



Has it been more than 3 months since your last visit?
Call for a follow-up today!

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From Our Kitchen to Yours *Colorful Pasta Primavera*

- 1 tablespoon olive oil
- 3 cloves minced garlic
- 1 red bell pepper or any color bell pepper cleaned, seeded and cut into strips
- 1/2 pound thin asparagus, trimmed and cut into 2-inch pieces
- 1 cup grape or cherry tomatoes, sliced in 1/2 (6 ounces)
- 1 cup chicken stock
- 1/2 cup milk
- 1 tablespoon all-purpose flour, dissolved in 3 tablespoons water
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 large carrot (6 ounces) peeled and sliced into strips with a peeler (about 2 cups carrot ribbons)
- 3/4 pound any shape pasta
- 1/2 cup (1 1/2 ounces) grated Parmesan
- 2 tablespoons chopped parsley leaves
- 1/4 cup shredded basil leaves

Heat the oil in a large sauté pan over medium-high heat and cook the peppers until they begin to soften, about 3 minutes. Add asparagus and tomatoes and cook until softened, an additional 5 minutes. Add garlic. Stir in flour and cook for 1 minute more. Add chicken stock, milk, salt and pepper and bring to a boil; reduce to a simmer and cook until liquid has thickened slightly, about 5 minutes. Stir in carrot strips.

Meanwhile, cook pasta according to package directions; drain, reserving 1/2 cup pasta water. Toss pasta with vegetables and sauce. Add pasta water, if necessary, to loosen mixture. Serve garnished with 1 cup of Parmesan, parsley and basil.



Hint: I have made this with any vegetable combination I had on hand and it is always yummy.

Hearing Aid Battery Storage and Disposal

Hearing aid batteries should be stored at room temperature. Avoid storing batteries in hot places since heat will shorten the life of the batteries. Refrigeration is also not recommended.

Batteries should not be carried loose in your pocket or purse. If a battery inadvertently comes into contact with a metal object such as coins or keys the battery may charge, leak or in rare incidences even rupture. To prevent this from occurring keep unused batteries in the original packaging or in a battery holder.

Batteries that have been fully discharged can be thrown in your regular trash. Store and discard batteries in places that cannot be reached by infants or children. If a battery is swallowed, see a doctor immediately. For recommended treatment,

call the National Button Battery Hotline collect at 202-625-3333.



Sycle Marketing Group

Annual Physicals and Hearing Loss



Tinnitus is a medical condition, which is typically related to damage in the inner ear; however, it is sometimes caused by elevated blood pressure.

Speaking of which ... having an annual physical is especially important to your hearing health if you have other health conditions, such as heart disease, diabetes, and obesity, as these can cause hearing loss. Heart disease and obesity affects your circulation, while diabetes affects the nerves and blood vessels in your body. Your ears, especially the organs in your inner ear, rely on good circulation and blood flow. By managing these diseases, you also protect your hearing health.

Although hearing loss is an inevitable part of the aging process, make sure you maintain your hearing health as long as possible by having your ears checked during your annual physical. The health of your ears may hold clues to your overall health, too.

Not all hearing loss is created equal. Sensorineural hearing loss, which commonly occurs as part of the aging process, is caused by loss of hair cells in the inner ear and is permanent. Conductive hearing loss, however, can often be treated and normal hearing restored. By examining the ear canal, your physician can detect causes of conductive hearing loss – such as excessive ear wax, fluid accumulation or infection due to a cold or sinus infection, a perforated eardrum or benign tumor – and recommend a course of action to correct the problem. Problems with your hearing may also signal other serious medical conditions. If you've recently begun hearing ringing in your ears, also known as tinnitus, it may be an indication of high blood pressure.

If your physician detects a hearing problem during your annual exam, be sure to address it as soon as possible. Research shows individuals wait an average of seven years before seeking treatment for their hearing loss. Untreated hearing loss can damage the brain's ability to interpret sound, decreasing the amount of success you'll have with hearing aids once you decide to purchase them. So, although your eyes are the windows to your soul, your ears and their health can be a gateway to your overall health and well being. The healthier they are, the better you'll feel.

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Exercise Helps Your Hearing



The next time your dog brings you his leash and gives you that wistful "I-wish-someone-would-play-with-me" look, take the leash firmly in your hand, attach it to your furry friend's collar and head out the door for a brisk walk around the neighborhood. In addition to making him extremely happy, you may also be protecting your hearing health.

