

# Audiology Informer

Carlson Ear Nose & Throat Associates

## BPPV or Benign Paroxysmal Positional Vertigo

- BPPV is a disorder that causes vertigo and dizziness with head or body movement
- BPPV is caused by displaced otoconia (calcium carbonate crystals that are normally found in the inner ear) that move in the semi-circular canals and send inaccurate information to the brain after head movement
- Symptoms of BPPV are usually generated by a head change in one direction that causes dizziness or vertigo usually lasting less than 1 minute
- 20% of all dizziness is thought to be BPPV
- The most common cause of BPPV in people under 50 years of age is head injury
- BPPV can be easily diagnosed and treated in the office. Usually, BPPV is evaluated as any other vestibular disorder.

## Dizziness, Vertigo, and Balance Dysfunction

Vestibular disorders include symptoms of vertigo, dizziness, and imbalance. These disorders are fairly common and have been estimated to affect 35% of US adults age 40 years and older. At Carlson Ear, Nose & Throat we use a collaborative approach with ENT physicians, doctors of audiology and medical assistants to correctly identify and treat the cause of vestibular impairment. Our 4-part vertigo work-up includes a thorough case history, ENT and vestibular neurologic work-up, comprehensive hearing evaluation, and visual nystagmography (VNG) testing.

Vestibular disorders can negatively impact an individual's quality of life. These individuals may have difficulty performing their normal routines and are at higher risk of falling. Simple

tasks such as getting dressed, reaching for items in cabinets, and even getting out of bed can be difficult.

Symptoms of a vestibular impairment may include the sensation of spinning, feeling off-balance, feeling seasick or having a "swimming" sensation, and also feeling lightheaded. This may also include nausea, vomiting, headache, hearing loss, ear pressure/fullness, or tinnitus. Vestibular disorders can come on suddenly or may be gradual. They may have a positional correlation or appear more random. There are various causes for these symptoms and treatment is dependent on the results of our battery of diagnostic procedures. We are committed to determining the true cause of the vestibular impairment in order to provide the correct treatment.

There is help for people who are living with vestibular impairments. Our office is able to evaluate the four components of the balance system in order to provide an accurate diagnosis and appropriate treatment. The four components of the balance system include the inner ears and vestibular nerves, the ocular system (eyes and eye muscles), the spinal system, and the cerebellum in the brain.

Dr. Carlson has specialized in the evaluation and treatment of vertigo for over 15 years. After a complete ENT exam and audiologic and VNG testing is performed a review of the overall findings will aid in the diagnosis. Successful treatment begins in our clinic. Please contact our office today if you have any questions or need help with a vestibular disorder.



## Custom Earmolds for Hearing Aids

Earmolds are custom made pieces that go into the ear canal and connect to behind-the-ear style hearing aids. These pieces are customized to fit each person's ear specifically and are modified for the type and severity of hearing loss. Earmolds can be fit on any behind-the-ear hearing aid from open fit to standard models and are responsible for directing the amplified sound into the ear canal.

Recent advances in hearing aid technology allow for your Audiologist to order open-fit earmolds that are non-occluding. Earmolds come in a wide variety of materials from soft vinyl to hard acrylic. Color choices are endless, however, most patients choose a discrete option. Hypo-allergenic materials can be selected as well for any individual with skin sensitivities.

The average life of an earmold is 1 year. Over time, the earmold material can change and will be susceptible to cracks or breaks. We recommend new earmold tubing every 6 months and new earmolds every year.

**CARLSON**  
EAR NOSE & THROAT ASSOCIATES

(520) 795-8777

[www.CarlsonENT.com](http://www.CarlsonENT.com)

## Hearing Aid Raffle Prize WINNER!

Congratulations to Mr. Kiblin, our 2010 Senior Safari Raffle Prize Winner of 2 FREE Starkey S Series 11 Receiver-in-the-Ear hearing aids valued at \$5,000. This was our second year participating in the Senior Safari Health Fair at the Ried Park Zoo and we had a wonderful time. Over 2000 people attend this event each year at the zoo.

Our office was excited to offer a new pair of Starkey hearing aids as our raffle prize. Starkey is a leader in the hearing healthcare industry and was founded in Minnesota over 30 years ago. Their new product line, the S Series, includes advances in technology that are unique to their brand. Starkey has developed water resistant coatings on their behind-the-ear hearing aids that helps to protect the hearing aids from moisture, an important feature in Arizona. A new technology called "T2" allows hearing aid wearers to use any touchtone telephone as a remote control to make changes in volume and programs. Starkey has also introduced "Sweep Technology" in their behind-the-ear hearing aid allowing easy touch control. Sweep Technology eliminates the sometimes difficult to use buttons and dials on other standard hearing aids. In addition, their environmental adaption system, directional microphones, and feedback elimination technology provide a superior listening experience.

Mr. Kiblin was fit with a pair of Starkey's S Series 11 Receiver-in-the-Ear hearing aids. These are small, discrete hearing aids that are barely visible when worn. We look forward to next year's Senior Safari and hope that we can continue to provide excellent service to our community. More information about Starkey can be found online at [www.Starkey.com](http://www.Starkey.com).



Dr. Thomas Kang, Mr. Kiblin, & Dr. Amanda Wysopal

## What's New at Carlson Ear Nose & Throat

**Hearing Loss Seminars:** Join us to learn more about hearing loss, hearing aids, communication strategies, and more! Call to RSVP. Guests are welcome.

Oro Valley Hospital—April 28th 2010 from 10am-12pm. 2nd floor, in the old ICU waiting room

Tucson Office (Swan & Camp Lowell)—May 19th 2010 from 10am-12pm

**Sinus Center of Excellence!!!** Carlson Ear Nose & Throat is the only practice in Tucson with this special designation. Please remember our facility for any of your sinus needs.



James Carlson, M.D., M.B.A.

Thomas Kang, M.D.

Jonathan Lara, D.O.

Elizabeth A. Finch, Au.D.

Amy M. Wheeler, Au.D.

Amanda L. Wysopal, Au.D.

Stephanie Carlson, R.N., CNOR

**\$400.00 OFF**  
**a NEW PAIR of Hearing Aids!!!**

**Offer cannot be combined with any other offer,  
or with any insurance benefit or discount.**

**Offer Expires 5/31/2010**

***Do you have other ENT needs? Let one of our Ear, Nose and Throat physician help you! We are currently accepting new patients for vertigo, dizziness, allergy testing and allergy injections, snoring, sinus problems, ear blockage, throat pain, voice care, and more!!! Call for an appointment.***

### Tucson Office

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### Oro Valley Office

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