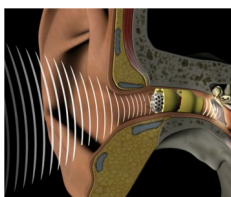




Associated Hearing PROFESSIONALS

Congratulations to Margaret!

She was recently named an "Academy Scholar" by the American Academy of Audiology! The honor recognizes individuals who exhibit dedication to the field of audiology and commitment to continued professional excellence by completing 50 continuing education hours within a two year period.



Lyric 3 is here!

The latest version of Lyric became available this summer and Associated Hearing Professionals is pleased to offer this technology to new and previous Lyric users!

What Every Man Should Know about Hearing Aids

June was Men's Health Month and the Better Hearing Institute urged men of all ages to address their hearing health, especially because of the increasing evidence that hearing loss is linked to other men's health issues.

Treating hearing loss can help men to feel younger, stay active, and remain engaged in social and professional activities. The high-tech hearing aids available today can benefit the vast majority of men with

hearing loss. Some facts that every man should know about hearing aids are:

1. They are virtually invisible. Many of today's hearing aids sit comfortably and discreetly inside your ear canal, providing natural sound quality with discretion and ease of use.
2. They automatically adjust to different environments. Whether it's ease of conversation in a crowded restaurant, or the chirp of crick-

ets at your favorite fishing spot, recent advances have made hearing aids more versatile and automatic in a broad range of soundscapes. These features allow you to "set it and forget it".

3. You can sweat and enjoy water sports while wearing them. Some of the latest hearing devices have new waterproof and water resistant components, great choices for those concerned about water, humidity and dust.

4. They love your smartphone, home entertainment system and other valued electronics. Wireless, digital hearing aids are now the norm which means directly streaming what you want to hear from your phone, television and other gadgets directly into your hearing aids.

There is no longer a reason for men to delay treating hearing loss. The sooner you move forward, the sooner you can enjoy hearing again!

Sleep Apnea and Your Hearing

Recent studies suggest that people with sleep apnea should have their hearing tested. In a new study of 14,000 subjects, both high frequency and low frequency hearing impairment was linked to sleep apnea.

According to Dr. Amit Chopra, the study's lead author, sleep apnea was independently associated with hearing impairment ...after adjust-

ment for other possible causes of hearing loss, including age, sex, background, history of hearing impairment, noise exposure, and other factors.

The findings of this study support the idea that sleep apnea may be a sign of underlying health conditions and likely does not occur in isolation. Another of the researchers, Dr. Neomi Shah, said "Sleep ap-

nea is more of a systemic and chronic disease than just something that happens when you're sleeping."

The condition has been associated with generalized inflammation, heart disease and diabetes. The connection with hearing loss might be a combination of factors that cause inflammation and abnormal functioning in the blood vessels.

Sleep apnea was associated with a 31% increase in high frequency hearing impairment, a 90% increase in low frequency hearing impairment, and a 38% increase in combined high and low frequency hearing impairment.

The research authors said people with sleep apnea should be screened for hearing impairment because of the association.



Heard in our office:

“I can’t believe what a pain in the (blank) I must have been to my family and friends before I got my hearing aids!”

“My hearing aids were my Christmas present for my wife!”

“Now that I can hear, my husband has the TV so loud because he can’t hear!”

Mild Hearing Loss is Not a Mild Problem

If there ever was a misnomer, the term “mild hearing loss” would be it. The word “mild” would suggest little consequence to a hearing impairment that could in fact have significant implications for both children and adults.

Research is definitive that mild hearing loss puts children at risk for academic, speech-language, and social-emotional delays. Because newborn hearing screenings do not always identify mild hearing loss, babies may not be diagnosed until delays are already established, according to Jane Madell, Ph.D., pediatric audiologist.

Adults, as well as children, with mild hearing loss often experience difficulty understanding speech, particularly in the presence of background noise. Important speech sounds, especially the softer consonant sounds such as /f/, /s/, /th/, and /k/ may be inaudible, making speech difficult to understand. Soft to moderate level sounds may not be heard, while loud sounds are audible.

Increased listening fatigue, may very well be a side effect of mild hearing loss. The individual with mild hearing loss may have increased concentration effort, attention and focus,

which could affect work and social situations.

The misnomer “mild” hearing loss could result in the patient placing a low priority for rehabilitation and amplification. Often time, the patient may not be aware of the difficulties he is having until a significant other urges audiological testing. If someone is not ready to consider hearing instruments, often counseling for communication strategies can be effective. Both can be used to treat mild hearing loss and relieve frustration for the patient and family and friends.

Association between Hearing Loss and Depression

According to the World Health Organization’s 2004 update, hearing loss is the third-leading cause of years lost due to disability. The number one cause is depression. (Alcohol use disorders are number two.)

Researchers recently reported on the relationship between hearing loss and depression. Interestingly, the prevalence of moderate-to-severe depression

was only 5.9% in those adults age 18-69 who reported good-to-excellent hearing. However, the prevalence of depression was significantly higher (11.4%) in the same age group who reported having hearing loss.

As an invisible health condition, hearing loss may be more difficult to cope with and may go unrecognized even by

healthcare professionals.

Although the reason for the connection between hearing loss and depression warrants further investigation, the association between the two does suggest that early intervention and treatment of hearing loss may reduce the risks of developing depression.

Washington U Student

Katie Donovan, a rising third year Au.D. student at Washington University, joined us for the summer. She is from Indianapolis, IN and received her undergraduate degree in Communicative Disorders from Saint Mary’s College in Notre Dame, IN, where she competed on the swim team for four

years. Katie looks forward to becoming a clinical audiologist, focusing on patient care, counseling, and amplification. She has truly enjoyed meeting and learning from each and every one of the patients at AHP! Katie coaches swim team at the Jewish Community Center and in her free time

enjoys swimming, running, watching Notre Dame football, and spending time with her family.

