

# Flatirons AUDIO SCOOP

Fall 2012

## Free Tinnitus Seminar!

**DATE:**

Thursday, September 20th

**TIME:**

6:00 pm – 7:30 pm

RSVP Required

**303.664.9111**

**LOCATION:**

Exempla Good Samaritan Medical Center  
200 Exempla Circle  
Lafayette, CO 80026

Get help for the noise in your head that won't go away!



*Dr. Julie is a leading expert in the diagnosis and treatment of tinnitus.*

*Don't suffer! Get your life back on track!*

## Back to School Hearing Tests



### The Role of Hearing in Learning

Because today's children are engaged in so many of their own activities including music, television and games, hearing loss often goes un-detected. They are subjected to 'noise', often plugged directly into their ears with headsets and cell phones, possibly dam-

aging hearing and affecting their ability to learn.

In young children, loss of hearing can be caused by a number of factors including childhood diseases, exposure to loud noise over long periods of time, fluid from middle ear infections and certain medications have been tied to loss of hearing in toddlers.

Even a small hearing loss can make an impact on a child's classroom learning experience as well as the social aspects of attending school.

### Teens, Tunes and Hearing Loss

With older children, the problem is often MP3 players, iPods, cell phones and

*Continued on back page*

It's been a long, hot summer here in Colorado and as our children head back to school we welcome the cool, crisp days of Fall.

Back to school time is always an exciting time of year; a new class, new friends and new things to learn. School is where children learn the skills required to live in our society, to make a contribution, earn a living and enjoy all that the world has to offer.

As your children embark on a new year of learning, it's the perfect time to make sure they are as prepared to learn as possible, from a hearing perspective. Hearing can be as crucial to learning as vision, yet many children go without annual hearing evaluations.

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

## Removing Ear Wax From Hearing Aids



Ear wax is one of the leading causes of hearing aid repair, along with moisture and battery malfunction. Wax can build up in the tubing, sound bore, and the microphone ports, blocking sound from entering or exiting the hearing aid. This can result in a hearing aid that sounds weak, distorted or, depending on the size of the blockage, lead to no sound coming out of the hearing aid at all.

Start with a visual inspection. Depending on where the build up occurs, the removal of ear wax and cleaning of the hearing aid can be done a small wax loop or brush.

It is important that the loop is not jabbed directly down into the sound bore, but rather used with a scooping motion like a tiny shovel. A hearing aid brush can be gently swept across the surface of a hearing aid and its filters to get rid of any dry or loose ear wax or debris.

Many hearing aids come with built-in wax traps. This feature prevents wax from entering the hearing aid and causing damage to its internal components. There is no set timeline for how often wax traps should be replaced but in general, when they start to look dirty or have obvious wax accumulation, it is time to change them.

By using these few simple techniques and tools, you can effectively keep your hearing aids free from ear wax and limit hearing aid repairs for wax-related problems.

*Flatirons Audiology*

## Our First Hearing Health Fair

If you missed our first Hearing Health Fair you missed a wealth of information on everything from hearing and tinnitus to neurology, homeopathy, and massage. Exhibitors filled 22 tables with a wealth of information on hearing health.

Dr. Julie invited experts from every medical specialty related to the treatment of hearing loss. Although most hearing loss can be treated simply with hearing aids, sometimes there are underlying medical causes, such as diabetes, which can exacerbate the condition.

Attendees enjoyed talking to manufacturers about the latest and upcoming technology and everyone enjoyed Dr. Julie's famous cookies.

Thank you to the exhibitors who took time to chat about how their practices and products relate to hearing loss. And to everyone who attended, thank you for making our first annual Hearing Health Fair a huge success!

*Flatirons Audiology*

## Coconut-Oatmeal Cookies!

Anyone who has been to our office knows that Dr. Julie has home made cookies for her patients every day. She makes them at home, makes them into cookie size balls and freezes the dough for us to bake each morning.

So many patients have asked for her recipes that she decided to include one in this month's newsletter.

- 
- 1 cup butter or margarine
  - 1 cup brown sugar
  - 1 cup granulated sugar
  - 2 eggs
  - 2 teaspoons vanilla
- 
- 2 cups sifted all-purpose flour
  - 1 teaspoon salt
  - 1 teaspoon baking soda
  - 1 teaspoon baking powder
- 
- 1 cup rolled oats, quick
  - 2 cups coconut

Cream butter, add sugar slowly and beat until light and fluffy. Add eggs and vanilla. Beat well. Sift together flour, salt, soda and baking powder; add (stir in) in 4 parts. Mix in oats and coconut.

