

Comprehensive Hearing and Sinus Care from a "Top Doc"

Thoroughness. Patient education. A comprehensive, multidisciplinary approach to care. These are the qualities Dr. Todd Huber's patients say make him the ear, nose and throat (ENT) specialist they rely on and trust.

Dr. Huber, an ENT with Heritage Medical Associates, treats patients of all ages for all medical matters pertaining to ear, nose and throat illnesses and disorders, including chronic sinusitis and hearing loss.

With offices in Nashville and Cool Springs, Dr. Huber prides himself on his patient-centered approach. He has won numerous awards for his patient care, including being named a 2019 "Top Doctor" by Castle Connolly Medical and *Nashville Lifestyles* magazine.

Hearing Care

Statistics suggest that 48 million Americans suffer from some degree of hearing loss. It happens, Dr. Huber says, to people of all ages. "My goal is to catch hearing loss before it becomes a significant problem," he notes.

Left untreated, Dr. Huber adds, hearing loss—especially for those 55 or older—can contribute to depression, acceleration of dementia symptoms, anxiety issues, and social withdrawal and isolation. Identifying and treating hearing loss early is key to preventing these types of age-related problems.

The primary fix for this type of hearing loss is the use of hearing aids. Dr. Huber works with his patients to understand their unique needs and concerns and to guide them in selecting the device that best suits their needs.



Dr. Todd Huber at Heritage Medical Associates helps patients overcome chronic sinus problems and hearing loss.

"Our perspective is that we want patients to trust that we will help them find the most cost-effective bang for their buck among the latest and greatest products," he says. "Almost all hearing aids are small and discreet, even many of the very powerful devices. Price points are plentiful. Patients are often amazed at what they have been missing and are delighted to be able to re-engage with their friends and family."



Sinus Relief

Dr. Huber's sinus patients typically present with frequent sinusitis, bronchitis, pneumonia, ear infections, and other respiratory illnesses.

Should symptoms last or recur for several weeks or months, getting to the root of why such infections are persisting is imperative. That means an individualized evaluation to determine the issue, which can include an office endoscopy to check for polyps or structural abnormalities, an allergy evaluation, or even a CT scan. Some patients are found to have

an immune deficiency, which is correctable with a simple, one-time vaccine.

"To be truly effective in solving a patient's sinus problems, we need to find a way to prevent the problem from recurring," Dr. Huber says, adding that this vital step is frequently overlooked.

Medical treatment is the priority to eliminate sinusitis and to prevent recurrence. Sometimes, chronic sinusitis is so severe that the ultimate resolution comes in the form of minimally invasive balloon sinuplasty—a procedure Dr. Huber performs in-office with the aid of advanced image-guidance technologies and almost always without needles.

Performing such procedures in-office yields outcomes that are as successful as their operating room equivalents—but at a considerably lower cost. "It's one more way we demonstrate our patient-centered culture," Dr. Huber says. "No one should have to struggle with frequent or chronic sinus infections, especially when they make such a big impact on people's well-being and livelihood. I'm here to make a difference."



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