



BrainHQ Facts



Brain Uses 20% of Blood

Approximately 20% of the blood flowing from the heart is pumped to the brain. The brain needs constant blood flow in order to keep up with the heavy metabolic demands of the neurons. Brain imaging techniques such as functional magnetic resonance imaging (fMRI) rely on this relationship between neural activity and blood flow to produce images of deduced brain activity.



Your ears collect sound but it's your brain that understands it.



MAY IS SPEECH AND HEARING MONTH!

Communication allows us to express ourselves, share our ideas and needs, connect and build connections with the people around us. For most of us, speaking and hearing is how we communicate. The ability to speak, hear and be heard is vital to our everyday lives.

Each year, Speech-Language and Audiology Canada dedicates the month of May to raising public awareness about communication disorders and the professionals who can help. Using good communication strategies allows you to communicate more easily and effectively. Here are some tips for talking with someone who has a hearing disorder and/or uses hearing devices:

1. Get the person's attention by saying their name or touching their arm before you start talking. In order to hear you, the person needs to be paying attention to you to process what you're saying.
2. Always face the person you are speaking to. Lipreading helps to catch the words a person may miss. Keep your mouth visible. Don't cover it with your hand, a phone, a pen.
3. Don't speak too quickly. Speak clearly and loudly enough to be heard, but do NOT shout. Shouting distorts the speech sounds making it more difficult to understand.
4. Create an ideal listening environment: move away from noise sources and choose a place with good lighting. Reduce distractions and as much background noise as possible e.g. turn off the television or radio.
5. During group discussions, only one person should speak at a time. Smaller group discussions are better than larger groups.
6. If a person didn't understand what you said, rephrase rather than repeat. This will give the person a better chance of understanding.
7. Be patient and provide the person with some extra time to respond. Hearing and processing sounds may take a bit longer.



Ask One of Our Audiologists or Hearing Instrument Specialist

Q: What are some of the early signs of hearing loss, and when should I see the audiologist?

A: The first symptom of hearing loss for most patients is difficulty hearing in complex listening environments. If you take the time to reflect truly and deeply on your communication breakdown, we believe you will begin to recognize some of the initial symptoms of hearing loss. Are you having any difficulty when there are a few people at the kitchen table? Or when the kids come over? Or when communicating with your grandchildren? Or when you are at a social gathering (i.e. sharing a meal with friends and you can't seem to follow the conversation, yet all the other people seem to be enjoying themselves and following the conversation)? It is in these types of scenarios when hearing loss can really start to rear its ugly head and you realize that you are no longer an active part of the conversation. The result is a slow retraction from contributing to the conversation because you may feel embarrassed, and thus you continue to further isolate yourself and find yourself not truly engaging in conversations and relationships. And this is how even a mild hearing loss can really begin to impact your quality of life and relationships with others.

Like every major medical condition, the key to successful management of the disorder is early intervention. **"Catch it early and treat it early!"**



There are many things we can do to improve our overall physical and cognitive (mental) health. Here are 6 easy, modifiable lifestyle factors that can have a major impact on both your physical and cognitive well-being.

1. Stop saying 'huh?' and 'what?'

It's true, one of the best ways to reduce your risk of cognitive decline is taking part in regular audiology exams and to treat a hearing condition at the first signs of loss. Individuals with even a mild hearing loss experience significant negative impacts such as reduced quality of life and reduced cognitive health.

2. Get moving

Another easy way to take care of yourself and to reduce the risk of cognitive decline is taking part in regular physical exercise. It's good for your heart, circulation, weight and cognitive (your brain!) wellbeing.

3. Eat well

A healthy, balanced diet is likely to reduce your risk of cognitive decline, as well as other conditions including cancer, type 2 diabetes, obesity, stroke and heart disease.

4. Quit smoking and cut down on alcohol

If you smoke and/or drink, you're putting yourself at a much higher risk of developing cognitive decline. Quit smoking and aim to limit alcohol consumption to no more than 14 drinks per week.

5. Keep your mind active

Years of research suggests that regularly challenging yourself mentally seems to build up the brain's ability to cope with disease. Find an activity you enjoy so you will be more likely to keep it up.

6. Look after your health

Taking control of your health will help reduce your risk of cognitive decline. A visit to your primary care physician every year helps to reduce your risk of physical and cognitive decline.

CATCH EARLY, TREAT EARLY.

**Call us today to schedule
your comprehensive assessment.**

Renee Giroux

Doctor Of Audiology,
Audiologist

Completed the Certified
Tinnitus Care Provider
Course

Completed the Certified
Dementia Practitioner
Course



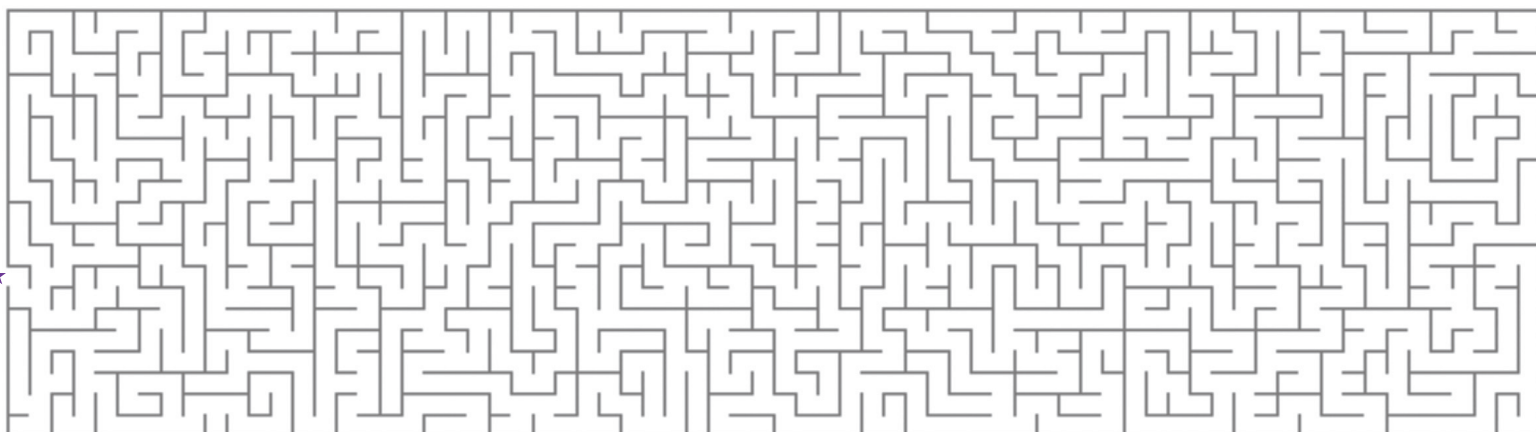
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COGNITIVE GAME OF THE MONTH



Maze Instructions: Find your way through the maze.