



# In the **HEAD**lines.

M I D W E S T

EAR, NOSE & THROAT

*"Feel better."*

July 2017 | [www.midwestent.com](http://www.midwestent.com)

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## July Free Hearing Screening Event!

Join us for our FREE exclusive hearing screening event in our Sioux Falls office on July 25, 26 and 27th. Our trustworthy and expert team of audiologists will evaluate your hearing and recommend a plan that is right for you or your loved one. Guests will also receive a free hearing aid evaluation if needed.

Call to schedule your appointment today or pass this along to a friend or family member! Mention this newsletter to receive your screening at NO CHARGE! It is recommended that guests bring a family member with for our familiar voice test. Appointments are limited! Call 605-413-1100 to schedule and HEAR BETTER this summer!

<http://www.midwestent.com/events>

\* This offer is good for an initial free screening with an audiologist. Physician referrals and diagnostic audiograms are not covered under this offer. Offer cannot be combined with any other offer, service or benefit. Must be 18 years or older to participate.

# A new technique for treating sinus problems has arrived!

The Sinus and Allergy Center at Midwest Ear, Nose & Throat is focused exclusively on nasal, sinus, and allergy problems. We are board certified ear, nose and throat surgeons, with residency training and fellowship accreditation in allergy and sinus surgery.

We offer state-of-the-art, minimally invasive, image-guided sinus surgery as well as nasal airway surgery, and our new and innovative, in-office balloon therapy treatment. We also offer comprehensive allergy testing and treatment, utilizing all the latest technology and techniques.

Our unique combination of skills, training and experience allows the Midwest Ear, Nose & Throat Sinus and Allergy Center to be the final consult for all your allergy, nasal and sinus problems.

<http://www.midwestent.com/services/sinus>



## Are you at risk for hypertension or diabetes from Sleep Apnea?

Sleep apnea doesn't have to be severe or even symptomatic to increase the risk of hypertension and diabetes, according to a pair of new studies. "We found that even mild sleep apnea was strongly associated with increased risk of developing hypertension by four times, compared to individuals without sleep apnea," said principal investigator Alexandros N. Vgontzas, MD, of Pennsylvania State University College of Medicine in a SLEEP press release. "Similarly, moderate sleep apnea was associated with increased risk of developing diabetes by almost three times, compared to individuals without sleep apnea."

In young and middle-aged adults, the findings suggest that early detection and treatment of mild to moderate sleep apnea is warranted in order to prevent future cardiometabolic disease. Given the stronger association of sleep apnea with metabolic abnormalities in this age group, emphasis should be placed on yearly monitoring of indices of metabolic symptoms and lifestyle interventions, such as weight control, healthy diet, regular exercise, and stress management.

"Our conclusion is that, the younger a person is, the stronger is the need for detection and treatment of sleep apnea," said Dr. Vgontzas, though he acknowledged that putting these millions of people on continuous positive airway pressure therapy is not an easy proposition. If you suffer from sleep apnea, contact the Sleep Center of the Midwest for an evaluation.

Click here for more information: <http://www.midwestent.com/services/sleep>



# 6 Simple Steps for Your Whole Family to be Heart Healthy

Making time for a heart-healthy lifestyle can seem overwhelming. But the good news is that making a few small simple lifestyle changes can lead to heart-healthy habits that require little thought or effort.

You know your family better than anyone, so use that knowledge and get creative in how you can work heart-healthy habits into your family's life and daily schedule.

Whether you're a single parent or married, a stay-at-home parent or working, here are ways to make more time for the whole family to be more heart healthy:

## **1. Identify free times for activity.**

Keep track of each family member's daily activities for one week. You'll get a snapshot of when you might be able to get the family together for physical activity. It can also help you see which activities you can cut back on.

**Pick two 30-minute and two 60-minute time slots for family activity time.** Weekdays are usually better for 30-minute activities and weekends are better for 60-minute activities. Try to spread out the time slots. Here are some ideas to get your kids moving that parents can join in.

## **2. Make time to plan a weekly menu, go shopping and prep your meals.**

Keep track of how many times you grab food on the go for one week. Once you find blocks of time when you can do a little planning, it'll be easy to learn healthy preparation methods, fix healthy snacks and eat fewer fast and processed foods.

## **3. Simplify your family's schedule.**

In today's society we're expected to do it all. But this type of non-stop lifestyle isn't sustainable or healthy. Try prioritizing your activities and see what you can do without so you'll have more time for the things that matter. You can also work on stress management methods.



## **4. Take baby steps, not giant leaps.**

If you're the head of your household, making sure that all the heads and hearts in your home are healthy is a lot to handle. The key is to take baby steps. Getting heart-healthy is a journey; you don't have to do everything at once.

## **5. Ask everyone in the family to do their part.**

Depending on their ages, kids can help prepare healthy meals and help around the house. Treat your family like a team and encourage everyone to work together.

## **6. Live by example.**

We all need to do our best to walk the walk. If we want our kids to eat healthy and exercise, we've got to model that behavior. You're not perfect, but if you're determined and persistent, there's not much that can stop you.

[http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HowtoMakeaHealthyHome/6-Simple-Steps-for-Your-Whole-Family-to-be-Heart-Healthy\\_UCM\\_460227\\_Article.jsp#.WWOO3tPyuEJ](http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HowtoMakeaHealthyHome/6-Simple-Steps-for-Your-Whole-Family-to-be-Heart-Healthy_UCM_460227_Article.jsp#.WWOO3tPyuEJ)

# Welcome!

*We have two new team members to welcome!*



[Brooke Espicha, PA-C](#)  
has joined us as a  
Physician Assistant.



[Joel Brewer, AuD, CCC-A, FAAA](#)  
has joined our Hearing Center team  
as an Audiologist.



## Easy Summer Recipe of the month: **Cobb Salad Dip!**

A delicious dip made with creamy ranch, lettuce, tomatoes, grilled corn, shredded cheese, bacon, and blue cheese crumbles. The perfect cool party dip for hot summer nights!

### Ingredients

8 oz. cream cheese, softened  
1 c. sour cream  
1 package Hidden Valley Ranch Dip mix  
1 c. chopped Romaine lettuce  
1 Roma tomato, chopped  
1/2 c. shredded cheddar cheese  
1/2 c. grilled corn  
1/4 c. bacon, cooked & crumbled  
1/4 c. blue cheese crumbles

### Instructions

1. Combine cream cheese, sour cream, and Ranch Dip mix and mix until smooth.
2. Spread into the bottom of a 9-inch pie plate or other similarly sized pan.
3. Top with lettuce, tomatoes, cheddar cheese, corn, bacon, and blue cheese.
4. Eat with your favorite tortilla chips, crackers, or pretzel flats.

# Our providers:



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Kenneth Scott, MD, FACS



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