



# HEARING HEALTH TODAY

NORTH CAROLINA AUDIOLOGY ASSOCIATES

A Patient Newsletter

May, 2014

## Somebody Close Has Hearing Loss

Pointing out hearing problems to those who are close to us is never easy, and for hearing impaired individuals the recognition of this problem can be a big step. But talking about bad hearing is actually the best thing to do.

Family and friends can offer important support when a hard of hearing individual is trying to make up his or her mind about seeking treatment. All studies show that treatment of hearing loss, typically with hearing aids, results in significant improvements a person's quality of life. Improvements are found in close social and family relationships, on the job and in every other situation involving hearing.

If you suspect one of your relatives, friends or colleagues is suffering from hearing loss, you can look for certain signs.

- Trouble hearing the phone or doorbell ringing?
- Do they often say "what"?
- Do they turn up the volume of the TV?
- Do they have difficulty hearing people from behind?
- Withdrawing from social activities

When somebody you know may be suffering from untreated hearing loss, you will probably also notice changes in his/her behavior, as there may be a number of psychological effects. For example the person may withdraw from his/her surroundings and feel shame, guilt and anger. The person may also become more self-critical and experience a low self-confidence. Isolation and depression may happen next. If you begin to see these signs in someone you love, encourage him or her to have a hearing test. The hearing loss may be treatable, perhaps with hearing aids.

Using hearing aids presents a number of advantages to a hard of hearing person. First and foremost, they will hear a lot better. Hearing aids do not restore hearing to normal, but they improve it significantly. It becomes easier to hear what other people say. Sounds that have not been heard for a long time such as birds singing, door bells ringing, the howling of the wind and water running, become audible.

Your task is to be supportive, understanding and helpful. Read about hearing loss and use my website.

[www.NCAudiology.com](http://www.NCAudiology.com)

**CELEBRATE THE SOUNDS OF YOUR LIFE**

**MAY IS BETTER HEARING MONTH**

AMERICAN ACADEMY OF AUDIOLOGY [WWW.HOWSYOURHEARING.ORG](http://WWW.HOWSYOURHEARING.ORG)

## The Silent Sacrifice of Veterans

The men and women of our armed services give much to protect the United States, and often times these men and women are not done paying for that service simply because their time in the military has ended. Some of the wounds go unnoticed for years—as regularly happens with hearing loss. No one understands this better than former 1st Lt. Robert Rock, USA Corps of Engineers. His service in WWII exposed him to heavy artillery rounds and explosive, concussive sounds that damaged his hearing.

It was many years before these wounds, combined with infections suffered in childhood and age, took away enough of 1st Lt. Rock's hearing that he began to feel cut off from the world. He hesitated purchasing hearing aids, mainly due to pride, but when he finally made the decision to treat his hearing loss, he discovered all the many benefits of better hearing.

Without the hearing aids, he could not hear cars coming up behind him during his morning walks, he could not hear a decent conversation with his dear wife, or his friends, and he found himself retreating away from the world and the activities he once enjoyed. The TV was offensively loud, the birds were silent, and going to the movies or concerts was no longer any fun. He said, "It was a terribly lonely world and I believe people who don't treat their hearing loss

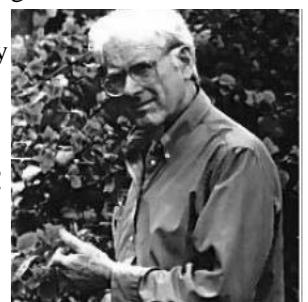
can suffer a form of mental and emotional instability, certainly withdrawal."

But with hearing aids, he can enjoy all these things again, and in addition he has the freedom to eliminate them at will. "When my wife wants to listen to music or the TV and I want to read, or I'm in a crowd that's far too noisy, I just switch them off. Automatic ear plugs! It's a blessing!"

