



# In the HEADlines.

M I D W E S T

EAR, NOSE & THROAT

*"Feel better."*

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

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<https://www.google.com.au/search?q=Midwest+Ear,%20Nose%20&%20Throat%20Hearing%20Center&udocid=17938277987361978996&#lrd=0x0:0xf8f190c9d6eb7a74,1>



## Summer is here! Celebrate with a free hearing screening from our family to yours!

Join us for our exclusive friends and family hearing screening event in our Sioux Falls office on June 20th and 21st! 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 friends and family announcement 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.

# 8 Reasons Why Walking Is Great For Your Health!

**Gentle, low-impact exercise that's easy, free and available to everyone - here's why walking rocks.**



## **1. Walking strengthens your heart**

Reduce your risk of heart disease and stroke by walking regularly. It's great cardio exercise, lowering levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol. The Stroke Association says that a brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27 percent.

## **2. Walking lowers disease risk**

A regular walking habit slashes the risk of type 2 diabetes by around 60 percent, and you're 20 percent less likely to develop cancer of the colon, breast or womb with an active hobby such as walking.

## **3. Walking helps you lose weight**

You'll burn around 75 calories simply by walking at 2mph for 30 minutes. Up your speed to 3mph and it's 99 calories, while 4mph is 150 calories (equivalent to three Jaffa cakes and a jam doughnut!). Work that short walk into your daily routine and you'll shed the pounds in no time.

## **4. Walking prevents dementia**

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass. Since dementia affects one in 14 people over 65 and one in six over 80, we reckon that's a pretty great idea.

## **5. Walking tones up legs, bums and tums**

Give definition to calves, quads and hamstrings while lifting your glutes (bum muscles) with a good, regular walk. Add hill walking into the mix and it's even more effective. Pay attention to your posture and you'll also tone your abs and waist.

## **6. Walking boosts vitamin D**

We all need to get outside more. Many people in the UK are vitamin D deficient, affecting important things like bone health and our immune systems. Walking is the perfect way to enjoy the outdoors while getting your vitamin D fix.

## **7. Walking gives you energy**

You'll get more done with more energy, and a brisk walk is one of the best natural energisers around. It boosts circulation and increases oxygen supply to every cell in your body, helping you to feel more alert and alive. Try walking on your lunch break to achieve more in the afternoon.

## **8. Walking makes you happy**

It's true - exercise boosts your mood. Studies show that a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety. So for positive mental health, walking's an absolute must.



# A new technique for treating sinus problems has arrived!

## Balloon Sinuplasty and Sinusitis Treatment is now available at Midwest ENT!

Many people struggle with sinus problems. These issues are referred to as sinusitis, which occurs when the tissue lining the sinuses becomes inflamed. Normally, sinuses are filled with air but when they are blocked they can fill with fluid, germs, bacteria and viruses, and lead to infection. Sinus blockage can be caused by the common cold, nasal polyps, allergic reactions or a deviated septum. Those with acute sinusitis can have their normal routines interrupted when they experience facial pressure and pain, nasal discharge, cough, congestion, loss of smell, fever, bad breath, tooth pain or fatigue. There are different types of sinusitis. Acute sinusitis is a sudden onset of cold-like symptoms such as a runny, stuffy nose and facial pain that does not subside after 10 to 14 days, and typically lasts four weeks or less. Subacute sinusitis is an inflammation lasting 4 to 8 weeks. Chronic sinusitis is sinus inflammation lasting 8 weeks or longer, while recurrent sinusitis is several attacks within a year.

Patients with mild to moderate chronic sinusitis or recurrent acute sinusitis may be presented with balloon sinuplasty as a treatment option. Gregory Danielson, MD is a board certified otolaryngologist with Midwest Ear, Nose and Throat explains, "Balloon sinuplasty offers a minimally invasive approach to widen and alter drainage pathways to promote the natural outflow of the maxillary, frontal and sphenoid sinuses, but not the ethmoid sinuses." Dr. Danielson says that for selected patients, balloon sinuplasty can often be performed without general anesthesia due to its minimally invasive approach. In these cases, patients may realize a faster return to normal function following the procedure.

Balloon sinuplasty can also be used as an adjunct to traditional sinus surgery in the operating room for patients with more severe sinus disease. Balloon sinuplasty has gained acceptance as a safe and effective tool to treat selected patients with sinus inflammatory disease. According to Dr. Danielson, "Where balloon sinuplasty is seeing the biggest increase is in use for procedures that are being performed without general anesthesia and also being performed in the office setting."



In cases of more advanced disease, sinus surgery helps to relieve anatomic or inflammatory obstructions that are inhibiting the natural mucocilliary outflow, resulting in the collection of mucous/secretions which then become a ripe environment for bacterial growth. Dr. Danielson explains sinus surgery by saying, "Traditional surgery involves the removal of the structures or inflammatory tissues that are resulting in the obstruction."

During surgery, the surgeon uses an endoscope to look at a magnified view of the inside of the nose on a television monitor. This helps the surgeon remove any diseased tissue or polyps to clear the narrow channels between the sinuses. Dr. Danielson and his colleagues at Midwest Ear, Nose and Throat are pleased with medical advances which have resulted in new image guidance systems that allow for a much more complete removal of disease with a much higher degree of safety.

*Article by: Jill Funke - Sioux Falls Woman Magazine*

# Did you know?

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 - called 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.

**Call for your appointment today and discover better sleep for you or your loved one.**



## Easy Summer Recipe of the month: Ocean Water Cooler!

This is a fun and easy drink for the kiddos this summer! Top it off with a Swedish fish or two swimming on the inside and the kids will be delighted!

### Ingredients

- 3 tablespoons water
- 3 tablespoons sugar
- 1 teaspoon coconut extract
- 3 drops blue food coloring
- 2 (12 ounce) cans lemon-lime soda

### Instructions

1. In a small microwave-safe bowl, combine water and sugar. Heat in microwave for about 1 minutes. Stir until sugar is completely dissolved.
2. Pour the sugar mixture into a pitcher. Add coconut extract, food coloring, and soda. Stir to combine. Enjoy over ice.

# 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



Jane O'Connell, AuD, CCC-A



Carolyn Duenwald, PA-C



Marc Ellwein, PA-C/MPAS

## 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

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