



# In the HEADlines.

M I D W E S T

EAR, NOSE & THROAT

*"Feel better."*

November 2016 | [www.midwestent.com](http://www.midwestent.com)

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*from Midwest Ear, Nose & Throat!  
Wishing you and yours a wonderful holiday season!*

## Balloon Sinus Dilation

Midwest ENT is proud to announce we are now offering in-office Balloon Sinus Dilation sinusitis treatment in our Sioux Falls office! Sinusitis sufferers will find instant relief that lasts!! Office sinus dilation is a minimally invasive option that can be performed by our physicians, right here in our offices. The goal of office sinus dilation is to reshape anatomy to expand sinus pathways and restore drainage. The procedure utilizes small balloons placed in key places in the nose and sinus, which are then dilated to expand the sinus pathways. It may be an effective, lasting option for



Continued on next page.



# Are You Sleeping?

Nearly one in ten adults in the United States suffers from sleep issues. Insomnia is a sleep disorder defined by both night-time and day-time symptoms. These symptoms include problems falling asleep and staying asleep, non-restorative sleep, a decreased sense of well being, fatigue, decline in concentration and memory, etc. Another sleep issue, sleep apnea, blocks the upper airway during sleep and causes breathing issues and snoring that leave you tired after a full night's rest. The Sleep Center of the Midwest will help determine which factors are causing insomnia or sleep apnea. Our on-site sleep

lab allows patients the convenience of getting all their testing and treatment in one location. The physicians at Midwest Ear, Nose & Throat will conduct a sleep study, review the results with the patient and consider treatment options. Take our sleep quiz here to discover if you or your loved one could be getting better sleep and living a better life because of it!

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## Breathing Free Again

If chronic sinus pain and pressure is keeping you from living life the way you want to, it might be time to look into a treatment plan that can restore your quality of life. [Daniel Todd, MD, FACS](#), specializes in sinus issues at Midwest Ear, Nose and Throat and empathizes with patients who are suffering from chronic sinusitis. "Symptoms like headaches, facial pain and pressure, postnasal drip and congestion can really drag people down," Dr. Todd says. However, because sinusitis is so complex, he approaches stubborn symptoms from a treatment standpoint. "The cause of sinus problems are multifaceted. And to further complicate matters, many headaches really have little to do with the sinuses."

[Read more here.](#)

[Balloon Sinus Dilation](#) continued:

some patients whose symptoms do not resolve with medication. The benefits of office sinus dilation include:

- Instant, lasting relief
- Convenient, comfortable office procedure
- May reduce healthcare costs
- Quick recovery – most patients return to normal activity in 24 hours

Discuss in-office sinus dilation with your doctor at Midwest ENT today! [Click here](#) to read frequently asked questions on balloon sinus therapy!

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## Tina Erickson: Spotlight on Mentoring!!

This month we take a journey into the world of mentoring! Tina Erickson, one of our awesome team members at Midwest ENT, volunteers for Lutheran Social Services as a mentor. She shares her experience with us below! We would like to thank Tina for her generosity and caring spirit. This is really great!

[What is the name of the organization you volunteer for and can you tell us a little bit about them?](#)

Lutheran Social Services of South Dakota serve people of all ages, faiths, races and economic status with professional, confidential and affordable services ranging from mentoring, after school programs, senior living and adoption.

[How did you hear about this and how did you decide to become a volunteer for them?](#)

I have a friend who works at LSS and she told me how many kids need mentoring through the school system. My administrator, Lisa Bendt was also mentoring at this time. When I decided to volunteer there were over 500 students that needed mentors in the Sioux Falls and surrounding area. This is a great program that takes 1 hour of your time a week to make a child feel very special.

[What is the name of the student you mentor and what kinds of things do you do together?](#)

I mentor a 3rd grader named Kaitlynn. This is my 3rd year of mentoring her. We enjoy doing arts and crafts, but what Kaitlynn loves most is playing card games like Old Maid and Slap Jack!



[What is the most rewarding part of mentoring?](#)

I get so much out of my time with Kaitlynn. She makes me laugh and keeps me on my toes! She is quick witted and loves catching up on things we've done throughout the week. I value our time together and I am glad she gets the one on one time that makes her feel special too. The best part of my week is walking through the school doors and seeing her smile when she sees me!



# 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



Kelcey Cushman AuD, CCC-A



Robert Froke MA, CCC-A



Carolyn Duenwald, PA-C



Marc Ellwein, PA-C/MPAS



Shantel Schumack, PA-C

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Fax 605-275-2056

## Hearing Center

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Sioux Falls, South Dakota 57108  
605-275-1205  
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## Sleep Center

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