

Flatirons AUDIO SCOOP

Summer 2012

Celebrating Five Years HEARING HEALTH FAIR!

To celebrate our 5th year we are hosting our first ever Hearing Health Fair!

EXHIBITORS & EDUCATORS INCLUDE:

Dr. Julie Eschenbrenner, Au.D.
Flatirons Audiology, Inc.

Dr. Heidi Adams, Au. D.
Educational Audiologist

Dr. Lisa Amerine
Doctor of Homeopathy

Mark Brungardt,
Neuromuscular Massage Therapist

Dr. J. Michael King
Otolaryngologist

Mary Volume, N.P.

**See Inside
For More Details!**

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Celebrating 5 Years!

Successfully Evaluating and Treating Tinnitus and Hearing Disorders



Julie Eschenbrenner, Au. D. Established Flatirons Audiology, Inc. in 2007 to reach out to the many people who have been told that they have no choice but to live with their tinnitus.

"The need for a local Audiology practice focusing on both tinnitus and hearing loss was evident to me," states Dr. Julie. "I talk to people all the time who think there is no treatment for tinnitus but there is simply no need for the suffering these patients go through."

"Every patient is different and our approach begins with a thorough evaluation from which we prepare an individualized treatment plan. Depending on the results and the plan, follow up visits may be scheduled."

It is important to understand that 'treatment' and 'cure' have different meanings. Although there is not cure, "We see pa-

tients walk into our office who are clearly feeling miserable and after their first 90 minute consultation, they typically leave with hope and a smile", says Wendi Gonzales, Practice Manager. "It's immensely rewarding."

To celebrate five successful years, we would like to invite you, your family and friends to our first **Hearing Health Fair** on Monday August 20th. We have arranged for an interesting mix of Audiologists, Otolaryngologists, Practitioners, Hearing Aid Manufacturers and other professionals to come together, Open House style, to answer your questions and share the most cutting edge treatments and technology available.

Visit our exhibitors and learn how to have the quality of life you deserve:

- **Quiet your Tinnitus**
- **Improve confidence through better hearing**
- **Communicate better**
- **Newest Treatment Options**
- **Newest Technology**
- **Newest Training**
- **Bring your iPod & headphones to find out how loud they really are!**

We hope you will mark your calendars and **Celebrate Five Years** with us!

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

People with Diabetes More Likely to Suffer Hearing Loss

People with diabetes should schedule an annual hearing exam.



A study published by the Annals of Internal Medicine suggests that diabetics are susceptible not only to vision problems, but to hearing problems as well.

"For years, physicians who treat people with diabetes have regularly ensured that their patients receive regular vision check-ups," said Dr. William Luxford, BHI Board member and an Otolaryngologist at the House Ear Clinic in Los Angeles. "This important study underscores the need for physicians now to encourage each of their patients to get their hearing checked as well."

In the study, National Institutes of Health (NIH) researchers analyzed data from hearing tests administered to 5,140 participants between 1999 and 2004 in the National Health and Nutrition Examination Survey (NHANES). Their findings? Patients with diabetes are more than twice as likely to suffer hearing loss than non-diabetics. More than 40 percent of the patients who participated in the study had some hearing damage.

According to Sergei Kochkin, Ph.D., executive director of the Better Hearing Institute, "A hearing check can be invaluable in identifying diabetic patients with potential hearing loss, and giving them an opportunity to receive the treatment they need."

Studies conducted by BHI, a not-for-profit educational organization whose mission is to educate the public about hearing loss treatment and prevention, show that people with untreated hearing loss experience a lower quality of life than people with normal hearing or people who use hearing aids.

*Flatirons Audiology
Better Hearing Institute*

Signs of Hearing Loss

The signs of hearing loss can be subtle and emerge slowly, or they can be significant and come on suddenly. Either way, there are common indications.

You should suspect hearing loss if you experience any of the signs below.

YOU MIGHT HAVE HEARING LOSS IF YOU...

SOCIAL:

- *require frequent repetition.*

- *have difficulty following conversations involving more than 2 people.*
- *think that other people sound muffled or like they're mumbling.*
- *have difficulty hearing in noisy situations, like conferences, restaurants, malls, or crowded meeting rooms.*
- *have trouble hearing children and women.*
- *have your TV or radio turned up to a high volume.*

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Celebrating Five Years HEARING HEALTH FAIR!

Find Out About New
Treatment Options by:

***Neuromonics
Sounds Cure***

And New
Technology by:

***Starkey Surfink
Mobile***

***Phonak ComPilot
2X's Battery Life,
remote & Bluetooth
all in one
And more...***

LOCATION:

Exempla Good
Samaritan Hospital
Conference Rooms
200 Exempla Circle,
Lafayette, Co 80026

DATE:

August 20, 2012

TIME:

5pm – 7:30 pm

What is Tinnitus?



