



HealthyHearing

Healthy Hearing News

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A Few Ideas...

Be realistic

The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Take a breather

Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

Acknowledge your feelings

If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. Don't force yourself to be happy just because it is the holiday season.

Reach out

If you feel lonely or isolated, seek out community, religious or other social events. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Our Holiday Schedule

We are closed the week after Christmas (Dec 26-30), and re-open Jan 2nd.

We Wish You Calm During the Holidays!

The season puts us in a spin of memories from the past, fear of not pleasing everyone on our list, too much to do in too little time, and much more, depending on our lifestyles and personalities. Sometimes stress leads to depression where the holidays cause loneliness or disappointment, an inability to accomplish what we need to, and even missed health care appointments.

Some health concerns increase the chances of depression during the holidays. A growing body of research indicates that people with untreated hearing loss may be at an increased risk of depression. For example, a large-scale study by the National Council on Aging (NCOA) found that people 50 and older with untreated hearing loss were more likely to report depression, anxiety, anger and frustration, emotional instability and paranoia, and were less likely to participate in organized social activities than those who wore hearing aids. The degree of depression and other emotional or mental health issues also increased with the severity of hearing loss.

Keeping appointments for exams such as hearing tests and maintaining hearing aids for their maximum use is important. Additionally, we can help our family's members, especially older adults, during the season by staying calm. Check out the ideas to the left and finally, I like to help people laugh. Find the humor in your own mistakes, a funny movie, the antics of a pet, and let us know if you need a little magic. Chris is a stand up magician when he is not helping customers, so just come see us, and we are sure he will make you calm down and maybe laugh a bit!



"Healthy Hearing wishes you peace and joy throughout the holidays!"
Chris Maher

John Hopkins Research Shows One in Five Americans has Hearing Loss

Alarming results have been shown in a recent study by leader Frank Lin, M.D., Ph.D., an assistant professor with dual appointments in both the Department of Otolaryngology-Head & Neck Surgery at the Johns Hopkins School of Medicine and in the Department of Epidemiology at the Johns Hopkins Bloomberg School of Public Health. According to the November 14, 2011

Archives of Internal Medicine, the findings indicate that nearly a fifth of all Americans 12 years or older have hearing loss so severe that it may make communication difficult. Lin and his colleagues used data from the National Health and Nutritional Examination Surveys (NHANES) from all participants age 12 and over whose hearing was tested during NHANES examinations from 2001 to 2008. The

analysis includes men and women of all races and ages, from cities scattered across the country, in an effort to statistically mimic the population of the U.S.



Continue on the back...



HealthyHearing

**We're Extending our
Timeline on
Donations!**



Now through January, you can help us support the fight against Diabetes with an easy click or your mouse. All you have to do is have your friends and family click "Like" on our page <http://www.facebook.com/HealthyHearingNow>. Healthy Hearing will donate a \$1 for every "Like" we receive to support the fight that has touched so many families. Between now and January 30th, you can also refer a new customer to us for a free, no obligation complete hearing exam, and we will donate \$10 including your name in our presentation.

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Having Diabetes May Result in Hearing Loss

Hearing loss is about twice as common in adults with diabetes compared to those who do not have the disease, according to a study funded by the National Institutes of Health (NIH) and published in the Annals of Internal Medicine. Yet hearing screenings typically are not part of the regular care that people with diabetes are routinely recommended to receive.



"Hearing loss affects virtually every aspect of a person's life, making it all the harder for people with diabetes to cope with their disease," said Sergei Kochkin, PhD, executive director of the Better Hearing Institute (BHI).

Healthy Hearing is participating in an effort to educate Hampton Roads residents on the importance of hearing exams, whether a customer has been diagnosed with diabetes or has several of the characteristics to watch for such as being overweight or having family members with the disease. Research has shown that people with diabetes are twice as likely to develop hearing loss as those who do not have diabetes. Since hearing loss develops slowly, many times it goes undiagnosed and the risk of auditory atrophy increases (meaning the brain's inability to recognize and process speech cues quickly and efficiently).

"A hearing check is invaluable in determining whether or not someone with diabetes does have a hearing loss and will help to ensure that they get the treatment they need," said Healthy Hearing's owner Chris Maher, M.Ed., NBC-HIS ."

Much of this education began earlier this year during The American Diabetes Association Alert DaySM. November is National Diabetes Month, and Healthy Hearing is participating in an effort to educate Hampton Roads residents on the importance of hearing exams, whether a customer has been diagnosed with diabetes or has several of the characteristics to watch for such as being overweight or having family members with the disease.

Con't. John Hopkins

Using the World Health Organization's definition for hearing loss (not being able to hear sounds of 25 decibels or less in the speech frequencies), the researchers found that overall, about 30 million Americans, or 12.7 percent of the population, had

hearing loss in both ears. That number jumps to about 48 million, or 20.3 percent, for people who have hearing loss in at least one ear. These numbers far surpass previous estimates of 21 to 29 million.

Hearing Loss Clues to Use

It's human nature to hide or deny the issue. Here are a few common signs of hearing loss:

- problems hearing the doorbell or the telephone or turning up the volume on the TV or radio
- difficulty in hearing others' voices from behind or in another room
- misunderstanding or "forgetting" what was said in a meeting

Give the Gift of Hearing this Year!

Do you or a relative struggle with hearing during family gatherings? Are you hearing but not understanding what's actually being said? We are offering...

Healthy Hearing Gift Certificates

To Receive a Free Comprehensive Hearing Exam

And...you can even customize it to include a credit to apply to their hearing aid, a battery or a repair!

Call Healthy Hearing 431-1999 to plan your gift today!

