?**

- [ ] almost never  
- [ ] monthly  
- [ ] weekly  
- [ ] daily  
- [ ] almost constantly
Injuries

Have you had any injuries that you believe affect your ability to perform? If so, please describe. (If you need more space, please continue on the back of this page.)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Were you ever treated for these injuries? ☐ Yes ☐ No

If yes, by whom? ☐ Doctor ☐ Chiropractor ☐ Physical Therapist ☐ Other __________________________

If you haven’t been treated, why not? __________________________

____________________________________________________________________

Check all symptoms that apply to your injury below:

☐ dull ache ☐ difficulty walking ☐ fatigue ☐ slowed finger ☐ weakness ☐ inaccurate fingering

☐ throbbing ☐ stiffness ☐ discomfort ☐ tingling ☐ sharp shooting ☐ sharp non-shooting

☐ numb ☐ stinging/burning ☐ cramping ☐ swelling ☐ tenderness ☐ redness

☐ other __________________________

Please EITHER mark the diagram below OR fill in the chart on the next page.

On the diagrams to the right, indicate all areas the symptoms below with the corresponding symbol.

• pain : P

• numbness : nbn

• tingling : ttt
Name: __________________ Date of Birth: __________ Age: __________

In the past 6 months, please indicate what symptoms you have had. *(mark all that apply)*

<table>
<thead>
<tr>
<th>Area of Injury</th>
<th>None</th>
<th>Pain</th>
<th>Weakness</th>
<th>Stiffness</th>
<th>Swelling</th>
<th>Numbness or Tingling</th>
<th>Decreased Coordination</th>
<th>Other Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mouth</td>
<td></td>
<td></td>
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<tr>
<td>Neck</td>
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<tr>
<td>Upper Back</td>
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<td></td>
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<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lower Back</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder/Upper Arm (right)</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder/Upper Arm (left)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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In the past 6 months, have you had symptoms associated with dancing/parading?  
☐ Yes  ☐ No

If YES, it STARTS about _____ minutes/hours after I start to dance/parade.

it STOPS about _____ minutes/hours after I stop dancing/parading.

Other patterns?

In the past 6 months, have you missed practice, rehearsals or performances due to symptoms?

☐ Yes, approximately _____ days  ☐ No

Do you have any other conditions, illnesses and medicines which may be impacting your pain?

__________________________________________________________________________

__________________________________________________________________________

**PLEASE USE BACK OF THIS PAGE TO PROVIDE US WITH FURTHER INFORMATION TO AID YOUR PROVIDER IN HELPING YOU.**
SLEEP YOUR WAY TO BETTER HEALTH

Quality sleep is extremely important for your overall health. Read more for tips to ensure you get the good night’s sleep you need.

NO BLUE LIGHTS BEFORE BED!

After a late night gig or a long day at work many of us blow off steam by noodling around on social media, playing games on our cell phones or binge watching television. Lately, however, scientists warn against using these “blue” light-emitting devices before bed.

WHY? The light from our devices is “short-wavelength-enriched,” it affects levels of the sleep-inducing hormone melatonin more than any other wavelength. This shift in our sleep patterns can have devastating health effects on our body.

THE DANGER OF NOT GETTING ENOUGH SLEEP

Not getting enough sleep results in a higher risk of heart attack, stroke, depression, high blood pressure, and infections. Weight gain and risk of type-2 diabetes is also related to a lack of sleep.

www.healthline.com/health/sleep-deprivation/effects-on-body

HOW MUCH SLEEP DO YOU NEED?

According to Sleep Health: The Journal of the National Sleep Foundation.

ADULTS (18-64): 7-9 hours
OLDER ADULTS (65+): 7-8 hours

WHY YOU NEED SLEEP

Did you know that while you sleep, your brain releases hormones to build muscle mass, fight infection, regulate your weight and repair tissues?

Good sleep improves memory and impacts hunger and our ability to feel full after meals. (When we haven’t slept it “triggers” our brain’s reward center causing food cravings.)

HOW DO YOU KNOW IF YOU GET ENOUGH SLEEP?

If you feel refreshed upon waking and remain alert throughout the day, it’s a good sign you’re getting enough sleep.
10 KEYS TO ENSURE YOU GET GOOD SLEEP

Expose yourself to lots of bright light during the day, which will boost your ability to sleep at night, as well as your mood and alertness during daylight.

Make sure you have 30 mins of physical activity every day: dance, go to the gym or take a walk!

Don’t drink caffeinated beverages within 5 hours of the time you wish to go to sleep.

Avoid tobacco and 2nd hand smoke, as it causes you to sleep lightly and wake up early.

If you must look at electronic devices at night, consider wearing blue-blocking glasses. Avoid looking at bright screens beginning 2-3 hours before bed.

Never drink alcoholic beverages at night. Alcohol prevents deep sleep and tends to wake you up in the middle of the night when the effects wear off.

Eat your largest meal in the middle of the day. Heavy meals within 3 hours of bedtime can cause indigestion and disrupt sleep.

Watch your intake of all liquids before bed, as frequent middle of the night bathroom visits disrupts the quality of sleep.

