



# Catalyst Connection

*Inner Health. Outer Beauty. Positive Change.*

## DO YOU HEAR WHAT I HEAR?

**H**earing loss can affect anyone from a newborn to a great-great-grandparent. Hospitals test newborns to determine if they are at risk for hearing loss before heading home into the big world. Some babies are born with hearing loss due to genetics, congenital anomaly or even temporary fluid in the ear canal. Determining if the baby has hearing loss allows for proper intervention to take place. Depending on the needs and desires of the parent, the baby may begin learning American Sign Language (ASL) as a form of communication. The parent may also decide to pursue amplification for the baby so that speech can be heard and then learned. Some signs of hearing loss in a child this young are reduced responses to loud noises or a delay in speech production.

exposure to these experiences. School audiologists and speech pathologists work together to ensure children in schools are hearing adequately. For children with documented hearing loss, frequent tests are scheduled to make sure that the hearing aid works properly, that hearing hasn't changed and that speech development is on track.

As adulthood approaches, the likelihood of having acquired hearing loss increases. All factors causing hearing loss begin to build up. Noise exposure is one of the greatest factors in acquired hearing loss. Hunting, farming equipment and especially music through personal headsets are causing noise-induced hearing loss in adults as young as 18 years of age! Noise-induced hearing loss is also completely preventable. By protecting the ears with earplugs or earmuffs, the noise is reduced to a non-dangerous level. (Cont'd on next page)

Hearing is also tested in school-aged children. Otitis media, or ear infections, can be common at this age. When an ear infection has accompanying fluid behind the eardrum, the ability to hear can decrease. This is an important time in life when lessons are being taught that will impact the child for life. An undetected hearing loss prevents a child from full



Susan Mathison, MD  
Lesley Soine, MD  
Nancy Eastman, PA  
Megan Jones, AuD

Catalyst Medical Center  
1800 21st Ave. South  
Fargo, ND 58103

701.365.8700

## Continued From Cover...

Even though an iPod is made for your ear, the power behind devices such as these can damage our ears, causing hearing loss. The sound levels are higher than realized, regardless of whether the volume is turned all the way up.

With custom iPod ear molds, you can protect hearing while getting enhanced acoustic isolation and quality. They block out environmental sounds, providing a healthier level of sound. Ear canals range in shape and size, so the custom iPod earpiece is a perfect fit, as they are molded to each ear canal and simply snap on to your existing earpiece. They can also be color-customized, for those of any age.

As adulthood continues and the senior years begin, more factors are added to hearing loss. Aging of the inner ear starts at age 30. Over time, genetics also add to hearing loss. The older we become, the more we're exposed to noise. Most adults with hearing loss wait 10 full years before having their hearing tested and getting fitted for a hearing instrument. This is time of missing out on certain sounds in everyday life.

As the stigma with wearing hearing instruments decreases and the technology of the instruments increases, more people are becoming interested in obtaining amplification. This means that more people are hearing better than they may have heard in the past decade!

The important thing to remember is hearing loss does not occur just because of aging. It is usually a mixture of many factors that began in childhood. By being aware of these factors (ear infections, dangerous levels of sound, etc.) more people can decrease the likelihood or severity of hearing loss in the generations to come.

Our audiologist provides hearing testing, hearing-aid fitting and services, limited balance evaluation, tinnitus therapy, noise protection and more.



## Become once, twice, three times a beauty

Join us **September 13, 9am-4pm** at Catalyst Medical Center. We're giving you a *Back-to-School Saturday* that's full of specials, including our Trinity Package. A value of \$2050, yours for only \$1600. Call 701.365.8700 today.

**BOTOX®** (30 units) + **Juvéderm** (2 syringes) + **Fotofacial** (full face) = **\$450 OFF for you!** (Trinity Package)

Plus, get **15% OFF** all skincare products and all aesthetic services. Limited appointments available.

## Catching Up With Catalyst

### New Additions



Kuznia



Lind

**Tracy Kuznia** has been hired as a Financial Manager. She received her Bachelors Degree in Business Administration and Finance at the University of St. Thomas in St. Paul, MN. Before joining us, she worked as a Business Analyst at Noridian Administrative Services, LLC in Fargo, and was a Receivables Analyst with the Target Corporation. And, she's a giver! Tracy has volunteered with Junior Achievement at Fargo elementary schools educating youth about business and economics as it applies to their life. In her spare time she enjoys spending time with her daughter Anna.

**Terri Lind** has been hired as a Patient Service Specialist for both the medical and cosmetic sides of our clinic. She comes to us with over a decade of experience, bringing with her a wealth of knowledge. Terri is a magnificent multi-tasker. She also has two daughters, Madison (11) and Casie (25).

### SAVE THE DATE

Join us for a Holly Jolly Open House on December 13 from 9am-4 pm. The day will be filled with terrific treats and spectacular specials. It's your chance to get 15% OFF BOTOX® and injectable fillers, all skincare products and specific aesthetic services. Limited appointments available.

# Life-changing Laser

Did you get a tattoo, but now think it's not as cool as it once was? Or, maybe you have a scar that's a constant reminder of an accident you want to put behind you. With the RevLite™ Laser, a multi-purpose, multi-wavelength tool, tattoos can have permanent color reduction, scars can fade away, and much more.

We've discovered a laser that's life-changing and we want to share it with you. It's an aesthetic medical laser that offers maximum power and versatility for a broad range of indications on all skin types.

