



A newsletter of the International Hearing Foundation Fund of the Minnesota Medical Foundation at the University of Minnesota

Spring 2010

earTALK

IHF 25th Anniversary!

Stay in touch!

Visit www.ihf-mmf.org (IHF), www.pehni.com (Paparella Ear, Head & Neck Institute, P.A.) & www.otopathology.com (Lab) or e-mail: trp-mmp@prodigy.net, 612.339.2120

200 Oak Street SE, #300, McNamara Alumni Center, University of Minnesota Gateway, Minneapolis MN 55455-2030

Honored: Eivind Hoff & Paparella Clinical Otological Award Recipients

The annual Eivind Hoff Award, recognizing a medical student for superior research and writing in clinical or basic otology, is given in memory of the first executive director of the Minnesota Medical Foundation. Mr. Hoff joined the foundation in 1959 and served it for 27 years. At the time of his death in 1994, he was associated with the IHF—the source of funds for this award, first presented in 1995. Any undergraduate medical student enrolled in the U of MN Minneapolis Medical School is eligible.



IHF Executive Director Treva Paparella, award recipient Wade Swenson and U of M ENT Chairman Dr. Bevan Yueh.

The 2009 winner is Wade Swenson, for his research, “Cigarette smoke induces AP-1 dependent VEGF expression in oral keratinocytes.”

In 1999, Dr. and Mrs. Michael Paparella, through the IHF, established an annual award recognizing a Resident’s outstanding research in clinical otology. Dr. Paparella served as chairman of the ENT department for 18 years.



Dr. Alan Johnson receives his award from Dr. Elizabeth Payne, IHF Board of Directors.

The 2009 winner of the Paparella Award is Alan Johnson, for his re-



Treva Paparella, Dr. David Kennedy, President of AAO, Dr. John Niparko, and Dr. Michael Paparella.

search, “Bioluminescent Infection Modeling: A New Era in Acute Otitis Media Research.”

The lecture associated with the 2009 Paparella Award for Distinguished Research in Clinical Otology-Neurotology, funded by IHF, was presented on behalf of recipient George Nager, M.D. by John Niparko, M.D. on Oct. 6, 2009, in San Diego.

The lecture was on Dr. Nager’s contributions to temporal bone pathology and pathogenesis as well as his work with cochlear implants.

We Get Letters...

Dear Dr. Paparella & IHF: I wanted to thank you for the wonderful care you gave to my daughter. Without the hearing aids that IHF made possible, she would have continued to struggle in school.

I can’t thank you enough for this wonderful gift of hearing.

Sincerely, M.B.

To Whom It May Concern: Just a quick note of thanks to IHF and the Paparella Clinic for all your help and support of our son’s hearing needs. We were so lost as to what to do, and then I read about your foundation online. Your staff was so helpful in dealing with him and his fears. His hearing problems have improved dramatically because of you.

Thank you! J.H.

Dear Mrs. Paparella: We thank you and your Board for the help you gave our darling little girl when she was diagnosed with severe hearing loss. Without the help of IHF, we would still be struggling to find a way to better her life.

Your devotion to helping those in need is remarkable and so very appreciated.

Sincerely, C.W.

May is Better Hearing Month

2010 AAO MEETING: Boston, Sept. 25-29
Stop at Starkey Booth for IHF Reception Details.

Hear Ye, Hear Ye

By IHF President Jim Hainlen, Ph.D. (right), who receives the gavel from outgoing president Dr. Oleg Froymovich (left).

Commitment of time and resources to IHF distinguishes everyone involved in making this non-profit continue to achieve amazing common good. While financial difficulties make many non-profits struggle and shrink their mission, IHF pulls together extraordinary people in several countries, funds important research in laboratories at the University of Minnesota, shares the wisdom and experience of clinicians, researchers, and academics, and tells stories of patients who had their lives given back by advances in surgery and in understanding of the intricacies of the ear.