Improve your sleep environment. Make your bedroom a sanctuary from stress, free from computers, cell phones and distractions.

Establish a bedtime routine so your body associates your bed with falling asleep. Avoid your bed when you’re not sleepy.

CONTACT YOUR HEALTH PROVIDER IF YOU ARE HAVING TROUBLE SLEEPING.
THE LINK BETWEEN LACK OF SLEEP & DIABETES

DID YOU KNOW THAT SLEEP LOSS MAY LEAD TO HIGHER BLOOD SUGAR LEVELS?

Sleep loss is associated with “insulin resistance.” Insulin is a hormone that helps lower blood sugar. Insulin resistance is a condition where the body is not able to use insulin properly – this can lead to higher blood sugars.

Lack of sleep has been linked to an increased risk for diabetes. Frequent sleep loss is also associated with higher risk for obesity, heart disease, blood pressure and stroke. If someone already has diabetes, constant lack of sleep may worsen diabetes.

DID YOU KNOW THAT PEOPLE WITH DIABETES HAVE A HIGHER RISK OF SLEEP DISORDERS?

Many people with diabetes suffer from sleep disorders such as obstructive sleep apnea and restless leg syndrome.

People with type 2 diabetes have a 50-50 chance of having obstructive sleep apnea (OSA). OSA is a breathing disorder where the airway is blocked when the mouth and throat relax during sleep. This can happen many times during sleep causing pauses in breathing that can last more than 10 seconds. Other risk factors for OSA are smoking or being overweight. OSA can worsen diabetes symptoms and is associated with high blood pressure, heart disease and stroke. Snoring can be a sign of OSA. Losing weight can help resolve OSA.

Restless leg syndrome (RLS) has been associated with high blood sugars and kidney problems, among other things. With RLS the person has an uncontrollable urge to move the legs before falling asleep. Other symptoms can include a throbbing, pulling, crawling or tingling sensation. These painful sensations can keep the person from a restful sleep.

Although not a sleep disorder, diabetic neuropathy can also cause a person to lose sleep. Neuropathy is a type of nerve damage that can occur with diabetes. With peripheral neuropathy, the most common type, people may feel numbness or a tingling and burning sensation that is worse at night.

LESS SLEEP = HIGH BLOOD SUGAR
HIGH BLOOD SUGAR = LESS SLEEP

DID YOU KNOW THAT HIGH BLOOD SUGAR CAN BE A RED FLAG FOR SLEEP PROBLEMS AMONG PEOPLE WITH DIABETES?

As noted above, lack of sleep has been linked to insulin resistance which can increase blood sugar. Sleep loss is linked to weight gain which can also lead to higher blood sugars. Lack of sleep affects the appetite. When you are tired you will want to eat more because your body seeks energy.

On the flip side, if your blood sugar is not at target it can lead to poor sleep. If your sugar is too high, your kidneys try to get rid of the extra sugar in the urine. This can result in frequent trips to the bathroom during the night. High blood sugar can also cause thirst, hunger and headaches which can also wake you up during the night.

Low blood sugar can cause restless sleep by causing nightmares, night sweats, headaches and hunger.

Getting a good night’s sleep is yet another reason to get your blood sugar in control. If your bloods sugar is not a target, work with your medical provider to figure out the reason it is not at goal. What you eat is very important, but there are other things the can affect your sugar. Your schedule, medications, level of physical activity and stress can also make a difference.
In 2016, the New Orleans Musicians’ Clinic and Assistance Foundation partnered with Doerr Furniture and WWOZ New Orleans to create the Sound Sleep Initiative. The SSI provides one mattress a week to local performers who need it most. The life of a working musician typically involves stress, late nights and irregular sleeping schedules. Lack of sleep can have serious overall health consequences, so the NOMC, DOERR and WWOZ have banded together to ensure local performers’ stay healthy and get the good night sleep they need.

This partnership encourages wellness among compliant patients of the New Orleans Musicians’ Clinic. If you’d like to learn more, email info@nomaf.org.
Our team is here to help you avoid the dangers of smoking. If you’re ready to quit, call 504-412-1366 to make an appointment today.

WHAT SMOKING DOES TO YOUR BODY

- You’re more likely to have a stroke
- Increases risk of throat cancer
- You may have heart problems, such as a heart attack.
- Increases the risk of smoker’s cough, breathing problems, and lung cancer
- Increases the risk of cancer in your pancreas
- Increases the risk of cancer in your bladder, intestines, or kidneys.
- Your baby’s health can be affected if you smoke while you’re pregnant
- Increases the risk of cervical cancer
Topics to Quit Smoking

Steps to Quit Smoking

1. **Set a Quit Date**
   - Usually about two weeks away, free of any stressors

2. **Tell Family & Friends**
   - Build a network of supporters

3. **Plan for Challenges**
   - Take advantage of counseling opportunities, even if just over the phone

4. **Get Rid of Any Tobacco-Related Products**
   - Including those in your home, office or vehicle

5. **Talk to Your Doctor**
   - Discuss counseling, over-the-counter or nicotine-replacement options, and prescription medications that can help you quit