Many of our newest veterans who have served in the War on Terror are coming home with some mighty challenges. Severe noise-induced hearing loss and debilitating tinnitus (ringing in the ears) are among those health issues. Hearing aids can provide control over the volume, directionality of incoming sounds, and clarity of the incoming sounds. They offer background noise reduction, Tinnitus management, Bluetooth connectivity, rechargeable battery options, automatic operation for simplicity, and more.

**Rejoin your social world again!**

**Thank you for your service!**



## Hearing Screenings Essential for Complete Wellness

Hearing loss can be linked to many other important health issues. Our bodies function as a whole, and when individual parts have a problem, it can affect every other part of the body.

May is Better Hearing Month and May 11-17 is National Women's Health Week. It's time to think about your health as a whole.

Here are 10 Reasons why you should have a hearing screening this month.

1. People with hearing loss are more likely to be depressed. Women have an even higher risk of depression.
2. The ear may be the window to the heart. Cardiovascular and hearing health are linked. Some experts say the inner ear is so sensitive to blood flow that it's possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body.
3. If you have diabetes, you're twice as likely to have hearing loss. Diabetics who do not have strict control of their blood sugars are likely to have more severe, progressive hearing loss.
4. Your fitness level and waist size may be affecting your hearing. Research shows that a higher body mass index (BMI) is associated with higher risk of hearing loss. It also shows that a higher level of physical activity is associated with lower risk of hearing loss.
5. Cancer treatments can damage hearing. Many chemotherapy drugs are toxic to the organs of hearing, just as they are toxic to other parts of your body.
6. Hearing loss may put you at greater risk for falling. A pair of Johns Hopkins' studies found that people with even just mild hearing loss were nearly three times more likely to have a history of falling.
7. Addressing hearing loss may benefit long-term cognitive function. Research shows a link between hearing loss and dementia, leading experts to believe that interventions, like hearing aids, could potentially delay dementia. Research is ongoing.
8. Hearing loss is tied to common pain relievers. Ibuprofen, aspirin, and acetaminophen are associated with an increased risk of hearing loss (more so in women). The link is even stronger among those younger than 50.
9. Addressing hearing loss improves quality of life, earnings, and relationships. Eight out of 10 hearing aid users say they're satisfied with the changes that have occurred in their lives specifically due to their hearing aids—from how they feel about themselves to the positive changes they see in their relationships, social interactions, and work lives.
10. Today's state-of-the-art hearing aids are better than ever and virtually invisible. Today's sleek and sophisticated, virtually invisible hearing aids combine high-performance technology and style with durability and ease-of-use, helping people stay socially, physically, and cognitively active. The options are so varied there's an attractive solution for just about anyone.
11. OK, here's an 11th reason to do it this month...

### HEARING SCREENINGS ARE FREE AT NC AUDIOLOGY DURING THE MONTH OF MAY!!!

Appointments are required.



Is there a better hearing aid?  
The answer is YES!

#### Siemens Micon Hearing Aids

New technology provides exceptional clarity, sound comfort and proven performance. Highly water resistant and dust-proof. Schedule an appointment to find out if Micon is right for you.

Protect your hearing aids from Summer humidity and moisture. We have a wide selection of dehumidifiers to fit your active lifestyle.



#### Hamilton CapTel Telephones

Read what your family and friends are saying to you.

Ask how you can get one at NO COST!

#### Attention Springmoor Residents

Dr. Schaffer is in the Springmoor Clinic on the 1st, 2nd, and 3rd Wednesday of every month. Hearing screenings, hearing aid cleanings and small repairs are all COMPLIMENTARY. Call the clinic for an appointment.



### NORTH CAROLINA AUDIOLOGY ASSOCIATES

Cynthia Schaffer, Au.D.  
Doctor of Audiology  
Fellow, American Academy of Audiology

4002 Barrett Dr. #101  
Raleigh, NC 27609

Phone: 919-783-8751

www.NCaudiology.com

Find us on Facebook under North Carolina Audiology