I want to thank Dr. Oleg Froymovich for his service as president of the foundation for the past three years. A humanitarian first and a physician second, Oleg's medical practice involves not only his work at the Paparella Institute but also at the Veterans Hospital where he works with veterans of all ages, attending to hearing loss and damage to their ears from service in the military. His work at IHF helped carry the foundation through recent

have been altered by work that IHF supports—truly motivate me at Board meetings. Patients' conversations I have overheard contain the despair of a person who has a hearing problem, but also contain hope for improvement. They may not know it, but some of the hope comes from research IHF sponsors at the Otopathology Lab.

Just this week an acquaintance of 37 years stopped my wife in the grocery store to relate that her niece was diagnosed with Meniere's disease. She knew my story of changes Meniere's disease brought to my life. Her first question was: "Aren't they doing any research on this?" My wife has lived with the reality of Meniere's disease in my life, so she knows the changes that will come for this person, but she also knew the answer: Yes, major research is being conducted on many diseases of the ear all over the world and more importantly, right here at the U of MN. But such research has difficulties and limitations that many other areas of research don't face in the same way. Doctors know that better than I, but



advances in hearing health. But we also know that people with diseases such as hearing loss, tinnitus, or Meniere's disease need personal support that can help them get through the loss of their life as they knew it and grow towards acceptance of a new reality. My personal hope is that the model of a Saturday support group should expand to cities all over, and that doctors, clinics, and medical schools realize that people need a rich system of support to deal with hearing problems that may not be visible but can be devastating.

Finally there is education. The boardroom where IHF meets is surrounded by pictures of all the Fellows who have studied with Dr. Paparella the past 20 years. The pictures look to me like a staff picture of the United Nations. It is an astonishing feeling to sit there and speculate on lives changed for the better all over the world because of the human caring, knowledge, and advanced techniques passed on through such education.

The privilege is now mine to be president of IHF. But the responsibility lies with each one who reads Ear Talk, to commit time and resources to make the mission succeed. I am not shy about asking for your help and money. We need help to make the upcoming Golf Tournament a success. You don't really have to know how to golf—Matt Blair will rescue you with a complimentary drive on the 9th tee. And because it is a "scramble," if you plan your foursome right, you might win on one person's skill. But you need to be there to contribute items for the silent auction or to buy one. You need to be there, not for the golf but for the good it does. And if you cannot attend, you can still contribute to the long-term success of IHF, by a donation. We need your help right now as we plan for important research projects, educational opportunities for Fellows, and support for people with hearing diseases.

While financial difficulties make many non-profits struggle and shrink their mission, IHF pulls together extraordinary people in several countries, funds important research in laboratories at the University of Minnesota, shares the wisdom and experience of clinicians, researchers, and academics, and tells stories of patients who had their lives given back by advances in surgery and in understanding of the intricacies of the ear.

financial uncertainties, and personal commitment to people sustains him through difficult challenges of helping individuals and families cope with hearing loss and ear disease. I want to thank Oleg for his inspiration and leadership.

Many truly important ideas are carried in numbers that show up in research data—but just as important for understanding the meaning of an organization like IHF are stories of individual people. These stories illustrate the long arm of a small organization helping the world one person at a time. Pictures that Dr. Margolis shares of children and adults whose lives

others may not have thought through the difficulties of research on the human ear. Mechanisms for our hearing and balance are very small and hidden deep in the head, buried in the hardest bone in the body. The work is slow, but there is constant hope it will reveal new understanding and treatments, and because researchers and clinicians are working together, quality of life for those with hearing diseases will improve.

This question in a grocery store carries symbolically the entire mission of IHF: we support research that changes hopes, big and small, for

2nd Annual Michael Paparella Award & Lectureship

Dr. Richard A. Chole, Lindburg Professor and Chairman of the Department of Otolaryngology-Head and Neck Surgery, Washington University School of Medicine (St. Louis), delivered the 2nd Annual Paparella Lecture on April 12 in Minneapolis. Dr. Chole received the Paparella Award for his outstanding service and research in otology. His presentation, "Why is it so difficult to cure ear infections? A decade of biofilm research," was co-sponsored by IHF and the U of MN Department of Otolaryngology. Dr. Chole's residency was at that department, under Dr. Paparella, 1973-77.