Tinnitus is the perception of sound where no external source is present. Most commonly caused by noise exposure, tinnitus impacts up to 50 million Americans and of those 16 million suffer from chronic intrusive tinnitus.

POSSIBLE CAUSES OF TINNITUS

The exact physiological cause or causes of tinnitus are not known. There are, however, several likely sources, all of which are known to trigger or worsen tinnitus.

- **Noise Exposure - Overexposure to loud sound is the leading cause of tinnitus. We live in an extraordinarily noisy world that's getting louder by the day. There are many questions about what is too loud, how noise impairs hearing and how to avoid problems associated with noise exposure.**
- **Head and neck trauma - Physical trauma to the head and neck can induce tinnitus. Other symptoms include headaches, vertigo, and memory loss.**
- **Certain disorders, such as hypo- or hyperthyroidism, Lyme disease, fibromyalgia, and thoracic outlet syndrome, can have tinnitus as a symptom. When tinnitus is a symptom of another disorder, treating the disorder can help alleviate the tinnitus.**
- **Certain types of tumors**
- **Jaw misalignment**
- **Cardiovascular disease**
- **Ototoxicity - Some medications are ototoxic, meaning the medications are toxic to the ear. Other medications will produce tinnitus as a side effect without damaging the inner ear.**

Tinnitus can affect anyone and it disproportionately impacts veterans and at the end of 2011 over 840,000 veterans were service-connected for it, making it the leading disability for that population. This includes over 215,000 Iraq and Afghanistan veterans who are developing tinnitus in record numbers. Because of these surges, raising awareness of this lesser-known condition is imperative.

Tinnitus can be a serious condition because of the emotional impact it often has on sufferers, often affecting the ability to get through a daily routine.

IF YOU THINK YOU HAVE TINNITUS:

DIAGNOSE and **UNDERSTAND** Your Tinnitus: See an Audiologist ex-

perienced in tinnitus treatment to have your symptoms evaluated. **BE WARY** of a hopeless diagnosis or physician advice like, "There's nothing you can do about your tinnitus. Go home and live with it."

TAKE NOTE and keep track of what triggers your tinnitus.

BE KIND TO YOURSELF. Developing tinnitus means you have undergone a significant physical, emotional and maybe even life-style change.

EXAMINE how you live to find ways to eliminate or reduce some stress in different parts of your life; stress often makes tinnitus worse.

PAY ATTENTION to what you eat. One-by-one, eliminate possible sources of tinnitus aggravation, e.g., salt, artificial sweeteners, sugar, alcohol, prescription or over-the-counter medications, tobacco and caffeine. (Do not stop taking medications without consulting with your health care professional.)

PROTECT YOURSELF from further auditory damage by avoiding loud places and by using earplugs when you can't avoid loud noise.

DO NOT create any negative forecasts for your tinnitus, such as "This is never going to get any better." Counting on a better future can help you create one.

BE INVOLVED in your recovery. Consider yourself part of your treatment team.

DO NOT WASTE time blaming yourself for your tinnitus. The causes of tinnitus are varied and difficult to determine.

Dr. Julie Eschenbrenner is a member of the American Tinnitus Association and is experienced in evaluating and successfully treating tinnitus. Call our office for an appointment if you are experiencing symptoms of tinnitus. 303.664.9111

FREE TINNITUS SEMINAR MARK YOUR CALENDARS

RSVP REQUIRED

Seating is limited 303.664.9111

There is treatment available for this debilitating illness. Join Dr. Julie and Flatirons Audiology, Inc. and learn about treatment options to quiet the noise in your head.

Dr. Julie is a leading expert in the diagnosis and treatment of tinnitus and one of a few Audiologists in Colorado specializing in this disease.

LOCATION:

Exempla Good Samaritan
Hospital Conference Rooms
200 Exempla Circle,
Lafayette, Co 80026

DATE: September 20, 2012

TIME: 6pm – 7:30 pm

*Flatirons Audiology
The American Tinnitus Association*

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Signs of Hearing Loss *Continued...*

- *answer or respond inappropriately in conversations.*
- *have ringing in your ears.*
- *read lips or more intently watch people's faces when they speak with you.*

EMOTIONAL:

- *feel stressed out from straining to hear what others are saying.*
- *feel annoyed at other people because you can't hear or understand them.*
- *feel embarrassed to meet new people or from misunderstanding what others are saying.*
- *feel nervous about trying to hear and understand.*

- *withdraw from social situations that you once enjoyed because of difficulty hearing.*

MEDICAL:

- *have a family history of hearing loss.*
- *take medications that can harm the hearing system (ototoxic drugs).*
- *have diabetes, heart, circulation or thyroid problems.*
- *have been exposed to very loud sounds over a long period or single exposure to explosive noise.*

Flatirons Audiology
Thank you to Patricia E. Connelly, PhD, CCC-A, FAAA,
New Jersey Medical School and BHI

