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*Special Offers Inside!*

## Slow Cooker Corner – Best BBQ Ribs



Fall-off-the-bone tender BBQ ribs are always a crowd pleaser, and incredibly easy to make in a slow cooker. You'll need a 7-8 quart slow cooker for this recipe. Makes 8 servings. Prep Time — 15 minutes.

### INGREDIENTS

- 2 slabs of baby back pork ribs (about 6-7 pounds)
- 1 jar of McCormick's Grill Mates Pork Rub (or whatever meat rub you prefer)
- 1 bottle of your favorite BBQ sauce

### DIRECTIONS

1. Rinse ribs under cold water and then use a paring knife to remove the thin semi-clear membrane attached on the bone side of the ribs.

2. Sprinkle a generous amount of pork rub onto the meat side of the ribs, pushing and rubbing it into the meat.
3. Cut ribs into sections of 3-4 ribs, and place in a slow cooker that has been sprayed with Pam or other cooking spray.
4. Close slow cooker and cook ribs on LOW for 7-8 hours or until ribs are tender. Look for the meat pulling away from the ends of the bones.
5. With tongs, remove ribs from slow cooker and place on a cooking sheet, meat side up. Slather ribs with your favorite BBQ sauce.
6. Broil ribs in the oven for about 5-10 minutes or until the BBQ sauce has glazed and begun to brown.
7. Enjoy!!



## Transforming Your Life with Better Hearing

At times, it seems as if hearing is a second-rate sense to vision in our visually oriented modern society. But there is nothing second rate about the ramifications of untreated hearing loss. In fact, many people with hearing loss delay getting help because they are unaware of the fact that receiving early treatment for hearing loss can literally transform their lives.

Untreated, hearing loss can have many negative consequences that are not regularly associated with hearing problems including anxiety, social isolation and even depression.

While close to 30 million people in the United States have hearing loss, the majority have not received treatment. Yet extensive research demonstrates that treatment with modern hearing aids brings measurable improvements in social, emotional, psychological, and physical well being, for both patients and their spouses.

The good news is that, with treatment, those suffering even mild hearing loss can gain:

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## Constant Ringing in Your Ears? Hearing Aids Offer Hope



If it seems like your ears ring constantly, it's probably not your imagination or the economy... and you're not alone. You may have tinnitus, an inner ear ailment that affects between 25 million to 50 million Americans -- with about 12 million people experiencing such severe symptoms it affects their daily lives.

The good news is treatment, including hearing aids, can offer relief to some suffering the persistent ringing, buzzing or humming associated with tinnitus, says the Better Hearing Institute.

Tinnitus can be intermittent or constant. Causes range from ear infections and overexposure to extremely loud noises, to underlying health problems like allergies or heart and blood pressure problems. Often, sufferers are unable to pinpoint the cause of their tinnitus.

"Tinnitus can have a direct impact on a person's emotional well being," says Dr. Sergei Kochkin, BHI's executive director. "Not only can their hearing be affected but also their ability to sleep and to concentrate."

Kochkin and Dr. Richard Tyler, a professor in the University of Iowa's otolaryn-

gology and communication sciences and disorders departments and editor of The Consumer Handbook on Tinnitus (Auricle Ink, 2008), published an article in the December 2008 Hearing Review on their survey of 230 hearing health professionals in the United States and Canada. Their survey found that six out of 10 patients reported some tinnitus relief when using hearing aids and two out of 10 reported major relief.

The symptoms of tinnitus "influence basic life functions such as socialization and relaxation," the duo wrote. "In severe cases it can interfere with the individual's ability to perform adequately on the job, or contribute to psychological disorders such as depression, suicide ideation, posttraumatic stress disorder, anxiety and anger."

Although tinnitus is actually common and can cause major life disruptions, the number of sufferers who seek treatment for the problem is relatively small. One reason may be that they mistakenly believe their condition is untreatable. Unfortunately, many doctors are also unaware of the latest treatment option, BHI says. Patients may think they simply have to learn to live with the noise.

"No one should ever ignore persistent tinnitus," Kochkin says. "Not only

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## Constant Ringing in Your Ears? Hearing Aids Offer Hope *Continued...*

is every individual entitled to a chance to regain his or her quality of life, but in rare cases tinnitus also can be a symptom of a more serious health issue that could demand medical intervention. What's more, nearly everyone with tinnitus has hearing loss as well."

In a recent large-scale survey by the Better Hearing Institute of the American hearing impaired population, 39 percent (more than 9 million adult Americans) indicated they had not sought help for their hearing loss specifically because they also had tinnitus. "Research shows that untreated hearing loss has its own negative social, psychological, cognitive and health effects on the individual suffering from it," Kochkin adds. "So the individual with both untreated tinnitus and untreated hearing loss suffers an even more diminished quality of life than individuals with just tinnitus or just hearing loss."

While hearing aids are not a cure for tinnitus, they may be able to help tinnitus patients by:

- **Improving communication and reducing stress, which makes it easier to cope with the condition.**
- **Amplifying background sounds, which can make tinnitus seem less loud and prominent.**

A new type of hearing aid, called the open fit hearing aid, may be particularly useful in alleviating tinnitus. The open fit hearing aid can reduce the effects of the tinnitus ringing sensation while still allowing sounds from the outside to pass into the ear.

