

Flatirons

AUDIO SCOOP

Fall 2014

FREE EDUCATIONAL TINNITUS SEMINAR

When:

Tuesday, October 14, 2014
6pm - 7:30pm

Where:

Lafayette Public Library
Meeting Room - Lower Level

RSVP to

303-664-9111

Seating is limited

We'd like to invite you to learn the facts about tinnitus and its treatment options. Dr. Julie Eschenbrenner is a leading expert on Tinnitus. Bring your questions and learn coping strategies and treatment options that work!

Dr. Julie offers customized Tinnitus treatment options and accepts most Insurance for hearing and Tinnitus evaluations.



RUMOR HAS IT...



"I'm sorry, but there is nothing to be done for the noise in your head. I'm afraid you'll just have to learn to live with your Tinnitus."

It's heart wrenching to know how many of my patients have been told by their primary care physicians that they just have to learn to live with their tinnitus. In my experience, it's simply not true. If you are suffering with buzzing, whirling, whizzing, or any other noise in your head, there is help.

Tinnitus impacts emotional well-being. It's distracting, annoying, and sometimes maddening. Individuals with tinnitus often have trouble sleeping, concentrating, socializing, and functioning in everyday life. So, why do approximately 39% of sufferers report that they don't plan to seek help?

Rumors. They don't seek help because they've been told there is no cure, therefore it must follow that nothing can be done to help them.

Research tells us the leading cause of tinnitus is noise exposure. Individuals who develop tinnitus after exposure to loud noise typically have some hearing loss. And it's getting worse. Our growing population, and hustle and bustle of activities on this planet indicates the incidence of tinnitus will only worsen. In fact, recent studies show over 12% of children ages 6 to 19 now experience noise-induced tinnitus. That's a heart-breaking statistic.

Optimize Lifestyle to Minimize Tinnitus

You can start to gain control over your tinnitus today. Try these tips:

- **Protect your hearing**
- **Get adequate sleep**
- **Work on reducing stress**
- **Reduce or eliminate caffeine, alcohol, smoking, and salt**
- **Exercise**
- **Stay busy**
- **Become educated about your tinnitus**
- **Have your tinnitus evaluated by a qualified audiologist**

There is no need in anyone suffering with tinnitus. Our office works with many insurance companies, and most will pay for at least a hearing test. Third party financing is also available.

Regain the harmony in your life. Get help for your tinnitus.

Expertise, Experience and Success in the Evaluation, Diagnosis and Treatment of Tinnitus and Hearing Disorders since 2007.

DEAF TEEN INSPIRES MARVEL COMICS

Fans of Marvel comic books applaud writer Matt Fraction on Hawkeye 19, a comic book by Marvel in which the hero experiences sudden deafness.

Hawkeye's sudden onset of deafness was inspired by Leah Coleman, the seventeen year old deaf student from Utah whose mother created "Signing Time", a program to teach families American Sign Language.

According to KSL News, Hawkeye is shown in the comic book communicating with two brothers. If the hero's back is turned, the speech bubbles for other conversations in the room are blank. Other times, he is unsure if what people are saying is correct, which is represented by a question mark.

Leah said, "Oh my gosh, that is exactly what it is like to be deaf. You know there are conversations going on and they may as well be empty speech bubbles on a page."

The issue has received a lot of attention, and there is already talk of an Eisner Award nomination for Best Single Issue.

Hawkeye is a member of The Avengers. What a wonderful way to spread awareness about deafness.

IF YOU DON'T
HEAR YOU
...I CAN'T

FACE ME.

COMING SOON! CLOSED CAPTIONING!



Netflix and Amazon Expand Closed Captioning

Do you enjoy curling up in the evening with a fresh-baked batch of Dr. Julie's newest cookie recipe and watching a good movie? Thanks to advocates of the deaf and hard of hearing, Netflix will partner with captioning platform Amara

to offer closed captioning on all streaming video no later than October 2014. Amazon, which also offers streaming video, has said it will expand its video captioning and YouTube is encouraging content publishers to caption their videos as well.

SUPERDOODLES

We have a new office favorite! These snickerdoodles are bursting with sweet cinnamon chips. They make the house smell wonderful while you bake them, too!

