

Spring 2017

Special points of interest:

- Importance and Joys of Hearing
- Health Benefits of Treatment
- Spring Recipe
- Passing the Torch
- Upcoming Events

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7 High Tech Reasons Why You Should Do Something About Your Hearing Loss

Lifting your mood, boosting your energy, protecting your earnings, super-charging your social life — and even keeping your mind sharp: These are just some of the many spoils that come with facing and dealing with a hearing loss that has been slowly but persistently creeping up on you.

In this digital age of smart phones and wearable technologies, the draw for many solution-minded consumers may be in the technology itself. Super-smart, super-sleek, super-convenient, and super-sophisticated — today's hearing aids give you a multitude of reasons to address that hearing loss you've been trying so hard to ignore.

Consider these inspiring facts about today's highly functional hearing aids.

They just may get you to do something about your hearing loss and make your life easier.

- They are cool, sleek, and discreet. Some are actually rechargeable.
- They capture the natural richness and variation of speech, so it's easier to follow the conversation wherever you are.
- They automatically adjust to many soundscapes.
- You can hear from all directions, making it easier to hear voices in all settings.
- Digital, Bluetooth, and wireless capabilities keep you connected when it counts.
- State-of-the-art comfort and convenience mean you'll always want to use them.
- Water, sweat, and dust are no problem while wearing them.

Reducing cognitive load —that is, drawing fewer resources from the brain just to "hear"— is a very good thing.

After all, ***we really do hear with our brains and not just with our ears.***

Yes, leading-edge hearing aids are here to help you keep your mind sharp and your life easier by hearing your best at every age—starting TODAY!



Teeth checked. Eyes checked.
What about your hearing?



What's Your Reason?

It's always good to take time to remember the things that make our hearing such a gift.

Think of the many reasons to protect your hearing and treat hearing loss.

What are yours? Share your reason with us at your next visit!

Here are our favorite sounds:

Lori:
The sound of my children's laughter.

Ariel:
The sound of a crackling campfire.

Amy:
The sound of my running shoes crossing the finish line.

It's just wise to have your hearing tested.

Start better health checkup habits by getting annual hearing check-ups.

We need to start taking our hearing as seriously as we take our eyesight and dental hygiene.



**Brighton
Farmington**



**"Treating
hearing loss
may help
more than
just your
hearing".**



Honeybees are more likely to swarm during the spring. Swarming honeybees are very docile and the most friendly they will ever be all year



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Benefits of Early Treatment On Quality of Life and Health

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For many years, experts have known the positive impact that addressing hearing loss has on quality of life. Research shows that many people with hearing loss who use hearing aids see an improvement in their ability to hear in many settings; and many see an improvement in their relationships at home and at work, in their social lives, and in their ability to communicate effectively in most situations. Many even say they feel better about themselves and life overall.

More recently, however, researchers are discovering a significant link between hearing loss and other health issues, such as cognition, dementia, depression, falling, hospitalization, mortality, and overall physical and mental health.

Ask us about the impact of untreated hearing loss in your life.



Grilled Asparagus with Caper Vinaigrette

Ingredients

- 1—1/2 pounds asparagus spears
- 3 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon kosher salt, divided
- Cooking spray
- 1 tablespoon red wine vinegar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 2 teaspoons capers, coarsely chopped
- 1/4 c. small basil leaves

How to Make It

1. Preheat grill to medium-high heat.
2. Place asparagus in a shallow dish.
3. Add 1 Tablespoon oil and 1/4 teaspoon salt, tossing well to coat.
4. Place asparagus on grill rack coated with cooking spray.
5. Grill 4 minutes or until crisp-tender, turning after 2 minutes.
6. Combine remaining 1/4 teaspoon salt, vinegar, and next 3 ingredients (through garlic).
7. Stir with a whisk.
8. Slowly pour remaining 2 Tablespoons oil into vinegar mixture,

stirring constantly.
9. Stir in capers.
10. Arrange asparagus on a serving platter.
11. Drizzle with vinaigrette, and sprinkle with basil.

Recipe from "myrecipes.com"



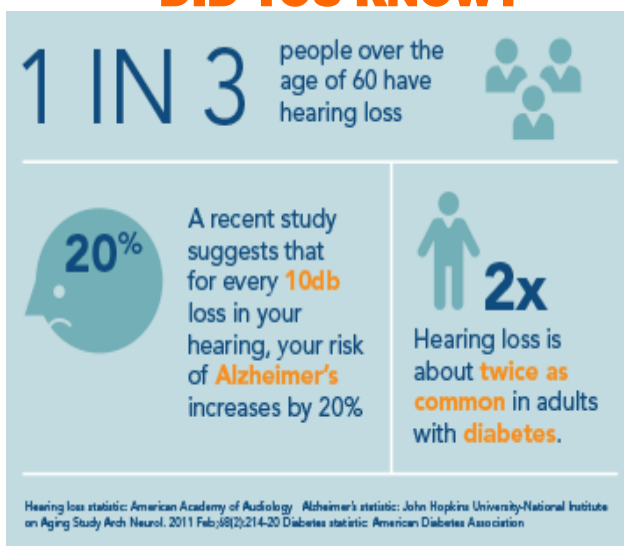
How Can Treating Hearing Loss Help Me Stay Youthful and Active?

