



**Robert W. Stephens, M.D., F.A.C.S.**



**Scott A. Hackett, M.D., F.A.C.S.**



**Robert A. Youkilis, M.D., F.A.C.S.**



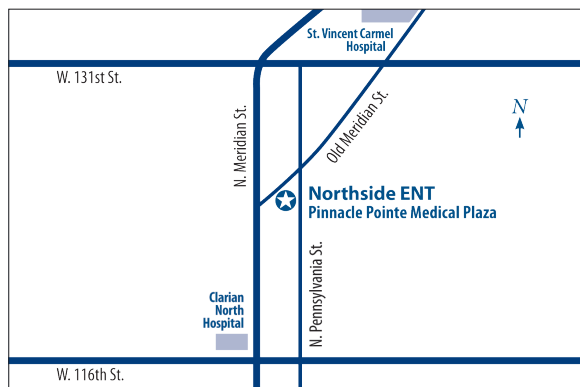
**Jeffrey A. Beach, M.D., F.A.C.S.**



**Laurie Miranda, M.A., CCC-A**  
*Director of Audiology*  
*Certified Audiologist*



**Rebecca Miles Risser, M.M., M.A.**  
**CCC-SLP**  
*Director of Voice*  
*Certified Speech Language Pathologist*  
*Voice Specialist*



**Carmel**  
12065 Old Meridian St., Ste. 205  
Carmel, IN 46032



**Avon**  
1115 Ronald Reagan Pkwy., Ste. 254  
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**O**N BEHALF OF OUR BOARD CERTIFIED otolaryngologists and staff, thank you for choosing us. Our practice has been Central Indiana's ear, nose and throat specialists since 1977.

Our doctors have been voted top docs repeatedly by physician peers in *Indianapolis Monthly's* surveys.

*Indianapolis Monthly* magazine partners with Castle Connolly Medical Ltd. to take the guesswork out of choosing a doctor.

The independent researchers survey thousands of doctors to identify the top five percent of board certified physicians in the Indianapolis metropolitan area.

We now offer a secure patient portal on our website, [www.northsideent.com](http://www.northsideent.com). The Medfusion software is ranked

number one in the nation for secure patient portals by KLAS independent researchers.

You can complete preregistration paperwork, request appointments and prescription refills, pay bills and manage your personal health record.

With your permission and email address, we can send appointment reminders, lab results and educational information.

If you have hearing problems, I encourage you to watch our audiology director's video on what a hearing evaluation is like. Visit [www.totalhearingsolutions.com](http://www.totalhearingsolutions.com).

Our voice director is one of the few certified speech language pathologists specializing in voice therapy in Central Indiana. She tells how vocal problems are diagnosed in a video at [www.performancevoicesolutions.com](http://www.performancevoicesolutions.com).

We respect and appreciate the trust you have placed in our medical professionals and staff.

Sincerely,



Paul Rosiek, MBA, CMPE  
Practice Administrator

**W**HEN YOU GET A HEARING EVALUATION, everything about your hearing is tested. We study how sound travels through your outer, middle and inner ears to your brain.

**Total Hearing SOLUTIONS**  
A DIVISION OF NORTHSIDE ENT

You'll put headphones or insert phones on and we'll learn how softly you can hear sound. Then, we'll test your hearing by placing a small box behind your ear to evaluate your inner ear. We'll also test speech comprehension so we know how well you can understand words.

After that, we'll put all of this information together to know how much and what type of hearing loss you have. If you are a hearing aid candidate, we'll discuss your lifestyle and where it's most important for you to hear well. This information helps us make the best hearing aid recommendation for your personal needs.

Hearing devices are available in a wide variety of styles, technology and prices. Years ago, people complained about how big hearing aids were but they've become much smaller.

The majority of all hearing devices today have digital technology. Most reduce background noise and let you hear more naturally. Digital technology offers many features such as noise reduction, directional microphones and the ability to connect to telephones or the television wirelessly. These features help to enhance voices in difficult listening situations.

You can choose from several styles of hearing devices. Hearing aids used to be large but demand has made them smaller. The most popular hearing device is the small receiver-in-the ear or "open" style of hearing aid.

This style of hearing device lets you hear more naturally because your ear canal is left open. This hearing aid is so small, it's hard to see. So people look at you and not at your hearing aid.

You can also choose in-the-ear hearing aids. Some completely fill your ear. Other aids may be mostly in your ear canal while some are completely in the ear canal and require a small removal line to remove it.

For more information, call 317.705.2700.

**B**ECAUSE COMMUNICATION ISN'T OPTIONAL and others sometimes judge you by the way you speak, a voice evaluation is good for the general public and professional voice user.

Your voice comes from tiny resonating muscles called vocal cords. The diameter of a woman's vocal cords is about the size of a dime. And a man's is about the size of a nickel. So they're little. Tiny pieces of muscle.

Many disorders may make you hoarse. To diagnose problems, a videostrobe takes pictures of your vocal cords in motion. Your cords vibrate very quickly, 120 to 240 times per second so the eye cannot view that.

Most people's cords vibrate symmetrically. If you flash a strobe light on them, you can see them interspersed through their vibration pattern. This tells our physicians and voice specialist what can be done to help you.

In the meantime, here are some things to remember to help you take good care of your voice. Correct natural breathing is the foundation of a good voice.

Warm up your voice before speaking or singing by breathing deeply as your abdominal wall expands. Hold your breath for 15 seconds then exhale as your diaphragm relaxes and abdominal wall contracts. Gradually increase how long you hold your breath up to a minute.

Spend a few minutes yawning and finishing with an easy "ho-hum," prolonging the "hum" for several seconds, dropping your jaw. Move your jaw from side to side and continue humming with your lips closed and jaw loose.

You also want to drink lots of water throughout the day; rest your vocal cords; stop smoking and screaming; reduce caffeine and alcohol intake; and avoid frequent throat clearing and coughing.

Also know that medications may be dehydrating, especially over-the-counter drugs. Quit buying mint, menthol and medicated lozenges.

To learn more, call 317.705.2732.

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