



Hearing Health

Better Hearing

Better Understanding

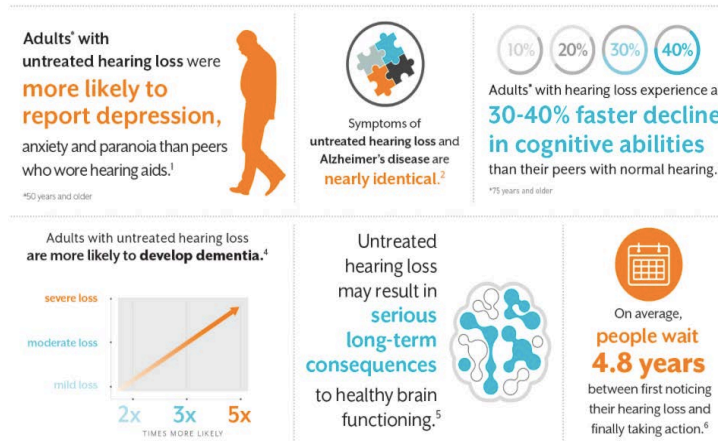
Better Living

Spring 2018

IN THIS ISSUE:

HEARING LOSS AND DEMENTIA

A recent meta-analysis published by the Lancet Commission focused on the rising rates of dementia globally. One of the main goals of the article was to consolidate the huge progress made regarding prevention and management of dementia. Specifically, the commission considered modifiable risk factors for dementia.



To date, the modifiable risk factors have focused on cardiovascular risk factors for dementia (i.e., diabetes, hypertension), plus obesity, physical inactivity, smoking, depression, and low childhood educational attainment.

For the first time, however, hearing loss was included as a preventable risk, based on recent peer-reviewed studies that have appeared in the literature.

The study's analysis suggested that the risk of hearing loss for dementia in the meta-analysis was higher than the risks from other individual risk factors listed above. In fact, it was higher than ANY other single risk factor, including hypertension, childhood education, or smoking. It was also of concern because the age-related prevalence of hearing loss was higher than for the other risk factors, affecting nearly one-third of those over 55 years of age.

The commission stated clearly that the mechanism underlying cognitive decline associated with peripheral hearing loss is not yet clear, as well as whether the use of hearing aids may prevent or delay the onset of dementia. Notably, however, they stated that hearing loss might add to the "cognitive load" of a vulnerable brain, and lead to social isolation or depression or brain atrophy, all of which COULD contribute to the accelerated cognitive decline.

This study has important societal implications—for the first time, hearing loss is being identified as a modifiable risk factor for one of the most significant age-related global health conditions. This is certain to continue to raise awareness for the importance of healthy hearing in the aging population.

Hearing Loss and Dementia- What you need to know

You Ask... We Answer

Kids Corner How loud is too loud? and what can I do about it?

Tips from the Pros- Get the most from your hearing aid batteries

Meet Your Hearing Team

YOU ASK....

WE ANSWER.

Question: *Do I really need two hearing aids?*

Answer: If you have hearing loss in both ears, your audiologist will most likely recommend *two hearing aids*.

- The human brain is designed to hear in stereo. Hearing with both ears provides richer, more distinct, and more natural sound. Using two hearing aids provides better understanding and allows you to more fully participate in conversation.
- You need two hearing ears to localize sound. Without that, you don't know which person in a group is speaking, or which direction a car is coming from!
- Hearing aids have directional microphones, which help us filter out speech from background noise. When utilizing only one hearing aid it is more difficult to separate sounds we want to hear from background noise.
- If you have tinnitus, or ringing in the ears, hearing aids can help mask that noise. However, a single hearing aid will not provide relief for the unaided ear.
- The auditory system is complex, with each ear sending different signals to different areas of the brain. Stimulating both ears is important to keep the hearing nerves and hearing parts of the brain active. Lack of stimulation over time effects your ability to understand speech and can increase your risk of dementia.
- Individuals who wear two hearing aids are more satisfied compared to those who only wear one. Imagine buying a pair of glasses and only putting a lens on one side. It's more tiring on the brain and just not as satisfying.



Thanks again for voting us the BEST.

BEST PLACE TO BUY A HEARING AID: 2015, 2017

BEST AUDIOLOGISTS: 2015, 2017

NOISE INDUCED HEARING LOSS

As parents, we all want the best for our kids. We often are asked: How loud is too loud? Is my child hurting their ears by wearing headphones to game or play music?

Sound is measured in decibels (dB). The humming of the refrigerator is 45dB, normal conversation is about 60dB, the noise from heavy city traffic can reach 85dB. Siblings fighting...? We know that prolonged or repeated exposure to sounds above 85dB can cause hearing loss. The louder the sound, the shorter the time to cause hearing loss. Here are some general rules:



- Keep personal music players, personal gaming device headsets, televisions, and stereos on a low volume. As a general rule, avoid turning up the volume beyond 60% of the maximum limit.
- Set volume-limits on your child's device and use volume-limiting headphones when possible.
- Monitor usage. If the volume is even 5dB over the recommended 85dB limit, the World Health Organization advises limiting total daily listening time to 2 hours and 30 minutes. That's only a movie and a TV show.

And remember... what's good for our kids is good for us adults! Make it a family habit.

Tips From the Pros

Did you know that if you store two or more batteries together (even with the tabs on) that they will short each other out?

That's why batteries are spaced so far apart in the packaging. Its best to use a divided battery caddie or keep them in the package.

Also, if that cleaning tool has a magnet, keep it away from your battery or it will drain it!



Get to Know Your Hearing Team

Dr. Julie Lohrman has been a licensed and nationally certified audiologist since 1985, joining the practice in 2000. She has worn hearing aids for 40 years, and it has inspired her to help others with hearing loss as well. Her personal experience combined with her professional training gives her a unique perspective in helping her patients both diagnose and manage their hearing loss. "Seeing people be able to hear and interact with their friends and family is the best part of my profession."



Dr. Lohrman, AuD



Dr. Mooney, AuD



Dr. McDowell, AuD



Ms. Early, Oto-Tech



Ms. Bowman, Oto-Tech



Ms. Hester, Oto-Tech

Don't forget! May is buy one get one free for hearing aid batteries!

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