

## From Ear to Toe

Two new Lafayette businesses will participate in this month's Health Fair

By Sophie Braccini



The EBSC Physical Therapy team, from left: Craig Klass, Ted Glatke, Carrie Haraburda, David Hatae, Cassie Kays.

Photos Sophie Braccini

Two new health-related businesses recently opened in Lafayette: Dr. Erik Breitling's Lamorinda Audiology, and East Bay Shoulder Clinic Physical Therapy (EBSC) that moved from Oakland to Lafayette. These two new health services emphasize prevention and they will both be at the Lafayette Health Fair on Oct. 26, ready to answer questions.

Breitling is a doctor of audiology, who tests hearing and diagnoses hearing loss in adults. "I also fit hearing aids and assistive listening devices, as well as make custom hearing protection, swim plugs and custom fit in-ear monitors," he adds. Breitling is the first audiologist to open an office in Lamorinda. He is a young doctor, but has years of internship experience under his belt, as well as practice garnered in a Walnut Creek audiology office.

His space is inviting and meticulously organized. Of particular interest to patients is the soundproof booth where testing is conducted. "The advantage in starting a new practice is that one gathers the most advanced testing equipment and technology," says Breitling. He explains that for his diagnosis he tests the eardrum, the integrity of the auditory pathway, the auditory nerve, the different types of hair cells in the cochlea, and conducts

a hearing test.

"Then within 24 hours we can get a hearing aid that matches the personal situation of each individual," states Breitling. He adds that patients need to own their hearing loss. "Hearing aids are not perfect; they do not restore hearing completely. You have to be mindful of realistic expectations," he warns. And that is why he believes it is so important to prevent damage. "The harm done to the auditory system is cumulative and it is irreversible," he cautions.

Breitling is particularly concerned about musicians who are exposed to high levels of sound for long periods of time and he proposes custom-fit protection or, as he recommended for the DJ who performed at his wedding, an earpiece that will allow the musician to get the quality sound he needs, but at a much lower noise level.

One group of people who could benefit from prevention advice from both the audiologist and the physical therapists are surfers. Breitling recommends a type of ear protection against the cold, while the physical therapists at EBSC Physical Therapy want to make sure that surfers develop a muscular balance and posture alignment to prevent injury.

"We live in a community where people of all ages are very active," says physical therapist and Moraga

mom Carrie Haraburda. "Our role is to either help them regain their mobility if an incident happens, or educate to prevent accidents." She says that one of the classic shoulder accidents is the reaching-for-the-purse-in-the-backseat action. "The movement puts your rotator cuff at a disadvantage, and little by little it starts fraying away that tendon." She also sees people who train very hard and try to push through the pain. "That's not such a good idea," says Haraburda. "Listen to your body; stay away from sharp pain and joint pain."

EBSC Physical Therapy was born, more than 10 years ago, of the East Bay Shoulder and Sports Clinic and is still part of the clinic. Since then, EBSC Physical Therapy has developed a life of its own, catering to patients suffering from all kinds of conditions. The group has expanded its services to include personal training, so clients can transition back to a regular sports routine, and massage therapy. "We also do screenings for kids in competitive sports and are always happy to answer questions if people wonder about their sport practice and its impact on their body," adds Haraburda.

EBSC will be sharing a booth with the Absolute Center at the Lafayette Health Fair, part of the Reservoir Run festivities that will take place from 7:30 to 10:30 a.m. on Oct. 26. Find the Health Fair near the starting line, on Mt. Diablo Boulevard between First Street and Moraga Road.

**Lamorinda Audiology**  
3744 Mt. Diablo Blvd., Suite 100, Lafayette  
(925) 262-4242, www.LamorindaAudiology.com

**East Bay Shoulder Clinic Physical Therapy**  
3717 Mt. Diablo Blvd., Suite 100, Lafayette  
(925) 900-4545

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Dr. Breitling in the sound booth.

