

Flatirons AUDIO SCOOP

Fall 2013

Free Tinnitus Seminar

By Leading
Tinnitus Expert
Dr. Julie Eschenbrenner

DATE:

**Tuesday October 22nd
6:00 PM to 7:30 PM**

*Space is limited
RSVP Required:*

303.664.9111

LOCATION:

Lafayette Public Library
775 W Baseline Road
Lafayette, CO 80026

Stop Suffering! Get your
life back on track.

Customized Tinnitus Treatment Options

We accept most
Insurance for Hearing and
Tinnitus Evaluations

Seeking Silence *Tuning Out the Inner Chaos*



People who suffer with tinnitus describe hearing different, and sometimes changing noises. Some experience continuous noise and others describe intermittent sounds such as ringing,

whining, hissing, static, crickets, screeching, humming, sirens, whooshing, pulsing, roaring, ocean waves, buzzing, clicking, dial tones and even music. Though the sound and duration differs for each person, most patients suffering with Tinnitus say what they're seeking above everything else, is the calm that comes with inner silence.

Tinnitus is a result of neurological changes in the auditory system and within parts of the brain that influence conscious attention and the emotional state. Even though tinnitus is not exclusively an auditory problem, it is often accompanied by hearing loss and can affect patients in many ways, including:

- **Stress in relationships**
- **Long-term sleep disruption**
- **Inability to concentrate**
- **Changes in cognitive ability**
- **Anxiety or depression**

In spite of the fact there is no cure for tinnitus, the days when patients are left with nothing more than hopelessness, are long past. Awareness, and the growing number of people affected by Tinnitus, has resulted in an increased focus on research for treatments of its symptoms. Today there are more treatments and coping strategies available than ever before and the overwhelming majority of patients who have tried them are elated.

Tinnitus can strike anyone at any age and currently affects more than 50-Million people in the United States alone. In fact, it's now the number one service-connected disability for veterans from all periods of service, and is widespread in Iraq and Afghanistan veterans, which isn't surprising since one of the primary causes of tinnitus is exposure to loud noises. Even short exposure to sounds such as music, fireworks, aircraft and firearms can cause an onset of Tinnitus.

Common causes of Tinnitus:

- **Hearing Loss**
- **Ear infections**
- **Temporal-mandibular Joint Syndrome (TMJ)**
- **Excess wax build-up in ears**
- **Nasal allergies affecting fluid drainage**
- **Foreign objects in ears**
- **Blood flow problems**
- **Medications**

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Preserve Your Brain Power *The Relationship Between Hearing and Gray Matter*



The Journal of Neuroscience recently released the results of a study linking loss of hearing to brain atrophy and loss of cognition.

The study revealed a connection of lower density gray matter in the auditory area of the brain in people who had hearing loss. According to Jonathan Peelle, lead author of the research, "As hearing ability declines with age, interventions such as hearing aids should be considered not only to improve hearing but to preserve the brain. People hear differently, and those with even moderate hearing loss may have to work harder to understand complex sentences."

The research revealed less brain activity when listening to and focusing on complex sentences, proving individuals with hearing loss could experience accelerated brain atrophy. Researchers believe that hearing loss and brain atrophy could be linked because this condition

affects the speed of speech processing within the brain.

Untreated, the affects on memory and cognition can increase over time and lead to moodiness, difficulty in learning environments, withdrawing from social situations, memory loss and confusion.

KNOW THE SIGNS

- **Turning up the volume**
- **Frequent requests for others to repeat**
- **Withdrawing from conversations**
- **Avoiding social situations**
- **Depression**
- **Anxiety**

There is no treatment for damage that has already occurred to brain cells, but hearing aids can help prevent this type of brain atrophy from becoming worse and even prevent it from occurring.

Untreated hearing loss can be more damaging to our lives than we previously understood. If you're having difficulty understanding conversation, or find yourself asking others to repeat themselves, your first step should be to call and schedule an annual hearing exam. Most insurance companies will pay for the exam and many insurance companies now offer hearing aid benefits, should you need them.

There has never been a better reason to have your hearing checked on a regular basis.

Cookie, Cleaning And A Demo to Go?

Need an excuse to indulge in one of Dr. Julie's scrumptious cookies? Give us a call and schedule a time to bring your hearing aids in to be cleaned or repaired. While you're here, why not take the opportunity to demo the newest technology while you wait for yours to be returned?

