



Health Report

Hearing Associates Newsletter

What's New at Hearing Associates



A Message from Dr. Girard...



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In our last newsletter we invited everyone to write an online review of our practice. The response we received exceeded our expectations, and we are truly grateful for everyone who responded! Thank you for helping us to improve the lives of people with hearing and balance problems and for your continued support. If you missed the last newsletter, here is the address where you can leave a review
<https://www.hearingdoc.com/about-us/reviews/>

Did you know that hearing loss is the third most common chronic health condition? It is

more common than diabetes and cancer. This May is Better Hearing Month, and at Hearing Associates our mission is to help preserve, protect, and improve quality of life for our patients through better hearing. In celebration we are holding a raffle for a chance to win a gift basket! To enter the raffle all you need to do is stop in one of our offices, say hello, and fill out a raffle ticket! We hope to see you in the office!

May is Better Hearing Month!

**HEARING
ASSOCIATES**

Eliminating the
sound of silence
since 1980

Call us at (888) 510-8428

35 Tower Court, Suite A
Gurnee, IL 60031

755 S. Milwaukee Ave., Suite 189
Libertyville, IL 60048

Sedgebrook - for residents only
Lincolnshire, IL 60096

www.Hearingdoc.com

**Find out more about
Hearing Associates online!**



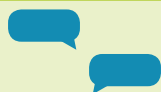
www.facebook.com/HearingDoc
Twitter: @HearingAssocInc

Special Offer!

Please stop in our office during the month of May to be entered into our

**May is Better Hearing
Month Raffle to win a
gift basket valued at over
\$100.00!**

Drawing will be held on
May 31, 2018 and you do not need
to be present to win.



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See what our patients
have to say about us!



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10 Things About
Hearing Loss & Your
Health



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May is Better
Hearing Month



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Noise Levels



PAGE 3

Big News In Hearing
Device Technology

"Friendly, professional - and above all, the doctors are up to date on current technology and fit that to the patient's needs. Outstanding service!!"

-Susan S.

"After years of a severe hearing loss and many frustrated days Hearing Associates has given me the gift of hearing again. I can now hear the music on the radio and watch TV without closed captioning. Others have told me I have a problem and to live with it. The Doctor tested me thoroughly and had me hearing from the first visit, they are knowledgeable and do whatever it takes to get you the results you need to live a happy hearing life!!!"

-Paulette B.

"I would like to acknowledge the professionalism offered by the staff, they are truly wonderful. It's amazing what I can hear now. Thank you Hearing Associates."

-Daniel A.



10 Things You Should Know About Hearing Loss & Your Health

Courtesy of hearingreview.com

The Better Hearing Institute (BHI) reports that recognizing and treating hearing loss may help more than just your hearing. BHI is working to raise awareness of the link between hearing loss and other important health issues. As part of its awareness and outreach efforts, BHI is encouraging adults of all ages to take the free, quick, and confidential online Hearing Check on the BHI website. Anyone can take the online survey to determine if a comprehensive hearing test by a hearing health professional is needed as a next step.

Also as part of its outreach for Better Hearing and Speech Month, BHI is providing this list of 10 things you should know about how hearing loss can affect other aspects of your health:

- 1. Hearing loss is tied to depression.** Hearing loss has been associated with an increased risk of depression in adults of all ages.
- 2. Hearing loss and dementia are linked.** A Johns Hopkins study of older adults found that hearing loss actually accelerates brain function decline. Some experts believe that hearing aids could potentially delay or prevent dementia.
- 3. Hearing loss is more common in people with diabetes.** Studies show that people with diabetes are twice as likely to have hearing loss.
- 4. Hearing health and heart health are linked.** Some experts say the inner ear is so sensitive to blood flow that abnormalities

in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body.

5. Fitness may help your hearing. Higher levels of physical activity have been associated with a lower risk of hearing loss.

6. Hearing loss may put you at risk of falling. Studies show that people (aged 40 to 69) with even mild hearing loss are more likely to have a history of falling.

7. Hospitalization may be more likely for those with hearing loss.

8. The risk of dying may be higher for older men with hearing loss. Men with hearing loss were found to have an increased risk of mortality, but hearing aids made a difference.

9. Common pain relievers may cause hearing loss. Regular use of aspirin, NSAIDs, or acetaminophen has been associated with an increased risk of hearing loss.

10. Kidney disease is linked to hearing loss. Research has shown moderate chronic kidney disease to be associated with an increased risk of hearing loss.

More details on these findings, along with other hearing health information, is available on the BHI website: www.betterhearing.org.

The above story is based on materials provided by **Better Hearing Institute**. Note: Materials may be edited for content and length.

