



Listen Up!

That clogged feeling in your ears may not be a sinus infection



Rebecca Lloyd

Rebecca Lloyd couldn't believe her luck. Just as she was beginning her job as a business manager this year, she came down with a sinus infection that was as stubborn as a rusty old bolt. At least, a sinus infection is what she *thought* she had.

"I was sure it was a sinus infection because I've had them before," Rebecca says. "The thing about this one, though, was that it really clogged my ears. I was having a hard time hearing, and people were pointing out that I kept asking them to repeat themselves."

"It was a real problem, especially at work. I'd go to a meeting, and I couldn't always make out what people were saying because everyone was wearing a mask because of the coronavirus. I was missing a lot, so I knew I had to do something about it."

As she has done before when troubled by sinus problems, Rebecca visited Atlantic Ear, Nose & Throat, where she learned she didn't have a sinus infection at all.



DEVANG M. SHAH, MD
DANIEL L. ROTHBAUM, MD
MICHAEL MCKENNA, AUD

"The physician's assistant I saw did one quick test and said, *You don't have a sinus infection; you have a hearing loss.*" Rebecca remembers. "I was shocked. I mean, I'm about to turn 60. I thought, *I'm too young to lose my hearing.*"

Not necessarily. Age-related hearing loss typically begins around age 60, so Rebecca next visited Michael McKenna,

AuD, Atlantic Ear, Nose & Throat's audiologist. Dr. McKenna's evaluation confirmed the hearing loss diagnosis, which prompted a recommendation of hearing aids. Rebecca agreed and was fit with ReSound LiNX Quattro hearing aids.

ReSound LiNX Quattro hearing devices can be programmed to suit each patient's needs, can enhance their ability to hear in noisy environments, and are completely rechargeable, with one three-hour charge providing up to 30 hours of battery life.

They also include Bluetooth technology, which allows the wearer to stream the sound from a television set, computer or smartphone through the hearing aids. They've made a "remarkable difference," Rebecca says.

"At work now, I can hear everything everyone is saying very clearly, even if they're wearing a mask," she enthuses.

"And out in the community, I don't need to say, *I'm sorry, could you repeat that, please?* It's so nice not to have to say that."

"I can also hear phone conversations again. That was something else I was missing, but now I hear them right through my hearing aids. It's really incredible, and I couldn't be happier with how I was treated at Atlantic Ear, Nose & Throat."

"They've always taken great care of me there, and I recommend them to anyone."

FHCN article by Roy Cummings. Photo by Jordan Pysz. mkb



Devang M. Shah, MD, is board-certified in otolaryngology. After receiving his medical degree with honors from the Rutgers Robert Wood Johnson Medical School in Piscataway, NJ, he completed his surgical internship and residency at Johns Hopkins Hospital in Baltimore. Dr. Shah is a member of the American Academy of Otolaryngology-Head & Neck Surgery and has served as chair of the department of surgery at AdventHealth Fish Memorial in Orange City. He co-authored several journal articles investigating the relationship between microscopic inner-ear structures and hearing function and has presented his work at research conferences.

Daniel L. Rothbaum, MD, is board-certified in otolaryngology and specializes in facial plastic surgery and otolaryngology. He's a leader in balloon sinus dilation surgery in Central Florida. Dr. Rothbaum graduated magna cum laude from Harvard College in Cambridge, MA, with a degree in social studies. He received his medical doctorate from Yale School of Medicine in New Haven, CT. Dr. Rothbaum completed his internship and residency training at Johns Hopkins Hospital in Baltimore.



Michael McKenna, AuD, specializes in diagnostic and rehabilitative audiology, aural rehabilitation and treatment of hearing loss and tinnitus. He earned his bachelor's degree in communication sciences and disorders from the State University of New York at Plattsburgh and his Doctor of Audiology degree from Bloomsburg University in Bloomsburg, PA.

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