Drop by teaspoons onto ungreased baking sheets. Bake in moderate oven, about 375 degrees F for 12 to 15 minutes, or until golden brown.

*Makes about 5 dozen.*

# Tinnitus and the Importance of Stress Management & Relaxation



Most of us know that stress can affect quality of sleep and cause depression but did you know that managing stress could be beneficial in coping with tinnitus?

The human body responds to stress by tensing muscles, increasing breathing rates, and producing chemicals called adrenaline and cortisol, which serve to prepare us for action. Many tinnitus sufferers react to tinnitus in a similar way to this flight or fight response; the noise is perceived as a threat to our quality of life and the resulting stress and tension can both amplify tinnitus and reduce our ability to cope with it.

Tinnitus, left untreated, can result in an inability to cope, sleeplessness, muscular stiffness, headaches, depression and anxiety.

The ability to relax is a natural function for humans, but in today's society many of us have forgotten how. Strategies to manage stress are different from other learned skills because relaxation is not something that can be forced. Sometimes, the more we try to relax, the more stressed we become. So, what can we do?

## EXERCISE

Yes, we know, exercise seems to creep into nearly every discussion about our health. But regular exercise can reduce stress through the release of endorphins, promoting better quality sleep and relaxation

## TIME MANAGEMENT

If you often feel rushed or that you are falling behind, it's helpful to take a few minutes in the morning to prioritize and organize your day. Inefficient use of time can be a significant source of stress, contributing to a reduced ability to cope with your tinnitus.

Using a planner or diary to help you stay organized could also be helpful in identifying stressors in your life. And you might find pleasure in crossing out completed tasks as your day progresses, promoting a sense of accomplishment.

## MEDITATION

Meditation is one of the most efficient forms of stress management, but some people with tinnitus might find meditation difficult to master. Start with muscle relaxation exercises; lie down and concentrate on one muscle group at a time, telling them to relax. For example, think to yourself, ankles relax... calves relax... knees relax... etc., making your way to your shoulders, neck and head. As you will each part of your body to relax, exhale. Once you have mastered the ability to relax your muscles effectively, you can try meditation for an even greater sense of peace and contentment. There are many types of meditation and you don't have to sit in an uncomfortable position to do it. Meditation can be done sitting in a chair or lying down, the point is stilling the mind and facilitating tranquility.

Stress management is just one of the strategies for managing tinnitus and it's one that can lead to better enjoyment and a greater overall quality of life.

If you, or someone you know is suffering with tinnitus call our office to schedule a consultation with Dr. Julie. Meantime, try the stress management techniques that work best for you.

*Flatirons Audiology*

## Testimonial

*"Dr. Julie has been my audiologist for several years. I value the depth of her knowledge, her patience and sincerity in her commitment to diagnose and improve my hearing ability with the best technology we agree is best for me. And please notice that I did say "we" and didn't say "the most expensive". Above all, I trust her transparent honesty in all that she says and does. I highly recommend her as your audiologist as well. You won't be disappointed."*

DJ of Longmont, CO, 76 years old and retired after 42 years in the aerospace industry.

*The staff at Flatirons Audiology says that Dr. Julie always seems to be happy and energetic. Her philosophy is: "Work is either fun or drudgery. It depends on your attitude."*

## In This Issue

- Free Tinnitus Seminar!
- Back to School Hearing Tests
- Removing Ear Wax From Hearing Aids
- Our First Hearing Health Fair
- Coconut-Oatmeal Cookies!
- Tinnitus and the Importance of Stress Management & Relaxation

## Back to School Hearing Tests *Continued...*

other electronics that send too many tunes and tones down the ear canal over a long period of time. Recent studies indicate teen hearing loss is on the rise, in addition data supports that over half of teenagers and college students are listening to personal music players at risky levels – levels that have the potential to cause permanent hearing loss.

Educate your teen, discuss safe listening levels and the consequences, including ringing of the ears and hearing loss. Consider noise-canceling headphones for listening to their music. These headphones block out background noise around them, reducing the likelihood of your teen cranking up their music to damaging levels.

Hearing loss in children is on the rise and children with undiagnosed hearing loss are often characterized as slow learners when this is not the case at all.

### **According to the Better Hearing Institute:**

- *85% of all children experience at least one ear infection.*
- *Second-hand smoke in the home increases the risk of middle ear infections and respiratory allergies in children.*
- *Federal laws mandate that all school districts must provide specialized education to children with hearing loss.*
- *Even a mild hearing loss can seriously impact a child's ability to learn in a school environment.*

A hearing evaluation is one of the best investment you can make in your child's education.

*Flatirons Audiology*