If you think you have tinnitus have your hearing evaluated by a hearing health professional and to explore the use of hearing aids to alleviate tinnitus. The

American Academy of Otolaryngology (AAO-HNS) and the American Tinnitus Association recommends these additional tips for minimizing the effects of tinnitus on your health:

- **Avoid exposure to loud sounds and noises.**
- **Get your blood pressure checked. If it is high, get your doctor's help to control it.**
- **Decrease your intake of salt. Salt impairs blood circulation.**
- **Avoid stimulants such as coffee, tea, cola, and tobacco.**
- **Exercise daily to improve your circulation.**
- **Get adequate rest and avoid fatigue.**
- **Eliminate or reduce some stress in different parts of your life; stress often make tinnitus worse.**
- **Experiment by eliminating other possible sources of tinnitus aggravation, e.g. artificial sweeteners, sugar, alcohol, prescription or over-the-counter medications. (Do not stop taking medications without consulting with your health care professional about the possible ototoxic impact of your medications.)**

Furthermore the Better Hearing Institute recommends that in addition to the practical tips above (which apply to a healthy lifestyle for all people) that people with tinnitus may receive benefit by simply understanding the causes, myths and facts about tinnitus through either counseling or self-help books. "We believe that if hearing health professionals can provide effective treatment for tinnitus, they also can be instrumental in motivating people to concurrently treat their hearing loss," Kochkin says. "This would have a double impact in improving the quality of life for millions of Americans."

[www.betterhearing.org](http://www.betterhearing.org)

## Transforming Your Life with Better Hearing *Continued...*

- **Greater effectiveness on the job and better earning power. (An estimated 65% of people with hearing loss are younger than retirement age.)**
- **More participation in group activities like church services.**
- **Improved interpersonal relationships, greater intimacy and a better sense of control in professional, social and family gatherings.**

Better hearing helps you perform better, whether in business situations or engaging in hobbies or sports – all of life's activities that include a wealth of auditory cues and signals. Better hearing also gives you an enhanced sense of security, and is critical where safety is a concern – for instance when caring for young children.

So, if you suffer from a mild, moderate or severe hearing loss and have yet to seek help from a hearing professional, consider all the benefits of better hearing described above. Do not wait until you are retired to treat your hearing loss. You shouldn't delay the ability to enjoy a fuller, more satisfactory life . . . for you and your family.

[www.betterhearing.org](http://www.betterhearing.org)

## Upcoming Events:

### Hearing Seminar

**Wednesday, September 21st from 11:00-12:00 PM** in Suite 2000 of the Rush Medical Office Building, Dr. Anderson will host a complimentary educational seminar on hearing loss and advanced hearing aid technology. Lunch will be provided from 12:00-1:00 PM. Please call (708) 660-2350 to reserve your seat today.

### Fall Open House

Scheduled for **October 11th, 12th, and 13th** by appointment from **9:00-5:00 PM** in Suite 5300. Complimentary Hearing screenings, Hearing Aid Consultations and Hearing Aid Demonstrations will be available during the Open House. Refreshments will be served.

### Holiday Communication Workshop

**Saturday, November 5, 2011 from 1:00-2:00 PM** in Conference Room B of Rush Oak Park Hospital, Dr. Anderson will provide a Holiday Communication Workshop. Please call (708) 660-2350 to RSVP that you would like to attend. Free workshop. Refreshments will be served.



**Dr. Rebecca L. Anderson**  
Owner/Audiologist

#### Hours:

Monday: 9:00 - 7:00

Tuesday – Thursday: 9:00 - 5:00

Friday: 9:00 - 3:00

Saturday: By Appointment

## Take Advantage of these Special Offers!

### Friends & Family Program

We want to introduce you to our new...

#### Friends & Family Program.

*The idea is simple. If you are satisfied with our hearing services, please tell a friend. If you are not, please tell us. For every person you refer who purchases hearing devices, we will send you a \$25 GIFT CARD.*

*The people you refer will receive the same careful and professional attention that you have received. Just make sure your friend or family member brings the coupon to their appointment (we don't want to miss any referrals). There is no limit to the number of people you can refer.*

*Friends and Family referral cards can be downloaded from our website or obtained from Lisa in our office.*

### ReSound Alera Special Offer!

**FREE**  
**TV Accessory!**

**with the purchase of any set of ReSound Alera hearing instruments!**

**Alera 5,  
Alera 7,  
or Alera 9**

*With ReSound Alera, sound is crisper, cleaner and works more like natural hearing, providing a truly advanced listening experience. It also provides truly wireless connections to everyday audio devices such as TVs and phones.*

**Hurry!**

Offer expires 10/31/2011!



610 S. Maple Avenue, Suite 5300 • Oak Park, Illinois 60304

**708-660-2350**

*Hablamos Español*

**"The Doctors of Audiology at Sound Care Hearing Group Can Help!"**

*Hablamos Español*