

# Flatirons AUDIO SCOOP

Summer 2013

## Hearing Loss and Dementia

A recent study by Dr. Frank Lin of John's Hopkins University shows a significant correlation between hearing loss and dementia. Dr. Lin studied 639 people between the ages of 36 and 90 over a period of about twelve years and found that those who had hearing loss at the beginning of the study experienced a greater incidence of dementia and that the incidence of dementia increased with the degree of hearing loss.

Although there is no proof that hearing loss actually leads to dementia it is thought that the social isolation resulting from hearing loss may be a risk factor for developing the disease.



Flatirons Audiology

## Summer in Colorado Get Outside, Be Active and Help Your Hearing



Colorado is beautiful this time of year; tender green leaves are sprouting on the trees and beautiful, fragrant flowers paint our landscapes with color. It's an invitation to get outside and engage in your favorite outdoor activity.

Like other organs in your body, your ears rely on oxygen-rich blood flow to work effectively. You know that regular cardiovascular exercise can protect your heart from heart disease and stroke, high blood pressure, diabetes and obesity. But did you know these health conditions can also damage your hearing health?

Studies of older adults indicate those with cardiovascular disease are 54 percent more likely to have a hearing impairment. A study by the National Institutes of Health (NIH) found that individuals with diabetes are twice as likely to have hearing loss.

Exercise also helps reduce chances of developing depression and anxiety, which are also detrimental to hearing health. According to a study by the National Council on Aging, in-

dividuals over the age of 50 with untreated hearing loss were more likely to report feeling depressed, anxious, angry and frustrated, and less likely to participate in organized social activities than those who used hearing aids. Exercise triggers the release of endorphins and boosts the brain's production of serotonin, dopamine and norepinephrine, which are mood-elevating chemicals.

How much exercise is enough? That depends upon your overall health and what your physician recommends. The U.S. Surgeon General's report on Physical Activity and Health recommends you engage in some type of cardiovascular activity for approximately 30 minutes at a time, five times each week. Even those who only exercise once a week are 32 percent less likely than sedentary people to develop hearing loss.

Even you don't have a four-legged friend to encourage you to stroll the neighborhood, find other activities that get you up and moving. Gardening, house keeping, washing the car or parking further away from the store are all great ways to get your heart pumping.

So, get outside, explore Colorado's extensive parks and trails or visit the Denver's beautiful Botanic Gardens. Breathe deeply and smile, knowing you are doing something great for yourself and your hearing.

*Flatirons Audiology with references from Better Hearing Institute*

**Providing you with a comfortable, personalized experience  
and the best hearing health care available.**

## New, Cutting Edge Tinnitus Treatment Proving Successful



Dr. Julie is a leading expert in the evaluation and treatment of Tinnitus and Flatirons Audiology is thrilled to be the first

in Colorado to offer patients with mild to moderate tinnitus relief using the new Neuromonics Sanctuary.

Tinnitus is often described as a buzzing, hissing, ringing or roaring in the ears in the absence of those sounds coming from the environment. Over 50 million people in the United States suffer from some form of tinnitus according to the American Tinnitus Association. Tinnitus can occur from exposure to loud noises, a medical condition, or a reaction to a substance. Approximately 34 percent of the veterans of Iraq and Afghanistan report symptoms of tinnitus.

The Neuromonics Sanctuary helps the brain to filter out the perception of the irritating noise in the ears and can be setup and fit in a single day. This device has multiple headphone options to give patients a choice of what is most comfortable; it's easy to use and significantly more affordable than the Neuromonics Oasis.

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### 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.

### Employer Health Fairs

Flatirons Audiology, Inc. regularly participates in local employer health fairs at no cost. If your employer holds an annual health fair and does not offer hearing screenings have your human resources department contact our office to discuss eligibility.

*You know it's time for your annual hearing exam when...*

*Quote from a patient, "You know, I think that TV's these days aren't as loud as they used to be."*

### Champion Chocolate Chip Cookies

Bake a batch for sharing. We never use nuts of any kind in the cookies we serve at the office. You can substitute extra chocolate chips or your favorite add-ins for the nuts, if desired.