Dr. Chole is one of the very few clinician/scientists who has been funded since 1979 by the NIH for his work relating to experimental cholesteatoma, experimental otosclerosis, the aging auditory system, and osteoclast cell biology. Recently his work involves the study of microbial biofilms in cholesteatomas and chronic tonsillitis and sinusitis. An outstanding teacher, graduate advisor, and research sponsor, Chole's residents and students have received many awards and research scholarships. An editorial reviewer for nine specialty journals, his publications and peer-reviewed journal articles are extensive.

His invitation from the Secretary of Health and Human Services to serve on the Advisory Council for National Deafness and Other Communication Disorders is an outstanding honor and

distinguished acknowledgment of his professionalism and dedication. Chole was elected to the Board of Directors of the American Board of Otolaryngology in 2000 and appointed to the Board of Scientific Counselors at NIH in 2005. He has served as Chairman of the Education and Match Committee of the AADO, a member of the Residency Review Committee of the American Board of Otolaryngology, as President of the Association for Research in



Dr. Bevan Yueh, U of MN, and Dr. Richard Chole.

Otolaryngology and President of the American Otological Society. He continues to serve on the council of both professional societies. He was selected by fellow physicians to be included in the The Best Doctors in America (2nd Ed.). A member of the St. Louis Center for Bioethics and Culture, he was elected as American Otological Society Guest of Honor (2006), and received the Award of Merit from the American Otological Society and the American Board of Otolaryngology (2007).



Dr. Michael Paparella, Dr. Terrance Rhodes and Dr. Richard Chole.

Meet IHF Fellow Dr. Shigetaka Shimizu



I was born and grew up in Yamanashi, near Tokyo. I graduated from Tokyo Medical University in 1999 and joined its department of otolaryngology. Under the mentorship of Dr. Mamoru Suzuki, I did clinical training and experiments concerning the vestibule, using bullfrogs, and received my Ph.D. in 2006. In July 2009, I came to Minnesota with my wife and two daughters. Thanks to Dr. Paparella I became a Fellow in the Otopathology Lab. I believe everyone who is engaged in otology knows Dr. Paparella. I am very honored to work with such a great person. The study of temporal bones is a vital part of the study of the vestibule, and Dr. Paparella's collection of temporal bones is enormous and excellent. I am very happy to work in this environment.

At the University of Minnesota my research on Meniere's disease uses 3D to evaluate temporal bones, studying blockages of endolymph in the endolymphatic duct. Such study of the membranous labyrinth of the inner ear is very useful, because we cannot see it live by computed tomography. This is my first experience living in a foreign country, so I cannot speak English well, but the staff in the lab are very kind and support me. I have had a happy American life, and I thank you all very much for all that you have done for me. I will never forget your kindness. Dr. Paparella and his wife, Treva, invited my family for a party, and we are grateful for their kindness. I don't want to leave here, but I will return to Japan on July 6, 2010. Study in this laboratory and life in Minnesota will become unforgettable memories.

Temporal Bone Lab Moves; Support Group Activities

Carolyn Sutherland is busy moving all the specimen-slides and other materials from the Temporal Bone Lab, from the 8th floor of Phillips-Wangensteen to the Lions Research Lab building, due to budget cuts requiring the department to reclaim the original space near the ENT clinic on campus.



NORMAN BERLINGER, M.D., associate with the Paparella Institute, was guest speaker at the Meniere's and Tinnitus Support Group sponsored by the IHF.



IHF SUPPORT GROUPS visit the former location of the Temporal Bone (Otopathology) Lab at the University of Minnesota.



L to R: Dr. Keehyn Park, Dr. Michael Paparella, Dr. Steve Juhn and Dr. David Lim in Korea.



Dr. Tetsuo Morizono, Dr. Steve Juhn and Dr. Michael Paparella in Tokyo.



IHF Fellow Shruti Joglekar (India) and Dr. Michael Paparella at AAO San Diego.



