

EAR, NOSE & THROAT

"Feel better."

In the **HEAD**lines.Please review us on
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<https://www.google.com.au/search?q=Midwest+Ear,%20Nose%20&%20Throat%20Hearing%20Center&udocid=17938277987361978996&#lrd=0x0:0xf8f190c9d6eb7a74,1>

FREE Hearing Center Screening event! 3 days only, March 6-8.

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
- Special offer this month: \$300 OFF the purchase of any set of premium digital hearing aids, plus 3 months of FREE batteries!

Don't wait! Call today to reserve your appointment time! (605) 231-5905

[VIEW ALL EVENTS](#)

* This offer is good for initial free screening with an audiologist. Physician referrals and diagnostic audiograms are not covered under this offer.



Sleep & Cardiovascular Health

Older women who don't get enough sleep were more likely to have poor cardiovascular health, according to preliminary research presented at the American Heart Association's Scientific Sessions in 2017.

In the new study, researchers considered sleeping at least 2 hours more during the weekend than on the weekday as a sign of being in sleep debt. Among the roughly 21,500 female health professionals between ages of 60 and 84 the research team followed, women who were in sleep debt were more likely to be obese and

have hypertension. When taking into account socioeconomic status and sources of stress, such as negative life events and work-related stress that could also influence cardiovascular health, quality of sleep was still an important factor for good overall cardiovascular health.

The results suggest that not getting enough sleep during the week might throw the body off and may increase risk of cardiovascular disease in older women.

Article credit: Sleep Review Journal

Let's Clear the Air

Article feature by Sioux Falls Woman Magazine.

Most people aren't aware how many times their middle ear tube opens and closes. But when it malfunctions, it doesn't take long to notice a potentially serious problem. Called the Eustachian tube, it connects the middle ear space with the back of the nose. It's regular opening and closing is spurred from muscles in our throat, jaw movements and swallowing which allows proper ventilation. It also maintains changes in atmospheric pressures outside the ear often associated with both high and low altitudes such as air travel, mountain hikes and especially during diving activities.

For some, regardless of their activities or atmospheric pressure, their tube malfunctions on a regular basis. This condition, called Eustachian tube dysfunction,



or otherwise known as ETD, leaves sufferers with chronic pain, discomfort and dulled or loss of hearing.

Thanks to a new procedure called Balloon Tuboplasty, improved tube function of the Eustachian tube offers a new sense of relief. Gregory Danielson, MD is a board-certified otolaryngologist at Midwest Ear, Nose

and Throat, and has performed this procedure with positive outcomes with his patients. "This option is very well tolerated with minimal risk," says Dr. Danielson. However, with any new technology, there is a learning curve especially when it comes to making sure patients are properly selected.

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

Just Breathe.

Did you know 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 who offer state-of-the-art, minimally invasive, image-guided sinus surgery as well as nasal airway surgery.

[READ MORE HERE](#)



Meet our team! [CLICK ON THE PHOTO TO READ THEIR BIOS.](#)



PAUL CINK
MD



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



KELCEY CUSHMAN
AuD, CCC-A



ROBERT FROKE
MA, CCC-A



JANE O'CONNELL
AuD, CCC-A



CAROLYN DUENWALD
PA-C



BROOKE ESPICHA
PA-C

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2315 West 57th Street, Sioux Falls, SD 57108
605-336-3503 | 888-336-3503 | FAX 605-336-6010

[HEARING CENTER](#)

2315 West 57th Street, Sioux Falls, SD 57108
605-275-1205 | 888-336-3503 | FAX 605-275-1289

[ALLERGY CENTER](#)

2315 West 57th Street, Sioux Falls, SD 57108
605-275-1228 | 888-336-3503 | FAX 605-275-2056

[SLEEP CENTER](#)

2315 West 57th Street, Sioux Falls, SD 57108
605-336-3503 | 888-336-3503 | FAX 605-336-3503

www.midwestent.com

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

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