The RevLite™ Laser can treat and help with:

- Tattoo and pigment reduction and removal
- Acne and other scarring
- Skin resurfacing (age spots/sun damage)
- Vascular lesions
- Wrinkles reduction
- Hair removal

The downtime varies depending upon treatment focus. See results after one treatment below.



Before  
(Scar on arm from skin graft)

After 1 Treatment



Before  
(10-yr old tattoo on chest)

After 1 Treatment

# WOMAN

 (said to have been written by Maya Angelou)

## A woman should have...

enough money within her control to move out and rent a place of her own, even if she never wants to or needs to

A woman should have...

something perfect to wear if the employer, or date of her dreams wants to see her in an hour

A woman should have...

a youth she's content to leave behind, a past juicy enough that she's looking forward to re-telling it in her old age

A woman should have...

a set of screwdrivers, a cordless drill and a black lace bra

A woman should have...

one friend who always makes her laugh and one who lets her cry

A woman should have...

a good piece of furniture not previously owned by anyone else in her family

A woman should have...

eight matching plates, wine glasses with stems and a recipe for a meal that will make her guests feel honored

A woman should have...

a feeling of control over her destiny

## Every woman should know...

how to quit a job, break up with a lover and confront a friend without ruining the friendship

Every woman should know...

when to try harder and when to walk away

Every woman should know...

that she can't change the length of her calves, the width of her hips or the nature of her parents

Every woman should know...

that her childhood may not have been perfect, but it's over

Every woman should know...

what she would or wouldn't do for love or more

Every woman should know...

how to live alone, even if she doesn't like it

Every woman should know...

whom she can trust, whom she can't and why she shouldn't take it personally...

Every woman should know...

where to go, be it to her best friend's kitchen table or a charming Inn in the woods, and when her soul needs soothing

Every woman should know...

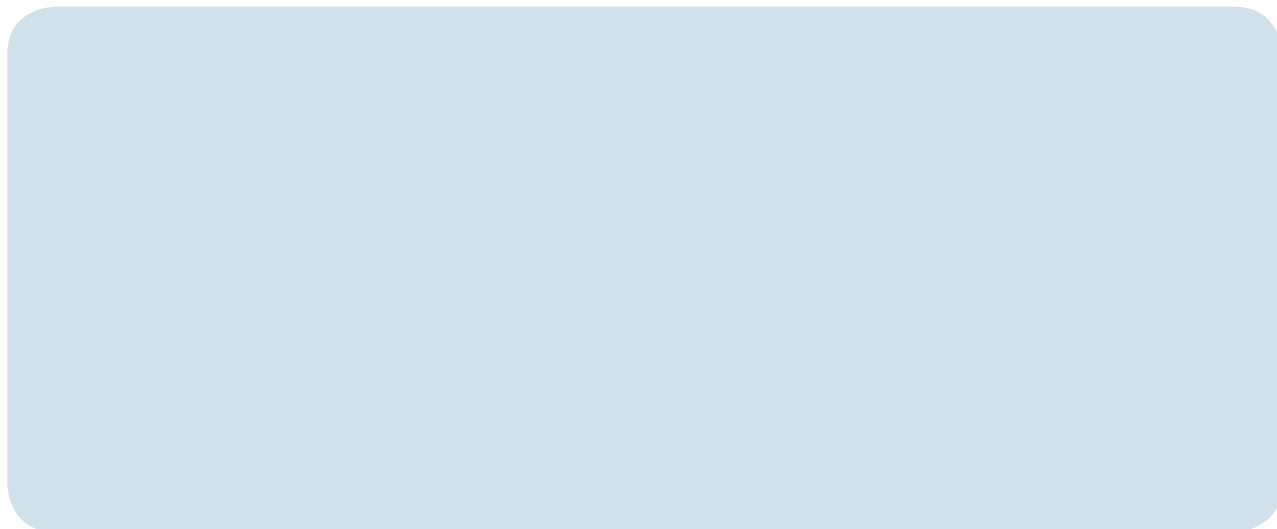
what she can and can't accomplish in a day, a month or a year



1800 21st Avenue South  
Fargo, North Dakota 58103



RETURN SERVICE REQUESTED



## DANCE. DESIGN. DINE.

**M**ake a positive change this fall by doing something different. Join us for Catalyst Medical Center's Fall Fantasy, a 3-part event that is sure to be filled with passion and motivation.

Wednesday, October 15 at 6:30 p.m.

DANCE with Patrick Kasper as he brings POSITIVE MOTION to you. This inspiring session will let you give dance a chance, teach you how to move in new ways, and help you feel better. Visit [www.positivemotion.net](http://www.positivemotion.net) to learn more.

Wednesday, October 22 at 6:30 p.m.

DESIGN with Nikki Anderson, a local artist whose focus is on the ART OF HEALING. Reflect, as you craft a masterpiece, painting your very own affirmation board.

Wednesday, October 29 at 6:30 p.m.

DINE with Mosaic Foods as they bring culinary arts

to Catalyst. Through a cooking class format you'll discover how to CREATE SPA CUISINE. The menu offers a palette to "fall" for including Thai beef salad, coconut granita with grilled pineapple and more.

This series is just \$149. Dance, design and dine under the direction of amazing local talent.

Call Amanda at 365.8660 to sign up today! Space is limited to 25 people.