Dr. Shigetoshi Yoda (Japan), Dr. Michael Paparella, Dr. Inesangela Canali (Brazil) & Dr. Daniel Darros de Rezende (Brazil) at the AAO Otopath Research Fellows' Reception in San Diego.



Dr. & Mrs. Michael Paparella and IHF board members Bill Austin, Dr. & Mrs. Bevan Yueh at the Starkey Foundation Reception Gala.

IHF News/Activities

IHF BOARD MEMBER Dr. Steve Juhn was the honored guest at the 6th Extraordinary International Symposium on Recent Advances in Otitis Media, Seoul, Korea, May 6-10, 2009. The Grand Opening of the new Paparella Institute in Seoul, Korea also was celebrated.

IN TOKYO, IHF FELLOWS held a reunion at the May 2009 meeting of the Japanese Otolaryngologic Society and celebrated the opening the Paparella Otopathology Lab in Fukuoka, Japan, May 12, 2009.

RECENT IHF RESEARCH FELLOW Dr. Shruti Joglekar (India) presented, "Polyarteritis Nodosa: A Human Temporal Bone Study," at the October 2009 meeting of the American Academy of Otolaryngology in San Diego.

IHF FELLOWS Shigetoshi Yoda, M.D. (Japan), Inesangela Canali, M.D. (Brazil), and Daniel Darros de Rezende, M.D. (Brazil) chatted with Dr. Michael Paparella at the Otopathology Research Fellows' Reception in San Diego.

IHF BOARD MEMBERS Bill Austin and Mr. and Mrs. Bevan Yueh M.D., joined the Dr. and Mrs. Michael Paparella at the Starkey Foundation Reception Gala, which raised \$4.5 million. Donations will be used for the Starkey Mission "So the World May Hear." The goal this year will be to fit 100,000 hearing aids to children worldwide and to fit 1,000,000 by 2020. Bill and Tani Austin donate to the IHF Otopathology Lab through grants from the Starkey Foundation.



Miss America Heather Whitestone McCallum (right), Tani Austin (left) and Dr. Michael Paparella (top).

MISS AMERICA 1995, HEATHER WHITESTONE MCCALLUM is a spokesperson for cochlear implants. Deaf (due to meningitis) since the age of 18 months, she could not hear her name called as the new Miss America. But seven years later when she could not hear one of her sons cry out when he fell and hurt his head—she decided to have a cochlear implant, an electronic device that improves sound-quality and speech-recognition. Performed at Johns Hopkins, the procedure required six weeks of healing. Then, doctors ushered in a whole new world of sound for her. Her audiologist clapped, and she heard the first clear sound from her right ear. It took her a while to learn to "decipher" speech, but she was immediately thrilled with the small sounds she could now hear.

The sensorineural hearing loss from which she suffered meant that the eardrum, bones, and structures of the ear were intact, but tiny hair-cells in the cochlea were damaged, preventing flow of acoustical impulses to the nerves. The implant provides electrical stimulation to the auditory nerve fibers.

A Few Words of Wisdom

• *Express gratitude daily.*

Don't pretend losses don't exist, but remember all you are grateful for. Slow down and take time to enjoy your life and the people around you.

• *Feel wonderful about yourself.*

You are in charge of how you feel about yourself. You are human and you will make mistakes, but that does not change the fact that you have every right to feel good about who you are.

• *Take charge of your health.*

Schedule your preventive exams. Be good to yourself physically and emotionally.

• *Find joy*, whatever that means for you... playing, taking a class, relaxing, laughing. Let go of the small stuff and don't let negativity bring you down.

• *Deal with difficulties*, whether at work, with family, finances, etc. Address your stress; let others help you.

• *Strengthen your spirituality.* Our spiritual beliefs are what get us through the bad times and help us every day. Act on your beliefs and give what you can to others.

• *Do what you love* in the service of people who love what you do.

Welcome New IHF Board Members

IHF 25th Anniversary!

