



## BrainHQ Facts



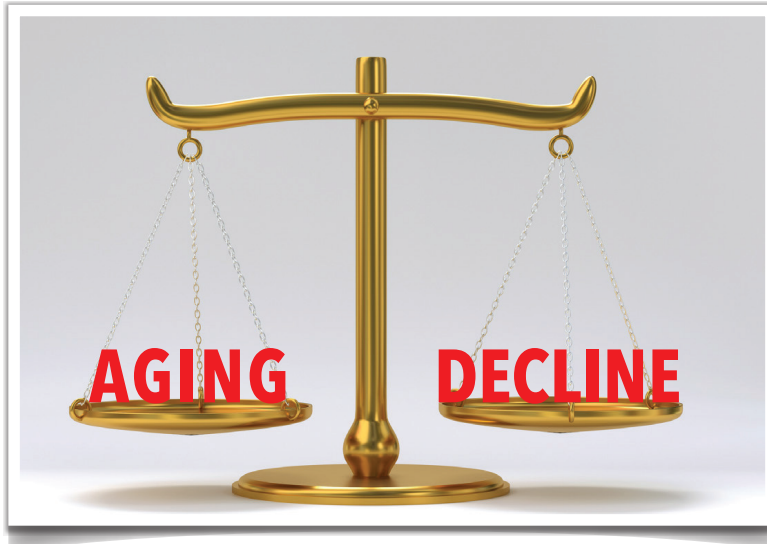
### Brain Uses 20% of Oxygen Breathed

Although the brain accounts for only 2% of the whole body's mass, it uses 20% of all the oxygen we breathe.

A continuous supply of oxygen is necessary for survival. A loss of oxygen for 10 minutes can result in significant neural damage.



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



## Aging Is Inevitable. Decline is Optional. Which Do You Choose?

Humans have always longed for the fountain of youth. We always try to live another day – and with advances in science, we are living longer than ever. But how is it that some of us do it (aging) better, i.e. live longer, than others? This question has puzzled scientists forever. There have been numerous longitudinal 'aging studies' that have provided us with insight as to what seems to help some of us live a longer, and more enriched life.

Centenarians, people who live to be 100 years young or more, embody a fairly small percentage of the total Canadian population. In fact, only approximately 2 out of every 10,000 Canadian are 100 years or older. This small slice of the population who are surviving to extreme old age lures the attention of not only researchers but also the general public, as we attempt to recognize and learn from the experiences of those who beat the odds of environmental and biological hindrances to which most of us tend to fall prey.

Research from Julianne Holt-Lunstad at Brigham Young University, addressed this very question. She discovered that the #1 and #2 most important lifestyle factors for living longer are: Social Integration and Close Relationships with Others. And nothing is more integral at achieving these two goals than proper hearing health care. After all, hearing is our lifeline to communicating and socializing with our family, loved ones and community.



### Ask One of Our Audiologists or Hearing Instrument Specialist

**Q:** How early in life should I have my hearing evaluated?

**A:** If you are over 50, you should have your hearing evaluated. Research shows that waiting long periods of time to address your hearing loss can negatively impact the health-related quality of life (HRQoL) of individuals and their families. It is often associated with social isolation, increased rates of depression and anxiety, and lessened self-efficacy and mastery. Untreated hearing loss also is linked to accelerated global brain atrophy (shrinking), particularly in the temporal lobe. In order to avoid the negative consequences of hearing loss is to seek treatment early, when your loss is mild.

Regardless of age, if you are noticing any of the symptoms of hearing loss (e.g. difficulty hearing in noisy situations, difficulty hearing the TV compared to others), if your family is suggesting you get a hearing test, or if you have ringing in your ears (defined as tinnitus), then it is time to take the first step and have your hearing evaluated and discuss treatment options.



## June is Seniors Month in Ontario

June is a special month as it celebrates Seniors in our communities! As people are living longer than ever before, it's important for Seniors to maintain an active lifestyle. The concept of "active aging" means maintaining health, mobility, and social connectedness of older adults. You're never too old for a challenge. Physically and mentally demanding activities do wonders for your health!

The word "active" refers to continuing participation in social, cultural, spiritual, civic, and even economic affairs. Active aging aims to extend healthy life expectancy while maintaining a high quality of life for all people as they age. Remaining autonomous and independent as one grows older is a key goal for most people. Keeping your mind sharp and physical activity play an important role in your health, well-being and quality of life!

Research shows active lifestyles—keeping up strength, endurance, balance, and agility (mental and physical)—can lessen challenges associated with increased age. Learning a new musical instrument or a new language, doing online brain training such as BrainHQ or Lumosity, doing different kinds of puzzles, etc., are all good activities for your cognitive health (skills of the mind). Taking daily walks, doing light weight training, playing pickleball or lawn bowling, joining a dance class or water aerobics class, etc., are all good activities for your physical health. Joining a social club like a book club or garden club, playing cards like Bridge or Euchre, going to dinner with friends, etc., are all good activities for maintaining social connection.

In order to participate actively in those activities, you have to have good hearing. If you want to age successfully and if you have a hearing loss, treat it! Call us today.

## 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



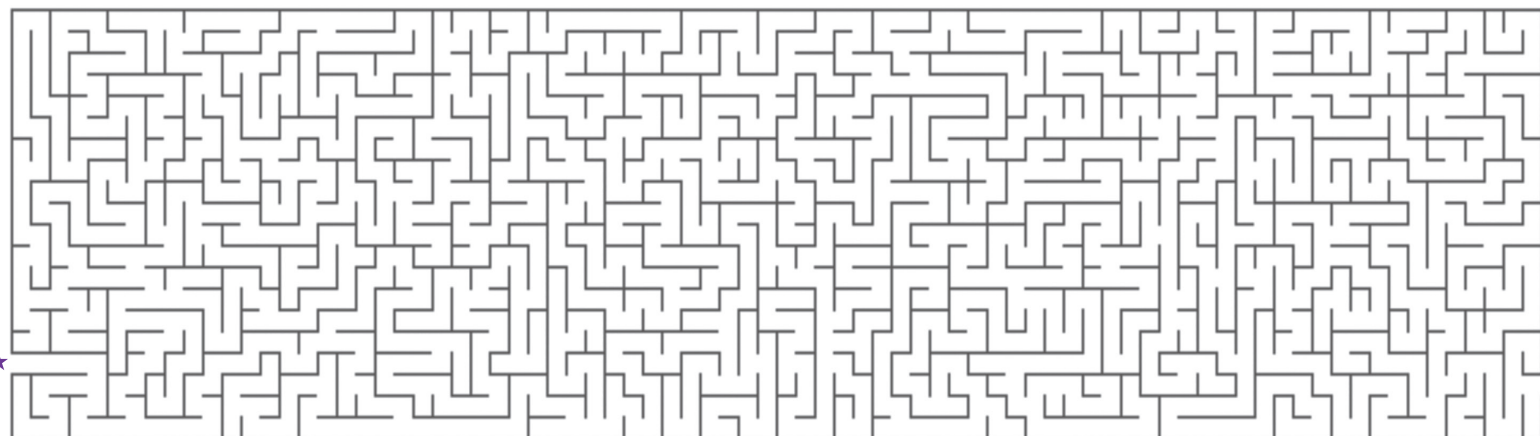
### Brigitte Giroux

Hearing Instrument  
Specialist

Completed the Certified  
Tinnitus Care Provider  
Course

Completed the Certified  
Dementia Practitioner  
Course

## COGNITIVE GAME OF THE MONTH



**Maze** Instructions: Find your way through the maze.