



In the HEADlines.

M I D W E S T

EAR, NOSE & THROAT

"Feel better."

December 2017 | 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&ludocid=17938277987361978996&#lrd=0x0:0xf8f190c9d6eb7a74,1>

We are grateful for all our patients and our team of medical professionals, and we wish you warm Christmas greetings and a magical season of love, family, and gratitude.



What if every child could get a gift this Christmas?

Presenting the Eyes and Ears Toy Challenge from Midwest ENT and SF Family Vision!

Together, we are using social media to challenge area businesses to donate toys for The Banquet and Children's Inn in Sioux Falls. We want to make sure all the children and teens they serve receive a present this year!

You can join with us by dropping off a new, unwrapped toy to Midwest ENT by December 14th!
#EyesEarsToyChallenge

[Click here](#) for our feature story on KELO.





You're invited to our 12 Days of Christmas Hearing Center Event: Dec. 4 - 15!

Our guests will receive:

- FREE Hearing Screening by our Highly Trained Audiologists*
- FREE Comprehensive Hearing Aid Evaluation and Consultation
- FREE Demonstration of New Digital Hearing Aids on the Market

- FREE Clean & Check of your Current Hearing Aids
- Please ask us about our 60-Day Trial of any New Hearing Instruments

Appointments are limited. Call (605) 231-5899

<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.

What We Know About Hearing Loss and Alzheimer's

By Jennifer Dumke - Sioux Falls Woman Magazine

It's the brain that controls hearing, but it needs good signals from the ears. With this said, aging adults with mild, moderate and severe hearing loss are more at risk to develop Alzheimer's disease and dementia. According to recent studies, scientific proof even puts hearing loss and the dementia connection above other factors such as diabetes, high blood pressure, age, sex and race.

Jane O'Connell, Aud, CCC-A, FAAA, has worked as an audiologist since 1988 and is currently working with patients at Midwest Ear,



Nose and Throat Hearing Center. Throughout her career, she has encountered many patients who have had Alzheimer's or other forms of dementia in addition to their hearing loss.

And although the reason people with hearing loss are more likely to develop dementia is unknown, O'Connell says there have been some breakthroughs to uncovering the connection. "One thought is that the increased cognitive load that occurs from having to "decode" words, which arrive in the brain with missing parts brought on by hearing loss, reduces the cognitive reserve or resiliency, placing them at higher risk for dementia.

[Click here](#) to read the full article.

Do you have young kids or grand-kids?

At Midwest Ear, Nose, & Throat, we LOVE kids and take the best care of them! We can diagnose and treat reflux, allergies, sinusitis, tonsillitis, otitis media and sleep apnea. Our Sinus and Allergy division allows us to treat allergies with medicine, immunotherapy or surgery. Because we are trained in surgery of the ear, nose, sinuses and throat, we are the best choice for pediatric patients. We specialize in the following Pediatric services.

- Ear tubes
- Tonsils and adenoids
- Hearing issues
- Ear pain
- Allergies
- Sinusitis
- Tongue and mouth problems
- Obstructive sleep apnea
- Reflux (GERD)
- Speech therapy



Christmas Calm: Ten Tips for a Stress-Free Holiday Season

How do you do less - and enjoy it more - during the Christmas holiday season? If you're aiming to simplify Christmas, take time to ponder ways to cut stress, save money and tame over-the-top traditions. Setting simplicity strategies in place early will keep you from being swept up in holiday madness.

10 Simplicity Strategies

- Prune the to-do list. Ask, "If I don't do this, what will happen?" Aim to knock down the list of chores to the rock-bottom necessity.
- Cut the gift list. Rein in gift exchanges that have been outgrown or lost their meaning. Limit gifts to children only, draw names, or organize a gift exchange.
- Number 10 is our favorite - Stay home! Cuddling down close to the hearth beats holiday travel any day. A holiday "stay-cation" allows for evening drives to see the lights, family camp-outs in front of the Christmas tree, and evenings spent with carols and popcorn. Fun!

Read all the tips [here](#).

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

M I D W E S T

EAR, NOSE & THROAT

"Feel better."