



Spring 2006  
Volume 4

Better hearing. Doesn't that sound good?

# HEAR & NOW

## Patriot Center for Hearing Loss Newsletter



### HEARING LOSS & YOUR HEALTH

#### On The Homefront



We recently welcomed a new member to our family. *Spanky* is definitely a "little rascal" and a real



sweetheart. We fell in love with her immediately. It is taking a bit longer for her four-legged family to feel the same way, but they are getting there!



#### Office Birthdays:

Denise	May 27
Tony	June 22
Gerri	July 14

#### *In Loving Memory-*

We met Jack Armstrong barely a year ago but quickly realized that we had encountered a one-of-a-kind forever friend. Jack had a goal of taking full advantage of each day God gave him to do what he could to make people smile. And he did.

Jack, I hope you know, your memory is still making us smile.



#### *Hearing Better, Feeling Better*

Research indicates a surprising link between hearing loss and other health problems. According to a study by The National Center for Health Statistics, people with untreated hearing loss rate their overall health as poorer than did people in the same age range without hearing loss. The thought is that hearing loss doesn't actually cause or worsen other diseases, but because people with hearing loss are often more socially withdrawn, isolated and depressed, hearing loss "tends to heighten people's awareness of the impact of physical disease on their lives". Interestingly, researchers found that when those with hearing loss used hearing aids, they reported improved overall health. Studies by The National Council on Aging also showed that people who treated their hearing loss, often through the use of hearing aids, had more active social lives, lower levels of anger and frustration and fewer feelings of depression. Their families noticed the difference too. It just may be that by improving your hearing, you can improve your health!

#### *Healthy Concerns*

People often do not consider hearing loss a serious health condition but, as you have just read, hearing loss affects you in very unhealthy ways. Though often associated with aging, people of all ages are subject to problems with their hearing and you may be surprised to know the various health conditions that may cause or worsen hearing loss. Several studies have suggested that **cardiovascular diseases**, which include hypertension, stroke, heart failure, and many others, may affect your hearing due to decreased blood

circulation in the inner ear. **Diabetes** is thought to have an effect in much the same way. Hearing loss may also be caused by **Meniere's** disease (a disorder of the inner ear) or may be symptomatic of an **Acoustic Neuroma** (a benign growth on the auditory nerve). It may be caused by a condition in the middle ear such as **otitis media** (middle ear infection), **otosclerosis** (abnormal growth of bone), or **cholesteotoma** (abnormal skin growth in the middle ear).

As stated earlier, hearing loss occurs at all ages, including newborns. Some hearing losses are caused by non-syndromic **genetic disorders** and some are caused by syndromes such as Waardenburg or Usher. Acquired infections such as **bacterial meningitis** or **mumps** may also cause hearing loss, as can congenital infections such as **rubella** or **Cytomegalovirus (CMV)**. **Neonatal hypoxia** (a lack of oxygen) can also cause hearing loss in newborns.

One cause of hearing loss that can affect people of all ages is medication. Certain medications are ototoxic, which literally means toxic or poisonous to the ear. **Ototoxic medications** may cause hearing loss, tinnitus (ringing, hissing, buzzing, etc. in the ear) or dizziness. Don't stop taking a medicine if you suspect it may be causing any of these problems but be sure to talk to your health care provider right away.

Remember to take care of your hearing. Avoid excessive noise, use hearing protection when you can't avoid loud sounds, talk to your healthcare provider about any concerns you have and see your audiologist regularly for hearing evaluations.



## What's New?

Patriot Center for Hearing Loss will be hosting a Health Fair on Thursday, May 4, 2006, from 12 p.m. to 6 p.m. in recognition of May's Better Hearing and Speech Month. We will have free hearing screenings, which makes it a perfect time to bring your friends or family members who have been putting off having their hearing checked. There will be a wide variety of area health care providers participating, providing free blood pressure checks, bone density screenings, blood sugar checks, and much more. We look forward to seeing you!

## A NOTE OF GRATITUDE

*Our sincere thanks for the good word you have been spreading about us! Recommendations from people who know us and understand our desire to help people hear better is the highest compliment we could receive. We appreciate the trust and support more than words can say.*



## ...And Now a Note of Apology

We discovered, through a kind-hearted and understanding patient, that some of our batteries were not working properly. Even though we use name-brand, premium batteries, some of our 4-pack batteries were defective and were either not lasting as long as usual or were even dead right out of the pack. If you were a victim of *Batteries Gone Bad*, I personally apologize and will gladly replace them. Please remember, anytime you have a concern about batteries, your hearing aid, our service, ANYTHING, please let us know.

We really appreciate the opportunity to make things right!

## Buffalo Chips Cookies

1 C. margarine or butter	4 C. all purpose flour
1 C. shortening (Crisco)	2 tsp baking soda
2 C. packed brown sugar	2 tsp baking powder
2 C. granulated sugar*	1 C. coconut
4 eggs	1 C. chopped pecans
2 tsp vanilla	2 C. Rice Krispies
2 C. quick oats (uncooked)	6 oz. chocolate chips

Preheat oven to 350°. In a large mixing bowl, cream margarine and shortening. Add sugars, eggs and vanilla. Mix well. Stir in oats, flour, baking soda and baking powder. When well blended, stir in coconut, pecans, Rice Krispies and chocolate chips. When batter is thoroughly mixed, measure ¼ cup batter for each cookie on a large ungreased baking sheet. Bake 10 to 12 min or until edges are golden. For a crispier cookie, bake 12 to 14 min. Allow cookies to cool before removing from baking sheet.

Yield: 4 dozen large cookies. Submitted by: Margie Sims

\*Margie suggests uses 1 cup Splenda and 1 cup sugar



## YOUR RECIPE CORNER

### Morning Glory Muffins

2 C. flour	½ C. chopped pecans or walnuts
1 C. sugar	½ C. shredded coconut
1 tsp soda	1 apple, peeled & cut in small pieces
2 tsp salt	3 eggs
2 C. grated carrots	1 C. vegetable oil
½ C. raisins	2 tsp vanilla

Sift dry ingredients. Stir in carrots, raisins, nuts, coconut and apples. In a bowl, beat eggs with oil and vanilla. Stir egg mixture into flour mixture until batter is just combined. Spoon batter into well greased muffin cups, fill to top. Bake 350° for 30 minutes or till springy to touch. Cool 5 minutes then turn muffins out of pan.

Yield: Approximately 15 muffins. Submitted by: Margie Sims