



**GROSSE POINTE
AUDIOLOGY**

“Now Hear This”

N E W S L E T T E R

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HEARING AIDS HELP COGNITIVE FUNCTION

In a study conducted at the International University of Health and Welfare in Japan, it was found that elderly persons fitted with hearing aids during the early stages of hearing loss may retain cognitive function better than those fitted later for hearing aids.

The subjects had hearing, speech understanding and intelligence tests. The hearing-loss-without-hearing-aids group showed the lowest scores on all measures. These results indicate that acquiring a hearing aid in the initial stages of hearing loss may lead to greater retention of cognitive skills in elderly people. So don't wait – have your hearing tested by a professional today.

SECONDHAND SMOKE CAN CAUSE HEARING LOSS IN TEENS

According to a report in the July issue of the *Archives of Otolaryngology*, exposure to secondhand smoke is associated with increased risk of hearing loss in adolescents.

In the United States, close to 60% of children are exposed to secondhand smoke. Previous studies have shown that secondhand smoke prenatally or during childhood can cause various health conditions from low birth weight and respiratory infections to behavioral problems and ear infections. They also found that secondhand smoke may have the potential to have an impact on auditory development, thus leading to a sensorineural hearing loss.

In the study conducted at NYU Langone Medical Center in New York, teens who had no exposure to secondhand smoke were compared to those who were exposed. It was found that the teens who were exposed had higher rates of low and high frequency hearing loss. The rate of hearing loss appeared to be cumulative. The more exposure they had, the greater the hearing loss.

Based on this study, it is suggested that teens be tested during their teen years and that they be given information concerning secondhand smoke and hearing loss.

WHAT'S NEW IN TECHNOLOGY? THE OTICON AGIL PRO – PINK WITH A PURPOSE

In October, Breast Cancer Awareness Month will celebrate over 25 years of making a positive difference for women and families in communities around the world. To support this worthy cause, we are partnering with Oticon in their **Pink with a Purpose Campaign**. Oticon, Inc. will donate a portion of the proceeds from the sale of the Agil Think Pink shells and every Agil hearing device sold during the month of October to the National Breast Cancer Coalition. Through the Agil Think Pink campaign, you will have the opportunity to experience unprecedented sound quality and at the same time, help support an important cause.



LET THE OTICON AGIL PRO TRANSFORM THE WAY YOU LIVE YOUR LIFE

THE INTIGA

Oticon has recently introduced the world's smallest wireless hearing solution. The new Intiga is designed for the first time user who wants a non-traditional hearing instrument that is discreet, small, and easy to handle with the best technology possible.

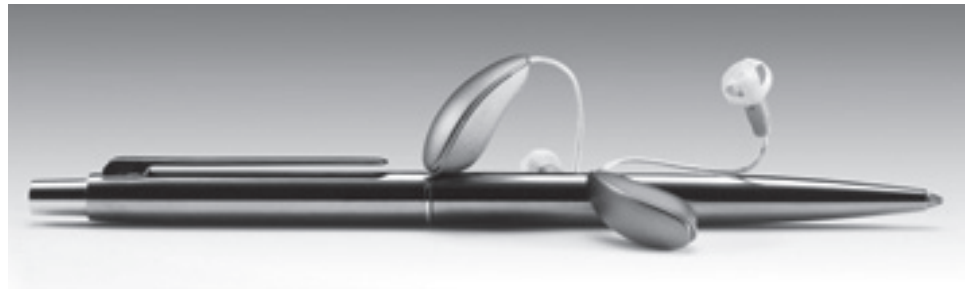
The Intiga provides:

360° Sound Experience that gives you comfortable and effortless listening and understanding speech in the presence of noise. The hearing aids communicate with each other providing authentic, natural, comfortable, and effortless listening.

An Adaptation Manager gently introduces sounds that you may have been missing for years. The hearing aid gradually brings your hearing thresholds up to target.

