



# In the HEADlines.

M I D W E S T

EAR, NOSE & THROAT

*"Feel better."*

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

**Please review us on  
Google!**



**Visit us on Facebook!**



**We appreciate and value you as a patient and would love to HEAR your feedback on how we are doing! Please take a minute to review us on google so that we can better serve you in the future!**

Please take a minute to review us on google so that we can better serve you in the future!

<https://www.google.com.au/search?q=Midwest+Ear,%20Nose%20&%20Throat%20Hearing%20Center&lrd=0x0:0xf8f190c9d6eb7a74,1>

## Welcome Brooke Espicha!

This month we want to extend a warm welcome to our newest Physician Assistant, Brooke! She joined our team this summer and we are so happy she is here! Here's a little fun information on her!

Brooke grew up in the small farming community of Adrian, MN and has one younger sister. She's been married for 3 years and has a 20-month-old daughter and 2 step-daughters, ages 12 and 15. They also have a pomeranian named Sophie! She enjoys spending time with her family at her parents' lake cabin in the summer and they travel once a year to California to visit her in-laws. She also enjoys reading and any outdoor activities.



*"The team at Midwest ENT has been so welcoming and helpful and has made for an easy transition!"*

Brooke's mom is also a PA and works in primary care in Adrian, MN. "I have always looked up to her and realized how beneficial she was to our community and how appreciative everyone was to have her as their provider," said Brooke when asked how she decided to join the medical profession. Her favorite part of the job is interacting with and caring for patients of all ages. "The team at Midwest ENT has been so welcoming and helpful and has made for an easy transition!"

To schedule an appointment with Brooke, call our office at 605-336-3503.



## End of Summer Free Hearing Screenings!

Join us for our FREE exclusive hearing screening event in our Sioux Falls office August 29-31! Our trustworthy and expert team of audiologists will evaluate your hearing and recommend a plan that is right for you or your family member. Guests will receive a free hearing aid evaluation if needed. Also this month, as our gift to you, you can receive \$300 OFF the Purchase of Any Set of Premium Digital Hearing Aids — plus 3 Months of FREE batteries! Expires September 15, 2017.

Call to schedule your appointment today or pass this along to friends or family! Just 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 today!

<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.



## Facial Sports Injuries

Playing catch, shooting hoops, bicycling on a scenic path or just kicking around a soccer ball have more in common than you may think. On the up side, these activities are good exercise and are enjoyed by thousands of Americans. On the down side, they can result in a variety of injuries to the face. Many injuries are preventable by wearing the proper protective gear, and your attitude toward safety can make a big difference. However, even the most careful person can

get hurt. When an accident happens, it's your response that can make the difference between a temporary inconvenience and permanent injury. You can help! See what you should do if someone gets a facial fracture, bruise, or a soft tissue injury.

Read the full article here: <http://www.midwestent.com/patient-health-information/nose-and-mouth/facial-sports-injuries>



## 7 Healthy Back-To-School Tips

As we approach the end of August, many of us are preparing for another school year for our kids. The beginning of the school year is a perfect time to set the stage for the upcoming year and to create new healthy habits for the entire family.

Here are some simple tips to get you going on the right foot.

### **1. Start the day off right.**

Eating breakfast as a family is a perfect time to bond and spend quality time together while also preparing a healthy breakfast for the kids. Eggs with whole grain toast, fruit and yogurt, or whole grain unsweetened cereal with milk and berries are several great choices. I suggest that kids begin their day with a meal consisting of protein and fiber, a winning combination of nutrients that will help them feel satisfied until lunch.

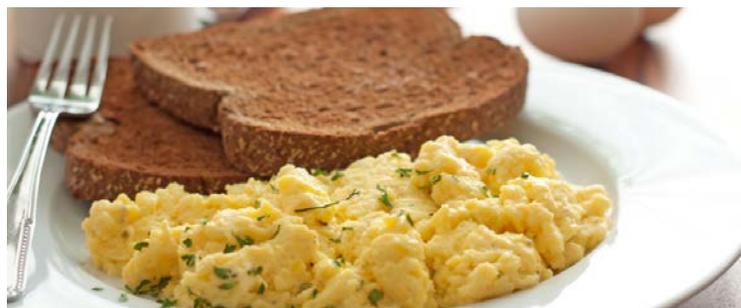
### **2. Nix the added sugar.**

I was pleased to see the American Heart Association's announcement this week suggesting that children and teens ages 2-18 limit added sugar to no more than 6 teaspoons (25 grams) per day. These new guidelines aim to help improve children's overall diet. Kids who eat foods high in added sugars

tend to eat fewer healthy foods that are good for their heart. Added sugar provides no nutritional benefits and is found in a wide range of food from cookies, ketchup, salad dressings, sugar sweetened cereals (even some whole grain ones!), smoothies, to sweetened yogurts. The major culprit of added sugar, however, is soda and sugary drinks including iced tea and fruit punch so I suggest limiting them from your kids' diets. The guidelines also suggest that children and teens consume no more than 8 ounces of sugary drinks a week. Sugary drinks, often called "liquid calories," provide no health benefits.

Read on for more healthy tips here:

[http://www.huffingtonpost.com/dr-lisa-young/7-healthy-back-to-school-tips\\_b\\_11685674.html](http://www.huffingtonpost.com/dr-lisa-young/7-healthy-back-to-school-tips_b_11685674.html)



# Pediatric Sinusitis



Your child's sinuses are not fully developed until late in the teen years. Although small, the maxillary (behind the cheek) and ethmoid (between the eyes) sinuses are present at birth. Unlike in adults, pediatric sinusitis is difficult to diagnose because symptoms of sinusitis can be caused by other problems, such as viral illness and allergy. How do I know when my child has sinusitis? The following symptoms may indicate a sinus infection in your child:

- a cold lasting more than 10 to 14 days, sometimes with a low-grade fever
- thick yellow-green nasal drainage
- post-nasal drip, sometimes leading to or exhibited as sore throat, cough, bad breath, nausea and/or vomiting
- headache, usually in children age six or older
- irritability or fatigue
- swelling around the eyes

Read the full article here and learn how sinusitis can be treated in children.

<http://www.midwestent.com/patient-health-information/kids-ent-health/pediatric-sinusitis>



# Our providers:



Paul Cink, MD, FACS



Greg Danielson, MD



Bethany Helvig, MD, FACS



Peter Kasznica, MD



Kenneth Scott, MD, FACS



Thomas Tamura, MD



Daniel Todd, MD, FACS



Melissa Baker, MA, CCC-A



Joel Brewer, AuD, CCC-A, FAAA



Kelcey Cushman AuD, CCC-A



Robert Froke MA, CCC-A



Jane O'Connell, AuD, CCC-A



Carolyn Duenwald, PA-C



Brooke Espicha, PA-C

## Midwest Ear, Nose & Throat

2315 West 57th Street  
Sioux Falls, South Dakota 57108  
605-336-3503  
Toll-free 888-336-3503  
Fax 605-336-6010

## Allergy Center

2315 West 57th Street  
Sioux Falls, South Dakota 57108  
605-275-1228  
Toll-free 888-336-3503  
Fax 605-275-2056

## Hearing Center

2315 West 57th Street  
Sioux Falls, South Dakota 57108  
605-275-1205  
Toll-free 888-336-3503  
Fax 605-275-1289

## Sleep Center

2333 West 57th Street  
Sioux Falls, South Dakota 57108  
605-336-3503  
Toll-free 888-336-3503  
Fax 605-336-6010

[www.midwestent.com](http://www.midwestent.com)

M I D W E S T

EAR, NOSE & THROAT

*"Feel better."*