Frank Grovenstein joined the IHF Board in 2009. He has worked for Medtronic since 1998 as a Sales Manager, bringing Ear, Nose, and Throat surgical equipment to otolaryngologists to increase the quality of care for their patients. Prior to working for Medtronic, Frank was an executive chef for nine years. After he received his B.S. degree in education from the University of Montana, he taught and counseled children in Alaska for seven years. With his wonderful wife Randi, he has three children: Kyle, Cody, and Georgia. His passions are his children, cooking, fishing, hiking and biking.



Frank's hope is to be able to help others not as fortunate as he has been. When he was just starting out as a young adult, a friend helped him with housing and food for months and helped him get his first professional job. When he asked his friend how he could repay him, the friend said, "Don't give me anything—only help someone else in need."

David Lieberman is from Syracuse, New York, and took his degree in Business and Management at Ithaca College. Various assignments for Merrill Lynch included one as National Sales Manager for the Retirement Group, where he was responsible for the pension business for the United States. His future wife Cecilia also managed in that department for years. David also holds the Certified Investment Management Analyst designation from Wharton School of Business and the Investment Management Consultants Association, which he received in 1990. During a 1990 assignment to the Twin Cities,



David fell in love with Minnesota's sunshine, parks, people, healthcare, and quality of life. The Liebermans have not moved back East, although he regularly commutes to the UBS office in New York as well as traveling around the U.S. He serves as Executive Director, National Consulting Director for UBS Wealth Planning, headquartered in Zurich. He is now also National Sales Manager for Annuities for the United States.

Although they owned a hobby farm here for many years (mountain goats and quarter horses), the arrival of their sons (Sam, now 7, and Joey, now 5) caused the Liebermans to move to the western suburbs. Mr. Lieberman enjoys spending time with his family. An Eagle Scout himself, Mr. Lieberman remains active in the Boy Scouts as Assistant Cubmaster and Tiger Scout Den Leader for Pack 206 (140 scouts). For many years he also continued his college interest in lacrosse by playing for the Twin Cities Lacrosse Club.

While he was conversing with a limo driver (who also sometimes drives Dr. Paparella), he mentioned ear and nose problems of his own. The driver phoned Treva that evening, from the limo, to get him the first of several appointments at the Minneapolis clinic. In time, the Paparellas invited him (2007) to serve on the Board of the International Hearing Foundation, and he is now (2010) its Vice President. He is particularly proud of IHF's programs to supply and assist ear-doctors in third-world countries and of our program in Chile, helping to build and sustain a school for hearing-impaired children, who can often suffer in self-esteem and opportunities, without such help at school. He says his contributions to the Board now are mostly in "adding creative ideas," and that is something the board says it can always use.

FROM THE EXECUTIVE DIRECTOR'S DESK



As I look back over 20 years as Executive Director, I'm reminded of how far we've come and yet how much more there is to do as we also celebrate 25 years for this Foundation.

In 1985, first president Richard Curtin wrote of our telethon preview party (a tea dance featuring the White Bear Lake Big Band) and the "Sentimental Sounds Appeal" itself, on KSTP-TV. After two years under sponsorship of Lions International, the telethon moved under IHF. The 1985 tape is still available. Early backers of IHF included Joe Rizzo of the Better Hearing Institute, William Austin of Starkey (still on our board), Richard Burger of Qualitone, Ansel Kleiman of Telex, Ron Regan of Argosy Electronics, Carl Pohlad (owner of the Twins), and others.

Because of you—our supporters—we've been able to expand our programs at IHF. We've donated hearing aids and medical care to needy local children and continue to support our missions in Senegal, Africa (led by Dawn Patterson) as well as our newest mission to Nepal, India. Dr. Robert Margolis heads up our new project, which will again involve Rotary International. Your contributions have also made it possible to donate grant-dollars to the Otopathology Research Lab at the University of Minnesota, which also received a large grant from Starkey Labs and from Mr. and Mrs. William Austin. This will help the lab continue much-needed research on diseases of the ear such as otitis media, Meniere's disease, and tinnitus. Other grant monies have been used to help our lab publish research papers relating to ear diseases.

