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Cara Makuta, Au.D.
Director of Clinical Research
Biography

Now director of clinical research at Newport-Mesa Audiology Balance and Ear Institute (the Institute), Dr. Cara Makuta received her Bachelor of Science degree in Audiology and Speech Pathology with a concentration in special education from Bloomsburg University in Pennsylvania in 2004. Drawn to the study of vestibular diagnosis and treatment, she continued on to pursue a clinical Au.D. at Bloomsburg University.

At that time in her life, Dr. Makuta found herself with the decision of where to pursue her fourth-year doctoral residency. Seeking a warmer spot than Pennsylvania, she had the masterful idea of drafting a list of more climatically desirable towns. Her brain child was that each city on the list must share one trait in common: The word “beach” in their names.

After comparing residency opportunities across the county against her list, she found an opportunity in sunny Newport Beach, California and made her way to the Institute. There, under the tutelage of Dr. Howard Mango a well known leader in balance disorders and the vestibular system, she completed her residency and doctoral education and officially joined the Institute in 2007.

As director of clinical research at the Institute, Dr. Makuta completed her dissertation on Vestibular Evoked Myogenic Potential (VEMP). However, what truly excites her is treating and rehabilitating her patients and restoring balance to their lives. Her patients range in age from two years old to 90 years old. In fact, she is one of few doctors who have effectively rehabilitated pediatric patients with balance disorders. This broad spectrum of patients also drives her normative data research, which assesses what is “usual” within a defined age population, versus what is “unusual or abnormal”.

Additionally, Dr. Makuta conducts ground-breaking clinical research on the utility of advanced treatment and rehabilitation techniques (or protocols), including those for peripheral vestibular weakness, migraine equivalent vertigo, motion, tolerance, etc. This research helps to inform

and lead her field in the research, diagnosis, treatment and rehabilitation of patients with dizziness and balance disorders.

Dr. Makuta is a member of several professional organizations including: The Speech-Language Pathology and Audiology Board of California, the California Academy of Audiology, and the American Academy of Audiology.

Born in Pennsylvania where her mother was superintendant of a school district, Dr. Makuta may have been destined to pursue a high level of education and professional success. But, the expression “she has arrived” probably means living in sunny Southern California with her pet boxer, Rocco, and enjoying the warm weather she sought out early on while pursuing her passion for vestibular diagnosis and treatment.

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