Like other organs in your body, your hearing relies on oxygen-rich blood flow to work effectively. Of course, you probably already know that regular cardiovascular exercise can protect your heart from heart disease and stroke, high blood pressure, diabetes and obesity – not to mention the positive affects it has on your mood and stress levels. But did you know these health conditions can also damage your hearing health?

Studies of older adults indicate those with cardiovascular disease are 54 percent more likely to have a hearing impairment. A study by the National Institutes of Health (NIH) found that individuals with diabetes are twice as likely to have hearing loss.

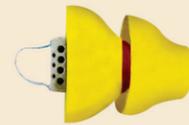
Exercise also helps reduce chances of developing depression and anxiety, two other health conditions which are detrimental to hearing health. According to a study by the National Council on Aging, individuals over the age of 50 with untreated hearing loss were more likely to report feeling depressed, anxious, angry and frustrated, and less likely to participate in organized social activities than those who used hearing aids. Exercise triggers the release of endorphins and boosts the brain's production of serotonin, dopamine and norepinephrine, which are mood-elevating chemicals. Additionally, exercise increases your chances for social interaction. Social isolation is another byproduct of untreated hearing loss.

How much exercise is enough? That depends upon your overall health and what your physician recommends; however, the U.S. Surgeon General's report on Physical Activity and Health recommends you engage in some type of cardiovascular activity for approximately 30 minutes at a time, five times each week. Even those who only exercise once a week are 32 percent less likely than sedentary people to develop hearing loss. And if you don't have a four-legged friend to encourage you to stroll the neighborhood, find other activities that get you up and moving. Gardening, house keeping, washing the car or parking further away from the store are all great ways to get your heart pumping – and keep your hearing healthy.

Better Hearing Institute

Introducing Lyric

Lyric, the world's first and only 100% invisible, 24/7 wearable, sweat-proof, shower-proof, for-months-at-a-time hearing device can.



Lyric is the world's first 100% invisible extended-wear hearing device. It can be worn 24/7 for months at a time and there are no batteries to change, no maintenance needed and no daily insertion or removal is required.

Lyric is comfortably placed in the ear canal by a trained hearing professional with no need for surgery or anesthesia.

Clear, Natural Sound Quality

Lyric's unique design and placement works with your ear's anatomy to deliver exceptional sound quality in quiet and noisy environments.

Even Showerproof

Unlike many hearing aids, Lyric can be used during almost all your daily activities, such as exercising, showering, talking on the phone and sleeping.

Call us today at 708-660-2350 to learn more about how Lyric can work for you!

See our special offers on page 3!

Lyric CAN.

About Sound Care Hearing Group

Have you had a good experience with the Doctors at Sound Care Hearing Group? Yelp all about it, and receive a free package of batteries!

<http://www.yelp.com/biz/sound-care-hearing-group-oak-park>

Visit us on Facebook and Twitter!

<http://www.facebook.com/pages/Sound-Care-Hearing-Group/145816338785277>

<http://twitter.com/soundcarehear>

Our Website has a new look! Please check it out: www.soundcarehearing.com



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

Due to new Medicare restrictions, we have adjusted our Friends and Family Program to the following:

Friends & Family Program.

*Refer a friend or family member to Sound Care Hearing Group for a complimentary hearing screening, complimentary hearing aid clean and check or hearing aid consultation, and **receive one complimentary office visit (\$45.00 value).***

*If your friend or family member purchases hearing aids, **they will receive a friends and family discount of \$100.00, and you will receive one year of complimentary service (\$150.00 value).***

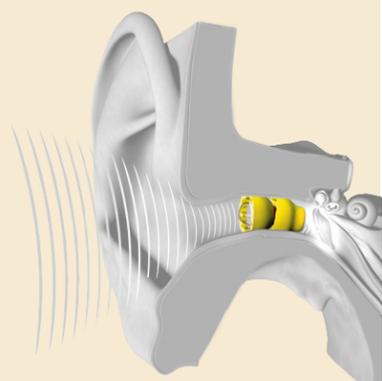
It's a win-win! Did Sound Care Hearing Group improve the quality of your life? Why wait to share your experience with others you care about?

Special Offers!

\$200 off
each Lyric device
subscription!

- RISK-FREE 30-Day Trial*
- FREE Hearing Screening
- Complimentary Consultation

Don't miss this special offer!
Hurry!! Offer expires 4/30/13.



*Professional fees may apply.
Annual subscription begins first day of trail.