Chocolate Mint Cookies

- *3/4 cup butter*
- *1 1/2 cups packed light brown sugar*
- *2 tablespoons water*
- *2 cups chocolate chips*
- *2 eggs*
- *2 1/2 cups all-purpose flour*
- *1 1/4 teaspoons baking soda*
- *1/2 teaspoon salt*
- *36 peppermint patties*

In a large pan over low heat, cook butter, sugar and water until butter is melted. Add chocolate chips and stir until partially melted. Remove from heat and continue to stir until chocolate is completely melted. Pour into a large bowl and let stand 10 minutes to cool off slightly.

At high speed, beat in eggs, one at a time into chocolate mixture. Reduce speed to low and add dry ingredients, beating until blended. Chill dough about 1 hour.

Preheat oven to 350 degrees F

Roll dough into balls and place on ungreased cookie sheet about 2 inches apart. Bake 8-10 minutes. While cookies are baking unwrap mints and divide each in half. When cookies are brought out of the oven, put 1/2 mint on top of each cookie. Let the mint sit for up to 5 minutes until melted, then spread the mint on top of the cookie. Eat and enjoy!

Makes about 3 dozen

School Bells are Ringing Making the Most of Education



tions, sports physicals, and some of you are outfitting dorm rooms.

Education is the foundation on which your child will build his or her life and it opens doors to opportunities for a more promising future. So, while we're on the subject of checking off the items on all those lists, we'd like to add one more – an annual hearing exam to ensure your child is ready to learn.

We can hear the heavy sighs from our office but parents should be aware that hearing loss often leads to poor cognitive skills and performance. A child who cannot hear well is unable discern certain sounds, and spoken words are often misunderstood. What naturally follows is a lack of attention and social isolation or withdrawal, not to mention less than desirable grades.

The good news is that public schools are required to provide basic hearing screenings and this is a great place to start. If you prefer a more comprehensive hearing evaluation, Dr. Julie is just an appointment away and your insurance company may cover the cost.

School is officially in session and if you're like most parents you've shopped 'til you dropped. The shopping lists for students seem endless these days; supplies, clothes, shoes, coats, lunch boxes, immuniza-

While we're on the subject, you might consider hearing protection for your child, especially if he or she plays a musical instrument. Plato said, "Music is the language of the soul," and we couldn't agree more but research has shown that prolonged exposure to noise, even beautifully played music, can permanently damage hearing.

Decibel Levels of Musical Instruments

Oboe	74-102 dB
Violin	85-105 dB
Clarinet	93-119 dB
Flute	100-112 dB
Piccolo	102-110 dB
Snare Drum	102-113 dB
Trombone	106-113 dB
Trumpet	109-120 dB
Sax	110-113 dB
Tuba	110-117 dB

Undetected hearing loss can be devastating to a child's education, while a simple hearing test can be one of the most valuable tools in the school box.

Fall Healthy Hearing OPEN HOUSE EVENT

Introducing Flex:Trial From Unitron Thursday September 26th & Friday, September 27th Only

We are proud to announce the unique hearing aid trial program called Flex:trial

NO UP-FRONT COST • NO COMMITMENT • NO RISK

During this special two-day event, you'll have the opportunity to participate in this unique three-step approach to hearing healthcare and satisfaction.

TRY IT Risk Free • WEAR IT Work Home Play • LOVE IT
Decide if you love the hearing aids or walk away and owe nothing

If you wish to participate in the Flex:trial Program during Fall Healthy Hearing Open House, call our office today to schedule your appointment. Supplies of the Flex:trial hearing aids are limited. **Call 303-664-9111!**

(303) 664-9111

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Keep Your Hearing Aids Performing at their Best – DRY-GO UV

The brand new **DRY-GO UV by Widex** is an affordable accessory that can help extend the life of your hearing aids, minimize repairs, and provide you with greater peace of mind.

- *Dries and helps sanitize hearing instruments*
- *Improves acoustic performance*
- *Improves hearing instrument reliability*
- *Supports better ear hygiene*
- *Kills bacteria and fungi in just 8 minutes*
- *Automatic shut off after 3 hours*
- *Small and easily portable*



Seeking Silence

Continued...

- *Heart disease*
- *Aging*
- *Accidents or head injuries*
- *Tumor, cyst or otosclerosis – in rare occasions*

IMPORTANT: Consult with your doctor before you stop taking any prescribed medication.

Flatirons Audiology, Inc. is a leading center for the evaluation, diagnosis and treatment of Tinnitus. Dr. Julie Eschenbrenner is one of only a few audiologists in the state of Colorado having extensive training and experience in treating this debilitating condition.