Addressing hearing loss is one of the best things you can do to improve your quality of life and keep up a youthful pace. In fact, new technologies have made it easier to manage hearing loss and stay engaged in life. How addressing hearing loss can help you better maintain your vitality:

1. By getting out and enjoying life: Research shows that those wearing hearing aids get more pleasure doing things, are more likely to exercise and socialize, and report aids have helped quality of life.
2. Social connections and relationships are nurtured due to improved communication.
3. By keeping a positive outlook: Research says those wearing aids are more likely to be more optimistic, feel engaged in life, and more confident.
4. By helping to protect your cognitive function, stay on your feet, and keep the blues away: Research at John Hopkins University found slowing of cognitive decline with hearing aid use.



DID YOU KNOW?



Anyone can have hearing loss. If you do, you are not alone. In fact, you're in the company of nearly 40 million Americans—fathers, mothers, friends, children, grandparents, wives, teachers, doctors, husbands, lawyers, and musicians to name a few.

Listen to your ears. They may be telling you something. If you have hearing loss, pay attention to your health. The more we learn about hearing loss, the more we find it frequently co-exists with other health issues.

Alzheimer's and Brain Awareness Month is in June and a great time to discuss the link between hearing loss and cognitive function.

Fun Facts

The smallest bones are the ossicles in the middle ear: the *incus*, the *malleus*, and the *stapes*.

In circumference, the inner ear is no larger than a pencil eraser.

Fish don't have ears but can hear pressure changes through ridges on their body.

Male mosquitoes hear with 1000s of tiny hairs growing on their antennae.

The word "**esposas**" means both "spouse" and "handcuffs" in Spanish!

Hippopotomonstrosesquippedaliophobia is the fear of long words.

The longest putt? 375'



Hearing Aid Induction Loop Area

The hearing loop is a wire that circles a room, and is connected to the sound system. The "loop" transmits the sound electromagnetically which is picked up by the telecoil in the hearing aid.

A number of studies have shown a link between hearing loss and dementia. Dual studies from John Hopkins University found untreated hearing loss is associated with accelerated cognitive decline. They also found a link between untreated hearing loss and accelerated brain tissue loss.

Dr. Arthur Wingfield at Brandeis University also found that the region of the brain used in hearing and understanding had less gray matter in those with untreated hearing loss.

He concludes that untreated hearing loss affects the

ability to hear sound effectively, but also affects higher level cognitive function, interfering with the ability to accurately process the information to make sense of it.

The good news, new studies suggest intervention, like hearing aids could improve or even delay decline.

The Hearing Clinic



Better Hearing Starts Here

Two Locations to Meet Your Hearing Needs

Farmington: 248 - 881 - 3026

Brighton: 810 - 225 - 2205

thehearingclinic1@gmail.com

May Event

Demo Days Are Back!

Complimentary Screenings and Demos

The Hearing Clinic
Farmington and Brighton Locations

Tel: 248 - 881 - 3026 or 810 - 225 - 2205

Expiration Date: 05/31/17



Celebrate with Us!

Call for an Appointment *Today* to Reserve Your Appointment for Complimentary Services

Passing the Torch

After 11 years of having the honor and pleasure of serving your hearing healthcare needs, I am ready to step back as practice owner and give the reigns to someone I trust to continue in my footsteps.

Dr. Amy Arnold understands and is committed to the high degree of excellent customer service that we pride ourselves on and continually strive to achieve. Passing the torch on to her seemed like a natural fit. I am confident that she will practice with the same degree of respect, integrity, and personalized care that you have come to know and expect.

My desire is to begin spending a little less time working and a

little more time travelling and enjoying my family.

I truly appreciate the support we have received over the years! I treasure the relationships and the trust you have placed in my care.

Please join our team Ariel Petro (Office Manager), Dr. Leider and his staff, Shannon, April, and Jessie, in welcoming Amy to our practice. Rest-assured that you will continue to see the smiling faces you know and love!

Please join ALL of us for a summer celebration.
[Details coming soon!](#)

Amy Arnold, Au.D., CCC-A, F-AAA has been a part of The Hearing Clinic family for three years. Amy has been practicing and dedicated to the hearing healthcare domain for over 30 years, and will uphold our long-standing, locally owned practice by providing professional, exceptional patient care with compassion and integrity.

You will find Amy practices with a sincere dedication, expert knowledge, and a passion to improve lifestyles. She is extremely devoted to patient care.

She brings many years of expertise as both a clinical and dispensing Audiologist

with extensive management and educational experience.

Forever striving to improve lives of those with hearing impairments, Dr. Arnold is actively involved in current research, teaching (adjunct professor), authoring articles and training manuals on various hearing aid and related topics.

Amy resides in the Brighton area with her husband and 5 pets.