Speech Path Technology provides more stable amplification for speech signals even in complex listening environments. This technology responds instantaneously to rapidly occurring sound, helping to reduce the annoyance of intrusive sounds. The Speech Path Technology aims to make sounds as natural and comfortable as possible for you.

The new Intiga comes in three performance levels that all share the same discreet and appealing small design.



Call 313-343-5555 today to hear the difference.

FEEL YOUNGER FAST – FIVE SIMPLE WAYS

EXERCISE

Exercise and stretching has many benefits, including relief from pain, increased energy and flexibility, better circulation, better posture and it can make you feel more relaxed. Make it a part of your day no matter what your age.

A GOOD NIGHT'S SLEEP

Try to get between seven and eight hours of sleep every night. Sleep repairs our bodies, helps our immune system stay healthy, keeps blood pressure and cholesterol levels good and reduces inflammation.

TAKING GOOD CARE OF YOUR SKIN

Use sunscreen every day, even in the winter. Protecting your skin will help prevent skin cancer and keep it looking younger.

EAT WELL

Food can affect your mood and the way you feel. Eat healthy nutritional foods. Stay away from junk foods.

REDUCE THE STRESS IN YOUR LIFE

Stress is very harmful to our minds and our bodies. Work to develop stress reducing habits that can lead to a healthier and happier outlook on life.

“Hearing is the soul of knowledge and information of a high order. To be cut off from hearing is to be isolated indeed.” – Helen Keller

MUSICAL TRAINING IMPROVES MEMORY

The results of a recent study showed that musical training pays off later in life. This study compared 45-65 year-olds who had musical training to those who had none. It was found that the musicians, each of whom had received musical training since age nine, had better auditory memory and were better able to understand speech in noise. The study tested for speech understanding in noise, auditory working memory, visual working memory and auditory temporal processing. The musically trained group outperformed the non-musicians on all tests except visual working memory – in which both groups' performances were equal.

THE LINK BETWEEN CHEMOTHERAPY TREATMENTS AND HEARING LOSS

Some drugs may cause damage to your inner ear, particularly platinum-based chemotherapy drugs. Other drugs that you may be taking in conjunction with your treatment may also contribute to your hearing loss. Damage to your inner ear may cause hearing loss, dizziness and ringing in the ears.

What hearing problems can be caused by cancer treatment?

Some cancer treatments may cause damage to the inner ear, also called ototoxicity, resulting in temporary or permanent hearing loss, dizziness and/or ringing in the ears (tinnitus). If you already have hearing loss, this damage may cause it to worsen.

Which chemotherapy drugs cause hearing problems?

The following chemotherapy drugs have been reported to cause hearing problems in 10-29% of patients: Cisplatin (Platinol®), Carboplatin (Paraplatin®), and Mechlorethamine (Mustargen®)

How do chemotherapy drugs cause hearing problems?

The platinum-based chemotherapy drugs are thought to cause ototoxicity by producing free radicals. Free radicals are unstable molecules which are produced during many normal cellular processes that involve oxygen, such as burning fuel for energy. They are also formed from exposure to elements in the environment, like radiation, tobacco smoke and chemotherapy drugs. Free radicals are very reactive, meaning they interact with other atoms in order to regain a more balanced state. In this way, free radicals cause damage to cell walls, certain cell structures and genetic material within the cells.

What are some symptoms of damage to your ears?

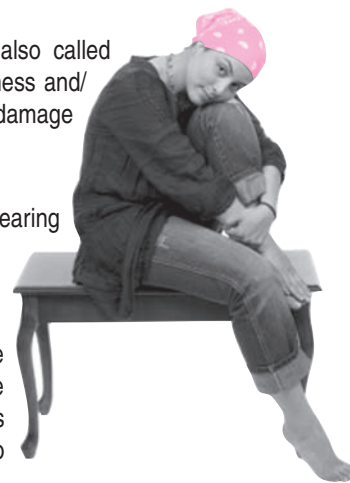
Ototoxicity may cause sounds to seem muffled. You may also experience ringing or abnormal sounds in the ears, a condition called tinnitus. Tinnitus can interfere with your ability to rest, concentrate or sleep at night. As your ototoxicity becomes worse, the sounds become louder. Because your inner ear is involved in your sense of balance, one of the signs of ototoxicity is dizziness. If your dizziness worsens, it may be accompanied with nausea and vomiting. Notify your doctor immediately if you have any of these symptoms.

