



# Associated Hearing PROFESSIONALS



## February is American Heart Month!

The Better Hearing Institute (BHI), in recognition of American Heart Month, is raising awareness of the link between cardiovascular disease and hearing health. This link is potentially related to a mechanism by which blood flow to the ear may be compromised.

The Institute lists five heart-healthy reasons to get a hearing test:

1. Six decades of research points to a heart-hearing health link. Through a large body of research, the

study authors concluded the negative influence of an impaired cardiovascular health on the auditory system and the potential positive influence of improved cardiovascular health on the auditory system.

2. The ear may be the window to the heart, or so some experts say because they find the evidence between cardiovascular health and hearing health so compelling. They encourage collaboration between hearing care providers, cardiologists, and other

healthcare providers.

3. The same lifestyle behaviors that affect the heart impact hearing. One study found that a higher level of physical activity is associated with lower risk of hearing loss in women. Another revealed that smokers and passive smokers are more likely to suffer hearing loss. A third study found that regular fish consumption and higher intake of certain omega-3's are associated with lower risk of hearing loss.

4. Addressing hearing loss improves quality life and helps to reduce stress. Hearing aid users see improvements in their lives overall, in interpersonal relationships, and experience reduced anger and frustration and enhanced emotional stability.

5. Today's hearing aids are better than ever and are virtually invisible. State-of-the-art hearing aids are high-tech tools to help people stay socially, physically, and cognitively active.



*We are excited  
about our new web-  
site! Check us out  
at:  
[www.HearSTL.com](http://www.HearSTL.com)*

## Technology Update: Roger Pen

In the December 2013 newsletter, we mentioned that Phonak had recently introduced more options for Bluetooth connectivity and improving hearing in difficult listening situations.

The "Roger pen" is compatible with most hearing instruments, (not just Phonak) cochlear implants, Baha- and soundfield systems. It is license free and the same

around the world, so users can travel freely and use their Roger systems abroad.

Exciting new research presents evidence that using Roger, people with hearing loss outperformed those with normal hearing in noise and over distance!

Roger transmits the voice of the speaker wirelessly directly to hearing aids. It auto-

matically adapts its settings to the noise and speakers around. The listener wears a streaming device that wirelessly connects the Roger to the hearing aids.

A study from the University of Texas published recently in the American Journal of Audiology presented data indicating that at noise levels of 65 dB or higher, hearing aid users equipped with Roger

could hear better than those with normal hearing.

So many hearing impaired patients have the most difficulty in challenging listening environments with background noise. The use of assistive technology such as the Roger pen offers hearing device wearers improvement in a variety of situations, including restaurants, meetings, and television.

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*In the News:*  
*Tina was interviewed about tinnitus for the November issue of Town and Style Magazine.*

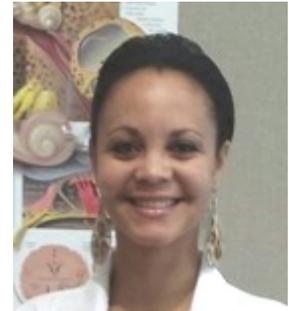
## Washington U Student

A'ja Neal is a student at Washington University School of Medicine and is currently in her third year of a Doctoral Program in Audiology. She spent a semester of clinical practicum here at Associated Hearing Professionals where she further developed skills that will carry over to her fourth year externship at the

University of North Carolina at Chapel Hill, Hearing and Communication Center.

A'ja is originally from Southern California and enjoys going to the beach, snowboarding, and hanging out with her daughter. Upon completion of her degree, she plans to practice Audiology here in Saint

Louis, MO.



*Clayton office hours:*

*We are pleased to announce that our Clayton office hours have been extended to include Mondays, Wednesdays, and Fridays!*

## Washington U Student

Allison Sargent is a third year Doctor of Audiology student at Washington University. She received her BS in Speech and Hearing Sciences at the University of Illinois. Born and raised in St. Louis, Allison is happy to be back home helping members of her community. More than anything, she values her huge family and spending time with them. She also en-

joys singing, reading books, hiking, and making people laugh.

Allison is especially grateful for the knowledge and expertise gained from her time here, as well as getting to know the wonderful patients. She would like to thank AHP for such an enjoyable semester. Allison is looking forward to her fourth

year rotation working with US veterans, as well as a meaningful career in audiology.



## Washington U Student

Anna Shcherb is a second year Doctor of Audiology student at Washington University School of Medicine. She completed her Bachelor's degrees in Speech Pathology and Children and Youth Studies at CUNY Brooklyn College. Anna hopes to one day own her own private practice.

Russian. In her spare time, Anna sits on the board of JGrads, is a member of the humanitarian committee of the Student Academy of Audiology, and leads Birthright groups to Israel with Ezra. She enjoys trying new recipes, learning new things, traveling, and exploring St. Louis.

for sharing their stories and allowing Anna to learn from you.

Originally from Bishkek, Kyrgyzstan, Anna grew up in Brooklyn, NY. She is fluent in

Anna has enjoyed meeting all the wonderful patients at AHP and wants to thank everyone

