



COMMUNITY HEALTH CENTRES  
OF NORTHUMBERLAND

*Northumberland*

Family Health Team



## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Registration now open for the next virtual conversation in the Northumberland PACE Speakers Series, ‘Hearing Health’ on Thursday, May 23 at 5:30 PM**

**NORTHUMBERLAND COUNTY, Thursday, May 9, 2024**—The Northumberland PACE Speakers Series will host its latest virtual conversation, **‘Hearing Health’** on **Thursday, May 23 at 5:30 PM** with guest speaker, Dr. Gavin Rukholm, MD, FRCSC.

Dr. Rukholm is an Ear, Nose and Throat (ENT) specialist, who has been practicing for over ten years and possesses a keen interest in pediatric ENT, Otolaryngology and Rhinoplasty surgery. Dr. Rukholm completed medical school at the University of Ottawa and his surgical residency at McMaster University, located in Hamilton, Ontario.

During his virtual discussion, Dr. Rukholm will explore important questions about hearing health, including, **“What are the different types of hearing loss?” “What causes hearing loss?” “What treatment options are available for hearing loss?”** and **“What types of hearing aids are available and what are their benefits?”**

As is standard within the PACE Talk format, questions from the audience will also be addressed. These questions may be pre-submitted by emailing [mbhargava@imcare.ca](mailto:mbhargava@imcare.ca) prior to **May 23, 2024**, or time permitting, posed live during the event itself.

Since 2018, The Northumberland PACE partners have been hosting free public education sessions on a broad range of health and wellness topics and have consistently drawn large groups of community members with a variety of questions and perspectives.

Lasting an hour in length, each PACE talk consists of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker(s) and a short moderator summary.

Bring your questions, your suggestions, and your experience and join in what is expected to be another informative discussion on a topic chosen by previous PACE attendees!

**Pre-registration is required**, and space is limited to the first 300 registered attendees. This event is hosted through Zoom, and attendees are asked to login to the event 5 minutes prior to the start. Register for *'Hearing Health'* today at [www.pacetalks.com](http://www.pacetalks.com), where you'll also find recordings from many of the previous seasons' talks prepared by student partners from Loyalist College.

**Contact:** Amy Seymour, Communications Officer, Public Affairs, [aseymour@nhh.ca](mailto:aseymour@nhh.ca) or 905-372-6811 ext. 4009.

**About Northumberland PACE** – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series typically hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Due to the physical distancing requirements of the COVID-19 pandemic, the event has moved to a virtual format, using Zoom. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare, the NHH Foundation, the Ontario Health Team Northumberland (OHT-N) as well as local patients and caregivers are all represented on the 2022-23 PACE planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution. Talks are held monthly at 5:30 PM, typically on the third Thursday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. "Seats" are available free of charge, on a first-come, first reserved basis. Pre-registration is required. For information, please visit [www.pacetalks.com](http://www.pacetalks.com).

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