How are hearing problems treated?

If you have hearing loss, your doctor may recommend that you be fitted for a hearing aid. While there are not drug treatments for ototoxicity, research is ongoing to find new techniques to manage this side effect.

What can you do?

Ask for a hearing test before beginning your chemotherapy treatments. Any time you feel your hearing has changed or you experience tinnitus during your treatment, get another test and compare. This should be done as often as needed and discussed with your oncologist if changes in your treatment protocol may be made.



KIDS CORNER: Dr. Lezotte



Phew...all the kids are back in school! We had a great summer. Aidan went on his first charter fishing trip on Lake Michigan and caught 17 Salmon! The expression on his face in the picture tells you how much he enjoyed it. Brooke is loving 1st grade and is making lots of new friends. Dane started preschool and loves to go to school just like his big brother and sister!



WELCOME TO OUR NEW Audiologist

Grosse Pointe Audiology would like to welcome a new Audiologist to our practice. Dr. Andrea Seker graduated with her Bachelor of Arts degree from The Ohio State University. She went on to get her Master of Science and Doctor of Audiology degrees from Purdue University. Dr. Seker will be working part time (Thursday and Friday) at our office. She is married and has a 10 month old baby boy at home. Please join us in welcoming her to our practice.

WAYS TO SAVE YOUR MEMORY

Aging can affect your memory by causing you to lose brain neurons. When this happens, your ability to retrieve information like names, certain words or where you left your keys is more difficult. These little “senior” moments are not serious but can be made worse by being distracted, worried, stressed, or depressed.

The more you worry about losing your memory, the worse your memory becomes. So try not to worry because worry takes brain power away from the act of remembering.

Learn to manage your stress by meditating or performing rhythmic breathing exercises. Yoga, meditation or other relaxation exercises that ease the mind and body help reduce the ill effects of stress.

Make mental notes of your actions. Be observant of where you put your car keys when you came home or whether you turned off the stove or fed the dog. Reinforce your actions by saying to yourself, “I am putting my checkbook in the drawer.” Doing this daily will increase your ability to remember things because you are paying closer attention to what you are doing.

Depression can result in memory loss because the condition can lead to shrinkage of the memory and learning center of the brain. Certain studies have shown that diets high in omega 3 fatty acids are associated with reductions in depression. If you feel depressed, talk to your family physician about possible treatments.

Studies have also shown that resveratrol found in the skin of red grapes is a potent antioxidant that stimulates brain growth and synaptic connections. This is found in red wine but can also be purchased as a supplement.

Exercise can also play an important part in helping improve or maintain your memory. Regular aerobic exercise – biking, jogging, brisk walking – not only helps your heart but will help increase insulin sensitivity, allowing your body to process glucose efficiently and keeps your blood sugar from spiking which can affect your brain performance.

And one last suggestion – drink two cups of coffee per day. A study in Austria found that two cups of coffee per day help improve short term memory skills and reactions. However another study suggested that drinking more than five cups per day could increase the risk of dementia.



TAKE A BREAK – FROM NOISE THAT IS!

Researchers at the University of Wisconsin School of Medicine and Public Health, say one in five people between the ages of 48 and 59 have hearing loss. And a study in the Journal of the American Medical Association found that one in five teens suffer from hearing loss. It is time to take a break from excessive noise in your environment.

