

Flatirons AUDIO SCOOP

Summer 2014



Tinnitus: What's the Buzz All About?

An estimated 30 million people suffer from tinnitus in the United States alone.

That buzzing, hissing, or ringing in your ears is more than just annoying; sufferers know it represents a lack of control. Tinnitus has been shown to have a direct impact on emotional well-being, hearing, and the ability to think, concentrate, and sleep. Fear, lack of control, inability to sleep; it's a vicious cycle that influences your health, how you live your life, and your ability to enjoy everyday activities.

At its most severe, tinnitus can impact your ability to work, and at its worst can provoke anger, and suicidal thoughts.

There isn't a cure for tinnitus, but there are many forms of treatment. For those consulting an audiologist trained in tinnitus therapies, peace can replace noise, and quality can return to life. The success rate with treating tinnitus is over ninety percent.

Don't let tinnitus rule your life. Call Dr. Julie today, schedule a tinnitus evaluation, and find the calm you're seeking.

Invitation For iPhone Users

Try the new HALO

The hearing aid engineered to work in unison with your iPhone.

Select Appointments available only in JULY 2014

Call now to lock in a time to try the HALO for a full thirty days and find out if it's the right hearing aid for you.

HALO is designed to:

- Stream calls from your iPhone directly to your hearing aids using Bluetooth® 4.0 wireless technology
- Deliver pristine sound and exceptional listening clarity
- Help you hear comfortably in noise
- Eliminate buzzing and whistling
- Stream FaceTime, music and more directly to your hearing aids

Your appointment will get you:

A FREE 30 day trial
Hearing screening and consultation
Clean and check your current hearing aids
Preview the latest technology



Call today to schedule your appointment:

303-664-9111



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

Summertime Heat and Humidity



Protect your hearing aids and batteries

After the Colorado winter that wouldn't quit we're all ready to welcome warm days full of sunshine and outdoor activities. But heat and humidity can produce performance problems for both hearing aids, and hearing aid batteries. A few simple precautions can have you sailing through summer smoothly.

Control Moisture

Chances are if you're hot and sweaty your hearing aids are, too. Moisture can collect in tubing, or cause corrosion to form on contact points. The receiver and other electronic circuitry can also be affected by high humidity. If you work up a sweat remove your aids mid-day, and open the battery door to allow any moisture to dissipate. Using a soft cloth, gently wipe off any visible moisture. Consider investing in an inexpensive hearing aid dehumidifier, and use it at night.

As humidity increases batteries may also take on moisture, resulting in swelling or leakage, reducing battery life.

Check for Earwax

Your ear canal normally produces wax, but in summer you may notice an increased production that can clog the receiver of the hearing aid blocking sound to the ear, or causing feedback or whistling.

If your hearing aids have wax traps, order a supply to keep on hand, and use the tools that came with your hearing aid to clear any wax from tubing.

Beat the Heat

Never leave hearing aids or batteries in direct heat, such as in a hot car or in direct sunlight. And never attempt to dry a damp hearing aid in a microwave, or oven. This is a sure way to destroy electronic components in your hearing aid.

Vacationing with Hearing Aids

Plan ahead. Consider having your hearing aids cleaned and serviced about a month before you leave. Be sure to pack a supply of batteries, and your cleaning tools. Don't wear hearing aids in steamy hotel bathrooms, or in saunas.

Altitude

As altitude increases the percentage of oxygen in the air is reduced, lowering hearing aid battery voltage, and decreasing battery life. This can be an issue if you're flying, or visiting high altitude vacation destinations, and is another reason to stock up on fresh, high quality batteries. Since Colorado is a high altitude state, keep this in mind if you have out of town guests who wear hearing aids.

A little prevention will go a long way in keeping your hearing aids in tip-top condition, so you can enjoy your favorite summertime activities.

No-Bake Energy Bites

Summertime is no time to heat up the kitchen, so we thought you'd enjoy these healthy no-bake cookie treats. They're gluten free, and no oven is required.

- 1 cup oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup nut butter (peanut, almond, sunflower seed, macadamia nut, or coconut butter)
- 1/2 cup ground flaxseed or wheat germ
- 1/2 cup chocolate chips
- 1/3 cup honey (or maple syrup)
- 1 Tbsp. chia seeds (optional)
- 1 tsp. vanilla extract

Stir all ingredients together in a medium bowl until thoroughly mixed.

Cover and let chill in the refrigerator for half an hour.

Once chilled, roll into 1 inch balls about 1" in diameter.

Store in an airtight container and keep refrigerated for up to 1 week.

