



the Trumpeteer

An Ear- Responsible Publication of Central Carolina ENT, PA

CCENT Welcomes New Provider



Central Carolina ENT is also pleased to announce the addition of Christine Lupienski to the professional staff. Mrs. Lupienski is a Family Nurse Practitioner. She began working in the Sanford office in October, 2011.

Christine Lupienski graduated from Arizona State University with her Master of Science degree in Nursing and is nationally certified as a Family Nurse Practitioner. Christine also holds a Bachelors of Science Degree in Nursing from Grand Canyon University in Phoenix, Arizona. Christine has been practicing nursing since 1994. She has worked in various skilled nursing facilities, community clinics and hospital settings. Her nursing experience also includes working in Women's Health, Neonatal Intensive Care Units, and Pediatric Care Units.

After receiving her Masters, Christine worked as a Family Nurse Practitioner in a private family practice office in Arizona. In 2006 she relocated to North Carolina where she worked as a Family Nurse Practitioner in a community clinic setting.

Christine places high value in providing comprehensive, patient-centered, evidenced-based care to her patients. She provides compassionate, competent care for patients of all ages, from infants to the elderly. Christine is highly committed to her patient's welfare, to quality medicine, to health and wellness. She is currently a member of the American Nurses Credentialing Center.

Christine resides in Holly Springs, North Carolina with her husband and 4 children. She enjoys spending time with her family and friends, reading, staying fit and doing yoga.



Request Appointments Through Our Website

If you would like to make an appointment at one of our offices, go to our website, click on "Appointments" in the top left corner and follow the prompts.

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HELP WHEN THEY'RE HURTING



If your young child is in constant pain due to chronic ear infections, treatment is available

Though painful and worrisome, chronic ear infections are not uncommon among toddlers.

“Chronic ear infections are infections, especially in infants ages 15 to 18 months old, that continue to return about every four weeks or so.” Says William Leliever, MD, a board certified otolaryngologist on staff at Central Carolina Hospital. “These infections are characterized by pain, fussiness, and irritability. If these infections keep coming back over three months or so, that’s typically when we’ll see them.”

Dr Leliever says a dysfunction in the Eustachian tube, which connects the nasal cavity to the middle ear, is one of the more common causes of chronic infections.

“The eustachian tube can get blocked due to adenoids or infections due to allergies, or because the tube is immature or swollen, and that swelling or blockage will lead to a buildup of

fluid in the middle ear.” Dr LeLiever says, “To treat these kids, we need to drain the fluid and then treat the blockage if we can identify it.”

TUBES PROVIDE RELIEF

One common method for addressing chronic ear infections is myringotomy. During this brief, 10 to 15-minute surgery, fluid is drained and the ear is fitted with a small tube to facilitate continuing drainage.

“The results from the procedure are dramatic,” Dr LeLiever says. “You see a reduction in infections, and an improvement in hearing and breathing.”

The tubes are typically 1 to 2 millimeters in diameter, and Dr Leliever says they tend to come out on their own after about a year, although some require surgical removal. He said they’re painless and the benefits “far outweigh any risks.”

Another common cause of chronic ear infections is a condition in which some children are born with a small piece of skin in their middle ear. This skin can commonly

become infected and lead to blockage, Dr. LeLiever says, but noted that similar surgical procedures can easily address this issue.

While Dr. LeLiever says toddlers ages 15 to 18 months are typically at risk, another peak for this issue is around age 4.

NONSURGICAL ALTERNATIVES

Surgery isn’t for everyone, and Dr. LeLiever notes that there are other techniques for addressing the issue, including continued antibiotic treatment and techniques for inflating the Eustachian tubs over time.

“We have a special device called the ear popper,” Dr LeLiever says. “It essentially deals a measured amount of pressure, through the nose and therefore into the Eustachian tube, which is then caused to widen over time. You use it everyday for about four weeks, and if it works, it works

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well without having to resort to a surgical solution. But many parents are frustrated and want to help their children get out of pain more immediately.”

ZEROING IN ON EAR INFECTIONS

What cause ear infections? Ear infections (otitis media) happen when viruses or bacteria enter the ear and cause an infection. They tend to increase in frequency during the winter months when upper respiratory tract infections or colds are more frequent

How common are ear infections? Three out of four children will experience an ear infection by their third birthday.

What are the symptoms? Tugging at the ears, crying more than usual, fluid draining from the ears, difficulty sleeping or keeping balance, hearing problems.

How can I minimize the risk? Certain lifestyle choices help cut the risk that your child will experience chronic ear infections, including:

- Breast feeding your child for at least 6 months
- Avoiding exposure to secondhand smoke
- Reducing exposure to a large number of children
- Washing hands to decrease the transmission of germs
- Keeping immunizations up to date

Why is it important to see a doctor? If left untreated, ear infections lead to permanent hearing loss or impaired speech development.

Board-certified otolaryngologists on staff at CCH



William LeLiever, MD



Doris Lin, MD

(Article courtesy Central Carolina Hospital)

Phonak Releases New Products

ComPilot



The Phonak ComPilot brings together the accessibility of wireless connectivity, the convenience of a remote control.

Nano



The Nano is an outstanding combination of maximum hearing performance and minimum size.

Virtually Invisible

Naída S CRT



- Newly designed Water-Resistant external receiver device
-Features a telecoil, on-board control and FM compatibility

M H2o



These new products have achieved the Ingress Protection Rating IP67. This means they are water, sweat, moisture and dust resistant.



CCENT Fall Promotion

Offer ends February 2012



**Buy a pair of premium digital hearing aids
And you'll receive 3 accessories FREE !**



And



**Buy a pair of advanced digital hearing aids
And you'll receive 2 accessories FREE !**



And



**Buy a pair of midlevel digital hearing aids
And you'll receive 1 accessory FREE !**



OR



Wireless control of volume and program changes *discretely*.

- Upgrade to the latest and fastest Hearing Aid Processors.



Streams audio from your TV directly to your hearing aids, Charger base too.

- Hear better and receive accessory items free!

- Call now to schedule your evaluation. Don't delay!



Pair this device with cell phone, iPod, etc. and stream sound to your aids.

Offer ends February 2012

(Aids must be Bluetooth compatible to utilize accessories)

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