Louisiana Tobacco Cessation Services

Quitting smoking can be tough but is the most important step a smoker can take to improve the quality of his/her health. Don’t struggle alone, reach out to your health provider or seek assistance through one of the many resources here in Louisiana:

- Quit With Us LA
- Smoking Cessation Trust
- LSU Tobacco Control Initiative

LSU Tobacco Control Initiative (TCI) is the public, private, academic partnership between LSUHSC School of Public Health, the LSU Health Care Services Division (HCSD) and LSUHSC Shreveport (LSU-S) hospital systems, and the Louisiana Campaign for Tobacco Free Living (TFL). TCI seeks to integrate cessation services into existing healthcare delivery systems. The Initiative’s goal is to reduce the prevalence of tobacco use among public hospital patients. To achieve this goal, TCI strives to identify all tobacco users, identify evidence-based treatment options that are appropriate for and acceptable to patients, and to provide cost-effective treatment options to patients, when possible.

LSU healthcare providers can refer patients for treatment using the TCI Outpatient Tobacco Cessation Referral form. Referred patients who are ready to quit within 30 days will be contacted and offered cessation treatment options, including behavioral counseling, social support and pharmacotherapy. Additionally, designated TCI staff at each hospital conducts individual bedside consults with identified in-patient tobacco users. TCI is a standard of care service available to all patients, hospital employees, and the communities they serve.

- American Lung Association: Freedom From Smoking
- Become An EX Smoker
- Other Louisiana Smoking Cessation Services (PDF)
On January 2015, the New Orleans City Council unanimously passed a comprehensive smoke-free ordinance. The ordinance bans smoking in bars, restaurants, venues and other public places which protects the public’s health, especially members of the local music and service industries, by reducing exposure to second hand smoke.

The New Orleans Musicians’ Clinic’s staff and clients were instrumental in making New Orleans a smoke free-city. See what local musicians and NOMC advocates have to say about the dangers of secondhand smoking and the benefits of a smoke-free New Orleans.

“NOMC Founder Bethany Bultman makes her case in favor of the ban to the NO City Council on January 14,2015” (The Advocate)

“It’s exploiting people who have the least access to health care,” said Bethany Bultman, the president of the New Orleans Musicians’ Clinic and Assistance Foundation, which provides health services to performers in the city. The let-the-market-decide arguments falter, Ms. Bultman said, once you consider that this is a town of musicians living from paycheck to paycheck, and that they are not in a position to turn down a job over a venue’s smoking policy. (The New York Times)


“I never liked to play smoky clubs,” said Raymond Williams, who plays trumpet for the Hot 8 Brass Band. “But when I was young, I never really thought about the health impacts.” (The New York Times)

“Smoking ban takes effect in New Orleans bars” (The Boston Globe)

Legendary musician and leader of the New Orleans Musicians Union, Deacon John Moore put those health risks in stark perspective at a City Council committee hearing on the proposal earlier this month: “Personally, I am sick and tired of witnessing our beloved musicians and artists suffering and dying from the detrimental effects of secondhand smoke,” he said. “I have sang at their funerals.” (NOLA.COM)

Paul Sanchez, a singer, songwriter and former rhythm guitarist for Cowboy Mouth, Paul is part of a coalition pushing for the ban. “More and more musicians are trying to avoid smoky venues”, he said. Their thinking is “that’s my lungs. I’ve got to play my horn,” he said at a meeting in October with our editorial board.

The bottom line is that a broad ban on smoking is “good for New Orleans. It’s good for the music. It’s good for the musicians’ health,” Mr. Sanchez said in a recent video. (NOLA.COM)

For more information and specifics on the Smoke Free Ordinance, please visit the City of N.O. Smoke Free Policy — Frequently Asked Questions webpage.
Sometimes it's hard to avoid performing outside, but you CAN avoid getting the Zika virus!

The best prevention strategy is to protect yourself from mosquito bites:

- Use plenty of insect repellant!
- Wear long-sleeved shirts and long pants or permethrin-treated clothing when performing at outdoor gigs, venues, and festivals.
- Reduce mosquito exposure by limiting outdoor activities when mosquitoes are active.

WHAT ARE THE SYMPTOMS?

80% of people will not have symptoms and never know they were infected. About 1 in 5 people infected with Zika will become ill. However, see a doctor if you develop a fever AND any of the following symptoms after a potential exposure to mosquito bites:

- Fever
- Headache
- Red eyes
- Skin rash
- Fatigue
- Muscle/joints pain

Zika is a virus spread by Aedes mosquitoes, the same as Yellow Fever. It usually causes mild illness, normally lasting 2-7 days. There is no specific treatment or vaccine currently available, but the best form of prevention is protection against mosquito bites.
If you are going on tour to areas of the world where Zika virus is found, it is important you take the right precautions to protect yourself from mosquito bites. For country specific travel information and recommendations, visit www.cdc.gov/travel.

For more information on Zika Virus, please visit http://www.cdc.gov/zika/prevention

NEWORLEANSMUSICIANSCLINIC.ORG