- 2 1/4 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1/2 cup butter
- 1/2 cup shortening
- 1 cup sugar
- 1/2 cup brown sugar
- 2 eggs
- 1 tsp vanilla
- 12 oz. chocolate chips
- 1 cup chopped pecans

Preheat oven to 375 degrees.

In medium bowl combine flour, baking soda and salt. In mixer bowl cream butter, shortening and sugars until light and fluffy. Beat in eggs and vanilla. Beat in dry ingredients just until combined. Fold in chocolate chips and nuts.

Drop by heaping tsp. onto 2 ungreased cookie sheets.

Bake 12 minutes or until golden. Cool on wire racks.

## Advanced Connectivity

*It's music to your ears*



Hearing connects us to our world in a way that none of our other senses can. Hearing aids help to keep us, and those around us, safe and aware. Imagine how different your world might be if you couldn't hear a loved one calling out for help, an ambulance coming up behind you, or even a knock on your door?

Today's hearing aid technology keeps us

connected to our world discreetly and more effectively than even a decade ago. Now, advancements in Bluetooth technology enhance our enjoyment of everyday pleasures such as hearing TV, listening MP3 players and even better understanding cell phone conversations.

### Accessorize!

Improvements in hearing aid technology reach beyond your ear and today's accessories connect you, hands free to mobile phones, TV's FM receivers and MP3 players. Now you can have clear, natural audio delivered directly to your hearing aids.

**ComPilot** allows you to answer a phone call or adjust the volume on your hearing without touching them. It also features voice alerts to let you know which device you are connected to and who is calling.

**MLxi** is a universal dynamic FM receiver with speech extractor and noise reduction feature.

**Smart Control** is a remote control with +/- buttons to adjust volume and includes noise reduction in the palm of your hand.

**Surflink Mobile** a cell phone transmitter, assistive listening device, media streamer and hearing aid remote.

**uDirect2** provides wired or wireless connectivity to cell phones, TV's, MP3 players and FM receivers. An optional lapel microphone is available.

**uTV2** sends stereo audio wirelessly to enhance your enjoyment of TV and music.

**Zoom Link** picks up your partner's voice and instantly relays it to your hearing aid receiver.

These are just some of the accessories available to better connect you with your world—many others are available. To find out which options might be right for you, your hearing aids and your listening environment give us a call and schedule a consultation.

*Flatirons Audiology*

## An Inspirational Read



### ***A Quiet World: Living with Hearing Loss*** **By David G. Myers, Professor of Psychology**

Professor David G. Myers shares his poignant journey with hearing loss; sharing the emotions involved with the hearing loss of his mother and realization that his own world was growing ever more silent.

#### **From Publishers Weekly**

He maintains to be without hearing is to be socially isolated. And, even more important, since language is necessary for learning, without an equivalent for the spoken word, childhood development can lag behind.

In this 10-year journal of his experiences and observations, Myers charts the progression of his own hearing loss and compares it with that of his mother, who became profoundly deaf and, despite her family's efforts, increasingly isolated in a silent world all her own. As a loving observer, Myers's wife shares her sadness and frustration with her husband's growing problem and unwillingness, for many years, to do anything about it. In turn, he stresses that it is up to the affected individual to seek available help and to inform family, friends and colleagues so they can learn how to better communicate.

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## There's Nothing Like Your First Kiss



Dr. Julie is always looking for the newest in hearing aid technology and when she discovered the Moxi Kiss she knew she wanted to offer it to her patients.

### Effortless

Moxi Kiss is fully automatic. This means that your hearing aids are always working intuitively in the background to make sure you hear your best. Moxi Kiss also makes using the phone enjoyable again by letting you hear the caller's voice clearly in both ears.

### Clear sound and speech

Enjoy natural sound and clear speech understanding in any situation. Moxi Kiss pulls speech out of noise and then eliminates the distracting background sounds you don't need to hear. Plus,

your hearing aids work together to zone in on speech in the most difficult listening situations.

The Moxi Kiss by Unitron's comes in eleven colors and offers five levels of technology so that it can be customized to your listening environment and your budget.

**MENTION THIS COUPON FOR A  
FREE ONE WEEK TRIAL**

**Try the Moxi Kiss Risk Free for a week!**



Simply mention this offer when you call for a Moxi Kiss consultation during the month of July.

**Call 303-664-9111**

*Offer expires July 31, 2013*

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