



BrainHQ Facts



Drink Water

This may sound simple, but it is so important. The adult human brain is made up of approximately 75% water (90% in infants!). Drinking water is important for brain function because water provides energy and helps produce neurotransmitters. Avoid anything that dehydrates it – such as caffeine or alcohol. Being dehydrated by just 2% impairs performance in tasks that require focus or attention, immediate memory skills, and even physical performance.



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



March is Brain Health Awareness Month

It is a time to recognize the brain's importance and how to keep it healthy. The brain is a complex organ that regulates everything you do and who you are. You are your brain. A healthy brain means a healthy you!

There are more than 1,000 diseases, disorders and injuries of the brain, spinal cord and nervous system. They include concussions, dementia like Alzheimer's disease, stroke, multiple sclerosis, spinal cord injury, depression, schizophrenia.

The most common form of traumatic brain injury is a concussion. Contact sports, car accidents, assaults are common causes of concussions. In the elderly, a fall is the most common cause of a traumatic brain injury.



Ask One of Our Audiologists

Q: Why do our ears get dirty with earwax?

A: Although sticky, earwax is not 'dirty'. It is a natural substance produced by glands in the skin of the ear canal. It usually also consists of dead skin cells, sweat, hair, and debris. It protects the ear canal from foreign objects, it moisturizes the skin, and it has antibacterial properties. The motion of your jaw helps move earwax toward the opening of your ear. But for some, the wax builds up too quickly and can block the ear canal, causing a temporary hearing loss. The wax can become hard and uncomfortable, and it can cause ringing in the ears or make the ringing worse. Using oil drops or peroxide drops helps soften the earwax and loosen it so it can leave the ear more easily. Earwax can be safely removed by Audiologists by using manual extraction, irrigation, or suction.



Are you taking care of your brain?



Brain health is an important factor in managing risks related to dementia.

The number of Canadians affected by dementia has more than doubled in the last two decades. The Alzheimer Society encourages Canadians to take care of their brain. Getting into healthy habits like exercising, eating nutritious foods, managing stress, quitting smoking are all healthy habits for your brain!

In fact, Vascular Dementia, the second most common form of dementia after Alzheimer's Disease, is caused by decreased blood flow that damages brain tissue.

- Physical activity of any kind pumps blood and oxygen to the brain which is important for brain functioning. An active lifestyle also builds up your cognitive reserve, and improves memory and thinking. Walking, cycling and swimming, can help maintain our thinking skills and brain health as we age.
- Research shows that the best brain foods are the same ones as heart healthy foods. Consuming nutrient-rich super foods such as dark leafy greens, berries, fatty fish are good for your brain and your heart.
- Brain injury prevention like wearing helmets during contact sports or on a bicycle, and reducing the risk of falls in the elderly, can prevent head injuries. However, if a brain injury does occur, it is critical that it is properly recognized and managed.
- Sleep is crucial for various brain functions. Sleep helps form new connections in the brain, helps remove waste products from brain cells, helps repair and restore the brain.

- Training your brain to learn new things in new ways preserves brain cells and, in some cases, can even help reverse some of the cognitive decline that occurs with age. Engaging in activities with others such as volunteering or participating in a book club is even better for keeping your brain in top form. Staying connected socially boosts mood and attitude, both important ingredients for well-being. – The Alzheimer Society of Canada

Ready to treat your hearing loss and tinnitus? Call us today or visit us at advanced-hearing.com.

CATCH EARLY, TREAT EARLY.

Call us today to schedule your comprehensive assessment.

AJAX 905-426-4000

OSHAWA 905-723-2273

PICKERING 905-831-8311

UXBRIDGE 905-852-8888

WHITBY 905-666-7726

REFERENCES:

https://alzheimer.ca/sites/default/files/documents/asc_release_03062014_brainawareness_e.pdf

COGNITIVE GAME OF THE MONTH

Instructions: Fill in the missing letters and discover the hidden message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				10										21					8						

T E E O E E T : E E T O
8 6 10 22 26 24 10 5 21 24 19 10 25 10 3 8 23 1 12 24 10 14 10 3 8 23 21 3