These easy to make snacks are easily adaptable, so get creative! Substitute dried fruit, pumpkin seeds, peanut butter chips, M&M's, or your favorite snack ingredients.

Yield: About 3 dozen

Noise Induced Hearing Loss



It's permanent; it's preventable

Roughly 26 million Americans ages 20-69 have high frequency hearing loss due to exposure to loud noises.

What is noise induced hearing loss?

Every day, we experience sound in our environment, such as the sounds from television and radio, household appliances, and traffic. Normally, we hear these sounds at safe levels that do not affect our hearing. However, when we are exposed to harmful noise—sounds that are too loud or loud sounds that last a long time—sensitive structures in our inner ear can be damaged, causing noise-induced hearing loss. These sensitive structures, called hair cells, are small sensory cells in the inner ear that convert sound energy into electrical signals that travel to the brain. Once damaged, our hair cells cannot grow back.

Scientists once believed that the pure force of vibrations from loud sounds caused the damage to hair cells. Instead, recent studies have shown that exposure to harmful noise triggers the formation of molecules inside the ear that can damage or kill hair cells.

How can I prevent myself, or a loved one, from noise induced hearing loss?

Evaluate your hearing environment. Custom hearing protection is

recommended for those who live or work in noisy environments such as construction sites and factories. Hobbies can also lead to preventable hearing loss. Among them are hunting, racecar driving, concert attendance, sports enthusiasts, and even those of us who mow the lawn. More and more often our office sees this problem arising from listening to MP3 players through earphones turned all the way up.

The Centers for Disease Control estimate that the lifetime costs for all people with hearing loss born in the year 2000 will total \$2.1 billion. Most of these costs will come from lost wages due to inability or limited ability to work.

BLOCK, WALK, TURN

The Safe and Sound program, developed by the Hearing Health Foundation and the National Institute on Deafness, advocates three ways to fight back against excessive noise:

- *Block the noise by wearing earplugs, or custom hearing protection, like those used by airport or lawn service workers.*
- *Walk away from loud noises or limit time spent in noisy environments.*
- *Turn down the sound – if it's under your control – on the growing number of tools, toys, and gadgets that add to the increasing noise level of daily life.*

Facts About Noise-induced Hearing Loss

- *Approximately 26 million Americans between age 20 and 69 have high-frequency hearing loss from overexposure to loud noises at work or during leisure activities.*
- *More than 30 million Americans are exposed to dangerous levels*

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Our Patients Love Us!

TESTIMONIAL: I first met Dr. Julie about 2 years ago. I went to see her to have my ears tested because of significant hearing loss in one of my ears. She helped me figure out that the hearing loss was due to the brittle bone disease that I have that affects the bones in my middle ear. Dr. Julie fitted me with hearing aids that work great. My daughter, Anicee, who also has the same bone condition, saw Dr. Julie as well. She has the same middle ear issue and also got a hearing aid from Dr. Julie. Anicee is nine years old and she was very comfortable with Dr. Julie and loves that the hearing aid she suggested is purple and sparkly. Dr. Julie is extremely knowledgeable and has a great rapport with her patients. My family fully trusts her and are very happy that she has helped us and will continue to help our family in the future. On top of being a great audiologist, Dr. Julie also makes fantastic cookies that she shares with her patients in her waiting room!!

– Christopher L.



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Noise Induced Hearing Loss *Continued...*

- of noise on a regular basis.
- Noise-induced hearing loss is 100 percent preventable.
- Symptoms of noise-induced hearing loss increase gradually. Over time, the sounds a person hears may become distorted or muffled, making it difficult to understand speech.
- Noise-induced hearing loss is related to the decibel level of a sound, to the amount of time you are exposed to it, and distance from the sound.
- Many devices that children use today have noise levels much higher than 85 decibels. For example, an MP3 player at maximum level is roughly 105 decibels. That's 100 times more intense than 85 decibels!
- Children frequently participate in activities involving potentially damaging noise levels: playing with noisy toys, band instruments, and video games; listening to personal music players and stereos at high volumes; attending concerts and movies; operating lawn

mowers, leaf blowers, and power tools; and riding off-road vehicles and motorboats.

- Noise-induced hearing loss is cumulative, invisible, and permanent. It's cumulative because the damage can start when we are young and get worse over time. It's invisible because it can happen without our even noticing it, until it's too late. And it's permanent because, unlike a broken arm that gets better over time, we can't "heal" our hearing. Once it's damaged, it's damaged for good.

It's a Noisy Planet

Hearing Health Foundation,
The National Institute on Deafness,
and Flatirons Audiology, Inc.