Ingredients:

- 1/2 Cup Butter
- 1/2 Cup Shortening
- 1 and 1/2 Cups Sugar
- 2 eggs
- 1 tsp. Vanilla
- 2 tsp. Cream of Tartar
- 1 tsp. Baking Soda
- 1/2 tsp. Salt
- 2 and 3/4 Cup All Purpose Flour
- 1 pkg of Cinnamon Chips (12 oz)
- Cinnamon Sugar for rolling cookies

Preheat Oven to 350F Lightly grease (or line with parchment) two baking sheets. Beat together flour and shortening. Add sugar and beat until smooth, add eggs and beat until smooth. Beat in the vanilla, cream of tartar, baking soda and salt. Then, add the flour slowly mixing until just combined. Add in the chips.

Drop dough by teaspoonfuls into a pan with the cinnamon sugar mixture and roll around until coated. Place on baking sheet and bake for 10-15 minutes until golden brown. Cool on a rack and enjoy!!



TIPS FOR BACK TO SCHOOL



"Education is not the learning of facts, but the training of the mind to think." Albert Einstein

Summer was nice, wasn't it? Did anyone notice the extra rain we had made the grass in our area of Colorado stay green the whole summer? It was nice while it lasted, but now it's time to pack up the newly sharpened pencils, fresh notebooks, and head to the classroom again.

It's an exciting time of year. Catching up with friends we maybe haven't seen all summer, new teachers, and books full of knowledge.

Education is an opportunity to understand our selves, each other, and the planet we live on. It opens doors to science, math, writing, astronomy, and the arts. School unlocks possibilities and gives us a foundation on which to build our lives.

But, background noise in the classrooms makes it difficult for students who are hearing impaired to learn. So we came up with a few ideas that can help in the classroom.

- **Look directly at the person you are speaking to**
- **Don't chew gum or cover your mouth when speaking**
- **Don't mumble**
- **Don't talk while writing on the chalkboard**
- **Ask your school district about the use of an FM system**

Have the teachers get rid of as much background noise as possible. For example, eliminate fans, close windows if it's noisy outside, and put tennis balls on the legs of student chairs.

Communication is a beautiful thing

Don't forget, identifying a hearing loss is the first step in assuring your child is equipped to learn as effectively as possible. Make sure you schedule annual hearing evaluations for the whole family.

HEARING MISSION TO BELIZE

November 1-9, 2014

I've been blessed with a beautiful family, good friends, and rewarding work. So, when Starkey hinted they could use some help on an upcoming mission trip, I jumped at the chance. Bringing the gift of hearing to those who live in silence is a perfect way for me to pay it forward.

Starkey has made a commitment to the Clinton Global Initiative to fit one million hearing aids in this decade, and I have committed to participate in this labor of love. Peggy Jensen, our Patient Care Coordinator, wasn't about to let me have all the fun, so she volunteered to go along and help!

Hearing Aid Recycling and Donations

Young and old. New and used.

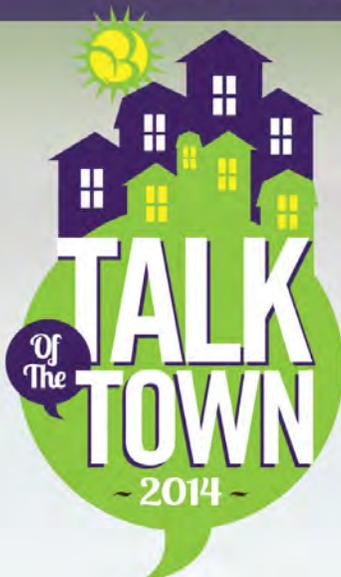
We will be fitting hearing aids for children, adults, and seniors. How many? This is where you may be able to help. If you're considering new hearing aids for yourself this year, your old hearing aids can introduce the world of sound to someone less fortunate. Why not donate your old aids to our mission trip?

"We make a living by what we get, but we make a life by what we give." Winston Churchill

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WE THANK YOU!



Thank you for voting Flatirons
Audiology the Best Audiologist
– Talk of the Town 2014!



Julie Eschenbrenner, Au.D. Doctor of Audiology