## Celebrating an Anniversary?

If your business is celebrating a significant anniversary (5, 10, 20 years or more ...) send us a photo of your business, the owner(s) or the staff with specific information about your business and what you're celebrating, and we'll include it in an upcoming issue.



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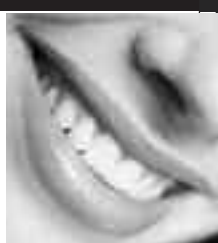
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## business briefs

### New Counselor in Moraga and Lafayette

**Joanna Hill**

P.O. Box 6354, Moraga, (202) 441-4960, joannahill@stanfordalumni.org, www.jhillcounseling.com

Bay Area Psychotherapy Training Institute  
3468 Mt. Diablo Blvd., Suite B201, Lafayette  
The Career Wisdom Center

1036 Country Club Drive, #100, Moraga

Joanna Hill, MSW, recently opened a private counseling practice in Moraga, co-located with the Career Wisdom Institute. She also practices

at the Bay Area Psychotherapy Institute in Lafayette. Her first specialty was support and crisis intervention. "I worked with people who had been diagnosed with a psychiatric illness to reach their inner ability to be healthy," says the Moraga mother.

In her new practice she works with people who have too much stress in their lives, feel strain at work/school or in their relationships. "I work with young adults to older adults. I offer them support so they get immediate relief. As they relax and feel better, they start getting insights about their lives." Hill specializes in stress, anxiety, life transitions, family relationships, parenting, and having loved ones with diagnoses and/or addictions. A Moraga resident for eight years, Hill has two school-age children. She earned her Master in Social Work from Columbia University. Hill offers a free initial 30-minute consultation.



Joanna Hill

Photo Sophie Braccini

### Anniversary and Open House in Lafayette

**Tara Natural Medicine**

3186 Old Tunnel Road, Lafayette, (925) 949-8604

www.taranaturalmedicine.com

Tara Natural Medicine, a naturopathic family practice in Lafayette, will hold an open house in celebration of the practice's 15 years in business from 4 to 7 p.m. on Thursday, Oct. 9. The event occurs during National Naturopathic Medicine Week, and is free and open to the public. The open house event offers the community an opportunity to learn about the benefits, principles, and practices of natural medicine, and how it can be an option to, or work with, conventional medicine. Demonstrations of therapies offered, as well as talks on specific health topics, will be featured at the event. Lecture topics will include: Bio-identical Hormone Therapy for Women and Men, Secrets to Looking 10 Years Younger in 10 Days, and Healing from Allergies. Guests will have the opportunity to meet and talk with Tara Natural Medicine's practitioners.

### New Auto Shop in Lafayette

**Top Shop Auto**

3340-D Mt. Diablo Blvd. (in the Lemos Center), Lafayette

(925) 900-8160, www.myshopontop.com

A group of like-minded auto technicians and managers, with many years of experience in Bay Area dealerships and independent repair shops, decided to team up and open their own shop to service the Lamorinda community. "We use the latest diagnostic technology to provide high quality service and repair, with a one day turnaround in most cases,"

says Rick McCarty. "Our factory trained technicians are skilled in their trade and have years of combined experience. Top Shop Auto is family-owned and has a friendly, neighborhood atmosphere. We believe in providing old-fashioned automobile service that you can trust ... every time." Top Shop Auto is open from 8 a.m. to 4:30 p.m., Monday through Friday.



From left: Tim Martin, Rick McCarty, Daniel Moorhead Photo provided

### Moraga Employee of the Month

Lindsay Pirkle, the general manager of the Rheem and Orinda theaters and the membership director of the California Independent Film Festival, has been named the Moraga Employee of the Month for September. Pirkle Zemrak and Frank May Photo provided

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If you have a business brief to share, please contact **Sophie Braccini** at [sophie@lamorindaweekly.com](mailto:sophie@lamorindaweekly.com)