Your relations help us with our commitment to the Marlys Soderberg Meniere's and Tinnitus Support Groups, as strong today as when Marlys started them back in 1985. Rosie Hulse-Larson (group leader) does an excellent job of running the program, which provides speakers and other information on related topics.

Our IHF was founded to address all these needs relating to hearing disorders, and we are committed to carrying out those missions through SERVICE, EDUCATION, and RESEARCH, the basis of our mission statement. With your help, we can make a difference. Again, thank you for the caring spirit that leads you to make life-changing contributions in support of the International Hearing Foundation.

—Treva Paparella, Executive Director



MISSION STATEMENT

The International Hearing Foundation—nonprofit, tax-exempt, and funded solely through donations and fundraising events—has a three-fold mission: otological service, education, and research—all areas of great need. Beneficiaries of these charitable endeavors are first local but also international. The IHF, an affiliate of the Minnesota Medical Foundation, is the only hearing-related association in the world that has an international focus.

BOARD OF DIRECTORS

James D. Hainlen, Ph.D., President; David Lieberman, Vice President; Michael M. Paparella M.D., Secretary/Treasurer; Treva Paparella, Executive Director. Board: Toni & William F. Austin, Jim Breitenbucher M.D., Dan Barnett Ph.D., Bradley Birnberg, Sebahattin Cureoglu M.D., Oleg Froy-movich M.D., Frank Grovenstein, Francis Hobson M.D., Steve Juhn M.D., Richard Kleber, Phil Lyons, Robert Margolis Ph.D., Chandler Marietta M.D., Matthew Patterson M.D., Elizabeth Payne M.D., Patricia Porter, Joe White, Sandy Zutz-Wiczek, Bevan Yueh M.D. Fundraiser is Matt Blair.

18th Annual
IHF Golf Classic

Monday, June 14, 2010 • Crystal Lake Golf Club, Lakeville

The driving range opens at 10:30, followed by a program at the buffet lunch, cart assignments, and start at 12:30. Dinner & Silent Auction at 5:30 are followed by awards and reception at 6.

Matt Blair, event co-ordinator (right) is pictured with Dr. Michael Paparella and IHF Executive Director Treva Paparella.

For details and an entry form, please call 612-339-2120, or fax entry to 612-843-3535.



“There is no greater joy nor greater reward than to make a fundamental difference in someone’s life.”

—Sister Mary Rose McGeady, children’s advocate

The world can be a lonely, frightening place for those with a hearing disorder.

The International Hearing Foundation—with local, national, and international programs—is dedicated to improving lives. Its Fellowships bring much-needed hope for people with ear problems who live in developing nations. Since 1985, hundreds of physicians from abroad have come to Minneapolis to study under Michael Paparella, M.D., and to do research in the IHF-supported Otopathology Laboratory at the University of Minnesota, where new ways of treating ear infection, otosclerosis, Meniere’s disease, congenital problems of the ears and more are discovered using one of the world’s largest collections of ear-bones. International Fellows who have done hands-on clinics and research here go home to provide better clinical help. Locally, IHF has support groups for patients with chronic and sometimes disabling ear problems such as tinnitus and vertigo, who receive hope, courage, friendship, and knowledge. Other programs offer hearing aids for people who can’t afford them and provide hearing-assistance equipment to organizations, here and abroad.

IHF LISTENS for those who can’t hear



We need your help to implement International Hearing Foundation (IHF) programs. Please make your check payable to the International Hearing Foundation and mail to 701 25th Avenue South, Minneapolis, MN 55454.

Here is my contribution in support of better hearing.

\$15.00 \$25.00 \$50.00 \$100.00 \$250.00 Other \$ _____

CREDIT CARD PAYMENT

Mastercard Visa American Express

Card # _____ Exp. Date _____

Signature _____

This gift is made in memory of in honor of _____

Name _____ Day Phone (____) _____

Address _____ City, State _____ Zip _____

The IHF is an affiliate of the Minnesota Medical Foundation, a 501(c)3 charitable organization. For further information about the IHF, please call (612) 339-2120 or visit www.ihf-mmf.org.

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