



# Catalyst Connection

*Inner Health. Outer Beauty. Positive Change.*

## SUDDEN DEAFNESS

**S**udden deafness is believed to affect 1 in 5,000 people annually, and is a condition in which a person loses much or all of their hearing in one ear within a 72-hour period, often without warning or symptoms.

The cause of sudden sensorineural hearing loss remains unknown, but is deemed a medical emergency. Patients may experience muffled hearing or total hearing loss. Proper diagnosis and treatment is typically needed within 14 days of onset. Sudden deafness can also be accompanied by ringing in the ear, dizziness or vertigo, or upper respiratory infection.

This condition is often not properly diagnosed as an inner ear problem, being mistaken for common middle ear infection, for which patients don't seek specialized treatment. A special hearing test is needed to conclude whether the issue is with the inner ear.

Sudden deafness is worrisome, leaving a person wondering if they will lose their hearing forever and how it will impact their future. However, if medical attention is sought right away, there is medication available.

In 2008, the American Academy of Otolaryngology — Head and Neck Surgery Foundation showed that patients with sudden hearing loss receive inconsistent care due to a lack of established treatment guidelines.

Only about 20 percent of patients with sudden hearing loss regain some hearing without therapy, but almost 60 percent regain some hearing if treated promptly with oral corticosteroids, according to the National Institutes of Health.

Side effects from either treatment can include elevated blood sugar, insomnia, agitation or weight gain.

Visit [www.suddendeafness.org](http://www.suddendeafness.org) for more information

*Not merely an absence of noise, real silence begins when a reasonable being withdraws from the noise in order to find peace and order in his inner sanctuary.* Peter Minard

## THIS YEAR IS GOING TO BE DIFFERENT

**I**t seems like year after year, we set that one, far-fetched goal and often do not achieve it. Set three attainable goals that will help you get where you want to be. Instead of saying you want to lose 15 pounds, say you'll 1.) Bring your lunch to work everyday instead of eating out 2.) Work out three times a week 3.) Assess how you look and feel, instead of your actual weight.

Changing your subconscious takes time and repetition, and that's what change is all about—making the good things you do a habit. Here is a list of 10 foods for better health to help you on your journey.

1. Sweet potatoes
2. Grape tomatoes
3. Fat-free (Skim) or 1% milk (not 2%)
4. Broccoli
5. Wild Salmon
6. Crispbreads
7. Microwavable or "10-minute" brown rice
8. Citrus fruits
9. Diced butternut squash
10. Spinach and kale

Visit [www.cspinet.org/nah/10foods\\_bad.html](http://www.cspinet.org/nah/10foods_bad.html) for more information.



*Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.* [www.quotegarden.com](http://www.quotegarden.com)

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

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

701.365.8700

# Who knew? Now you do!

1. Benzyl peroxide should be kept in the fridge; the cold has the effect of opening the pores where the bacteria are hiding, letting the benzyl peroxide do its work.
2. Free radicals are molecules in search of another electron, which they tend to extract from an existing whole molecule. To avoid such damage, “feed” these free radicals the extra electron they need—an antioxidant. The use of antioxidants, both topically and internally, is one of the basic requirements in maintaining healthy, acne-free skin. Our top antioxidants are SkinCeuticals C E Ferulic and Phloretin CF, and Obagi Vitamin C 15%.
3. Seven things that make your skin age faster: Cigarette smoke, sun exposure, lack of exercise, exposure to cold weather, alcohol use, stress and lack of sleep.

## Valentine’s Day Specials

Come in Saturday, February 14th from 9a to 4p for **15% OFF** skincare products, Botox, fillers and a variety of aesthetic services. Limited appointments. Call 701.365.8700 today!

## Accent your treatment

For a limited time, get the SkinCeuticals Firming lotion for just \$89, with any Accent treatment. This is over **\$40 OFF**. *While supplies last.*

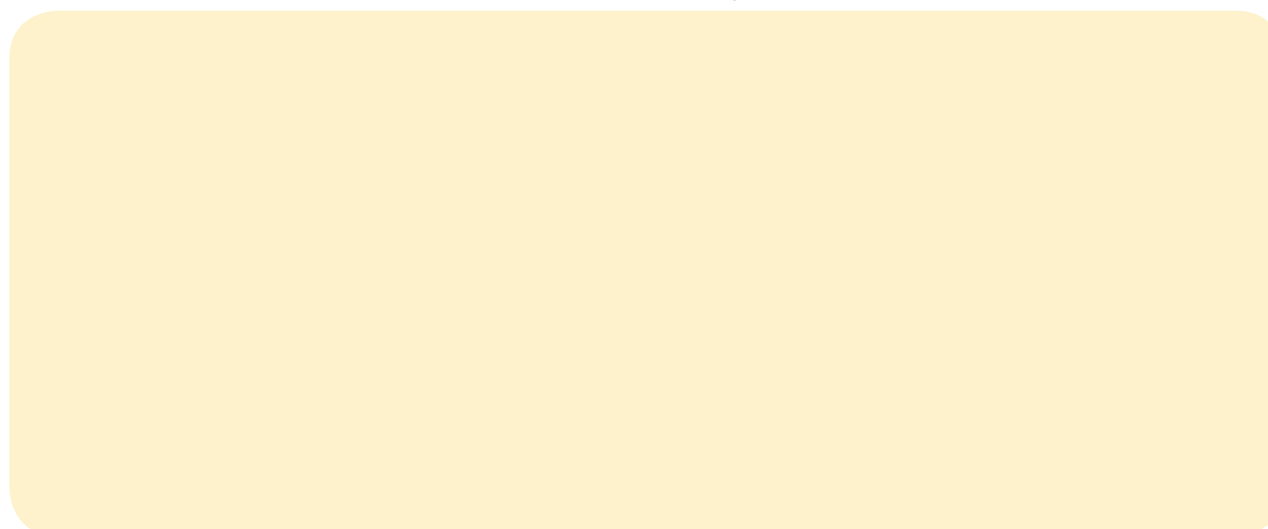
[catalystmedicalcenter.com](http://catalystmedicalcenter.com)



1800 21st Avenue South  
Fargo, North Dakota 58103



RETURN SERVICE REQUESTED



## Catching Up With Catalyst



McAndrew



Anderson



Heisler



O'Leary

**Susie McAndrew** has been a licensed, practicing Aesthetician for 7 years and graduated from Scot Lewis College of Aesthetics in Bloomington, MN. Susie loves learning about new treatments and products, and has a great passion for skincare and helping others. She likes spending time with family and friends, sketching, painting and reading. Her artistic talents are delightful ingredients to our team. Susie lives in Fargo with her beautiful and very comedic toddler Lily.

**Deb Anderson** is an LPN in the allergy department. She joined the practice with over eight years of experience, in a variety of clinical areas. Deb provides allergy re-testing, among other patient care. She likes spending time with her busy family with four children, including summer fishing and camping. Her poised nature has been a great asset to our patients. In the future, she would also like to become a volunteer with the Barnesville ambulance service.

**Pam Heisler** is a Patient Service Specialist on the medical side of our practice. She adds four years of private practice and hospital experience. Pam handles patient scheduling, amid other duties. She enjoys spending time with family, church, snow skiing, school activities and sewing. Her quiet humor is a great addition to our team. Pam lives with her husband and two daughters in Fargo.

**Kellie O'Leary** is a Patient Service Specialist on the cosmetic side of our practice. She brings with her a background of customer service and sales. Kellie has a passion for skincare and hopes to pursue that even further. Her genuine nature and beaming smile are contagious. Kellie enjoys spending time with family and friends, learning, the outdoors, volleyball, softball and dance.