CELEBRATE THE SOUNDS OF YOUR LIFE



MAY IS BETTER HEARING MONTH

AMERICAN ACADEMY OF AUDIOLOGY

WWW.HOWSYOURHEARING.ORG



To your health...

If I only knew then what I know now...

Courtesy of Better Hearing Institute

It seems it isn't just hearing loss that falls into this arena of wisdom, but hearing aids as well.

Consider this:

About 7 out of 10 people who say they have a hearing difficulty do not use hearing aids, the latest BHI research shows.

And most of them aren't aware of the enhanced technology that today's hearing aids offer.

Yet, when introduced to the technology, these same people are intrigued. Functional things—like settings for different listening environments and remote control—peak their interest, as well as enhanced features like directional microphones, streaming, and tinnitus masking.

We also know that once people do purchase hearing aids, most are happy they did. In fact, 91 percent of people who got their hearing aids in the last year say they're satisfied.

So, let's get the word out!

The above story is based on materials provided by **Better Hearing Institute**. Note: Materials may be edited for content and length.

LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS

| | | |
|---------------------------------|-----|---|
| Use hearing protection or avoid | 140 | • Fireworks • Gun shots • Custom car stereos (at full volume) |
| | 130 | • Jackhammers • Ambulances |

UNCOMFORTABLE

| | | |
|---------------------------|-----|--------------------------------|
| Dangerous over 30 seconds | 120 | • Jet planes (during take off) |
|---------------------------|-----|--------------------------------|

VERY LOUD

| | | |
|---------------------------|-----|---|
| Dangerous over 30 minutes | 110 | • Concerts (any genre of music) • Car horns • Sporting events |
| | 100 | • Snowmobiles • MP3 players (at full volume) |
| | 90 | • Lawnmowers • Power tools • Blenders • Hair dryers |

Over 85 dB for extended periods can cause permanent hearing loss.

LOUD

| | | |
|--|----|------------------------|
| | 80 | • Alarm clocks |
| | 70 | • Traffic • Vacuums |

MODERATE

| | | |
|--|----|--|
| | 60 | • Normal conversation • Dishwashers |
| | 50 | • Moderate rainfall |

SOFT

| | | |
|--|----|-----------------|
| | 40 | • Quiet library |
| | 30 | • Whisper |

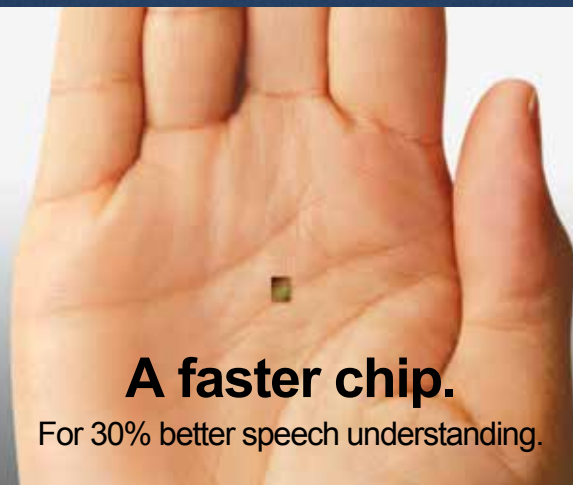
FAINT

| | | |
|--|----|-------------------|
| | 20 | • Leaves rustling |
|--|----|-------------------|

MAY IS BETTER HEARING MONTH

American Academy of Audiology | 11730 Plaza America Drive, Suite 300, Reston, VA 20190 | 800-AAA-2336 | www.HowsYourHearing.org
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BIG NEWS IN HEARING DEVICE TECHNOLOGY



A faster chip.

For 30% better speech understanding.



Introducing Oticon Opn.™

When you're in a complex listening environment, it's often hard to follow conversations. Finally there's a hearing device that solves that problem. Oticon Opn™ features a revolutionary microchip that processes sound exceptionally fast and gives you access to all the sounds around you. It separates speech from noise, and allows you to focus on what you want to hear. Scientific research shows that the chip inside Oticon Opn offers 30% better speech understanding* for a more natural hearing experience.

*Compared to Alta2 Pro



Oticon Opn. The first hearing device proven to make it easier on the brain.
Less stress. More recall. Better hearing.

oticon
PEOPLE FIRST



Health Report

Newsletter

Presorted
First-Class Mail
U.S. Postage Paid
New Brunswick, NJ
Permit No. 1

HEARING ASSOCIATES
Eliminating the
sound of silence
since 1980

35 Tower Court, Suite A
Gurnee, IL 60031