The U.S. military has been researching hearing loss prevention. In clinical trials it was found that an over the counter supplement called N-acetylcysteine worked much better than earplugs alone to minimize damage in Marines who were exposed to gunfire. Dr. Richard D. Kopke recommends taking 1,200 milligrams of N-acetylcysteine 12 hours before you expose yourself to noise such as sporting or music events, using power tools, cutting grass or gunfire. If the noise is sudden or unexpected, take 1,200 milligrams as soon as possible and take 900 to 1200 milligrams three times a day, with meals for the next 14 days.

The Israeli military also found that a daily dose of 167 milligrams of magnesium seems to offer protection against noise induced hearing loss.

When you are exposed to loud sounds on a continuous basis, take a break as often as possible and go someplace quiet for a few minutes. If possible, wear sound isolating headphones when around loud sounds. And carry earplugs to wear at concerts or sporting events or to use even when you are drying your hair or running the vacuum cleaner. A little prevention can go a long way in protecting your hearing so it will last a life time.



WHAT IS A GRANDPARENT?

Taken from papers written by a class of 8 year-olds.

- They take us for walks. They slow down past things like pretty leaves and caterpillars.
- They don't say, "Hurry up!"
- When they read to us they don't skip and they don't mind if we ask for the same story over and over again.
- Everybody should try to have a grandmother because they are the only grownups who like to spend time with us.
- It is funny when they bend over; you hear gas leaks and they blame the dog.
- They know we should have a snack time before bed time, and they say prayers with us and kiss us even when we've acted bad.
- Grandparents are a lady and a man who have no little children of their own. They like other people's kids.
- They wear glasses and funny underwear.
- They can take out their teeth and gums.
- They have to answer questions like, "Why isn't God married?" and "How come dogs chase cats?"

ANOTHER REASON FOR HEARING LOSS

Scientists have recently determined that it is not just the noise of a motorcycle's engine that causes hearing loss in riders, but the air flowing over riders' helmets. Even at legal speeds, the sound of air rushing underneath the helmet near the chin bar, is a significant source of noise that reaches riders' eardrums.

The findings from this study may be used to design quieter helmets that would save the riders' ears. Until that time, it would be best if motorcycle riders wore ear protection when riding at any speed.

Life's Little Tidbits

- Accept that some days you are the pigeon and some days you are the statue.
- Always keep your words soft and sweet just in case you have to eat them.
- Drive carefully – It is not only cars that can be recalled by their Maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it will probably be worth it.
- It may be that your sole purpose in life is simple – to serve as a warning to others.
- Never buy a car you can't push.
- Nobody cares if you can't dance well. Just get up and dance.



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MEN HAVE THE ADVANTAGE

Women may be more verbally fluent, have better manual dexterity and be better at noticing things (like a new hair color), but men can better detect, localize and focus on one particular sound source in a noisy environment. They will understand speech better in a noisy restaurant or party and may even do better when there is speech and noise on the television.

(((TEST))) YOUR HEARING

Do you suspect that your hearing is not as good as it used to be? The following questions will allow you to make a quick assessment.

1. Do people seem to mumble or speak in a softer voice than they used to?
2. Do you feel tired or irritable after a long conversation?
3. Do you sometimes lose key words in a sentence or frequently need to ask people to repeat themselves?
4. When you are in a group or in a crowded restaurant, is it difficult for you to follow conversations?
5. When you are together with other people, does background noise bother you?
6. Do you often need to turn up the volume on your tv or radio?
7. Do you find it difficult to hear the doorbell or the telephone ring?
8. Do you find it difficult to hear water boiling when you are in the kitchen?
9. Is carrying on a telephone conversation difficult?
10. Do you find it difficult to pinpoint where an object is (e.g. an alarm clock or a telephone) from the noise it makes?
11. Has someone close to you mentioned that you might have a problem with your hearing?

How Did You Do?

If you answered yes to one or more of these questions, it is time to have your hearing tested. Simply call our office to schedule a complete hearing test. Within one hour we will be able to evaluate your hearing and recommend the appropriate course of action. **Call 313-343-5555.**