



Have You Heard?

WINTER 2009

903-592-3666

Visit our website for
more information:

www.enttyler.com

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Walk-In Hours:

Wednesdays 3:00 - 6:00 p.m.

Fridays 7:00 - 9:00 a.m.

Benign Paroxysmal Positional Vertigo

Why are we talking about vertigo in a hearing aid newsletter? Because we are the Hearing Aid *and* Balance Center! That's right; we are here to help with your hearing difficulties and to assist the physicians in determining the cause of your dizziness.

One of the most common causes of dizziness is Benign Paroxysmal Positional Vertigo (BPPV). BPPV is an inner ear problem that results in brief but severe room-spinning vertigo. The symptoms include dizziness or vertigo, lightheadedness, imbalance, and nausea. Activities that bring on symptoms vary among people, but symptoms are often brought on by a change of head position. Getting out of bed or rolling over in bed often brings on dizziness. An intermittent pattern is common. The symptoms may be present for a few weeks, then stop, and then come back again.

BPPV is caused by displaced small calcium carbonate crystals, which are

found naturally in your inner ear. These crystals can become dislodged from a portion of your inner ear and settle into a semi-circular canal. The sensation of dizziness occurs when the head or body moves in a manner that stimulates the semicircular canal that holds the misplaced crystals.

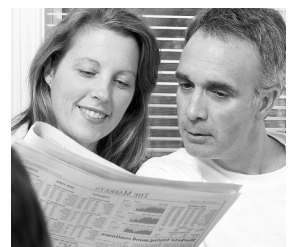
The diagnosis of BPPV is made based on your history, findings of a physical examination, and the results of vestibular and auditory tests. Often the most informative test is a Dix-Hallpike maneuver. This is a quick test where the audiologist will observe eye movements when you are laying down.

If you do have BPPV, there is help! Most often, BPPV can be treated by an Epley maneuver. This involves sequential movement of the head into four positions, staying in each position for roughly 3 minutes. Most often only one treatment is necessary, but for some people, a second treatment may be beneficial. If you or someone you know are having problems with dizziness, please call the office at 903-592-5601 to schedule an appointment.

Watch Your March Newspaper!

In March, we will have an open house with GN Resound to talk about their latest hearing devices: 'be by Resound' and 'dot by Resound.' The 'be by Resound' is designed for mild hearing losses and it is virtually invisible in the ear. The 'dot by Resound' is the smallest behind-the-ear hearing device available and can

fit a wider range of hearing losses. Our ad will be in the Tyler paper the first week in March. Therefore, if life has caught up to you, catch up with the newest devices and schedule an appointment!



Are Two Hearing Aids Better Than One?

Do I need two hearing aids? This is a common question asked by patients when talking about amplification. The answer to this question is usually “yes.” If you have hearing loss in both of your ears, two hearing aids are strongly recommended. In some instances, only one hearing aid is recommended — such as with unilateral hearing loss or in certain medical circumstances.

Here are some reasons why two hearing aids are better than one:

- Two hearing aids balance the two ears and allow for stereo hearing.
- Volume requirements, in users of two hearing aids, are significantly lower than when wearing only one hearing aid. A reduction in volume allows for more flexibility with adjustments to the hearing aid and a reduced risk of feedback.
- Sound localization, the ability to hear where sound is coming from, is achieved when the two ears are balanced.
- Research has shown that performance in noisy situations is significantly improved with the use of two hearing aids.

Send Our Newsletter to a Friend!

Name: _____

Address: _____

City, State, Zip: _____

Complete this form and mail to:

ENT Associates of East Texas
 Hearing Aid & Balance Center
 3413 Golden Road
 Tyler, TX 75701

**The highest compliment
 you can give our practice is
 the referral of your family
 and friends!**

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