

# HEARING HEALTH REPORT

*Spring is Here!*

## Hearing Loss and...

### Dementia, Diabetes, High Blood Pressure, Stroke and Heart Health

Everyday medical issues make headline news. Here are some hearing loss related headlines! Keep reading to learn about hearing research and use the website links provided to learn even more.

**Dementia:** According to years of research by a John-Hopkins University School of Medicine in Baltimore study on aging and National Institute of Health, there is high association between cognitive decline and hearing loss greater than 25 dB HL (mild). Essentially the study indicated a high rate of both hearing loss and dementia occurring in the same individual. The next part of their research will look at what help hearing aids may have on reducing the impact of dementia.

<http://archneur.jamanetwork.com/article.aspx?articleid=802291>  
<http://www.usatoday.com/story/news/nation/2013/01/21/dementia-hearing-loss-elderly/1842919/>  
<http://archinte.jamanetwork.com/article.aspx?articleid=1558452#qundefined>

**Diabetes:** Blood consistency flowing to body organs is impacted by diabetes. The inner ear/cochlea is an organ, therefore it needs a regular blood supply. A reduction or change in blood can cause sensory hearing loss, which is the most common type of hearing loss and is permanent.

[American Diabetes Association](http://www.american-diabetes-association.org)  
<http://online.qmags.com/HH0412?pg=36&mode=2#pg36&mode2>

**High Blood Pressure:** Also called hypertension, is similar to diabetes in that it is related to blood flow. Hypertension hardens arteries altering blood flow to the inner ear and brain, which can result in sensory hearing loss.

<http://online.qmags.com/HH0412?pg=36&mode=2#pg36&mode2>

**Stroke:** Since a stroke impacts the blood flow, it stands to impact the blood supply to the ear and the brain. More importantly, the processing speed of the brain can be impaired so that although a person has mild or moderate

hearing loss, their ability to process running speech is delayed...therefore looking like a greater degree of hearing loss, or that the hearing aids a person uses "aren't working". Slowing down rate speech rate/allowing more time for the person to respond to speech usually helps a lot when communicating!

<http://www.asha.org/public/speech/disorders/stroke.htm>

**Heart:** If you read all the headings before this, you won't be surprised to know that cardiovascular health (blood flow to body) is important and can impact the sensory hearing organ called the cochlea or inner ear. So it stands to reason that any cardiovascular concern could lead to impaired hearing.

<http://www.prnewswire.com/news-releases/thirty-or-older-the-link-between-cardiovascular-and-hearing-health-could-pertain-to-you-bhi-advises-urging-hearing-checks-187710451.html>

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#### OFFICE NOTABLES:

- The Wrights are on a family vacation coupled with the annual national Audiology convention the first full week of April. The office is OPEN with Dan serving your needs.
- May is Better Hearing and Speech Month— Encourage someone to get their hearing tested.
- Refer friends and family...for every referral you make to us, you receive a free pack of batteries.
- In May Advanced Audiology will celebrate 10 years of serving your hearing needs. We look forward to many more!

## Hearing Loss and...Good News!

Researchers are constantly trying to find ways to prevent, reduce or restore hearing. The latest in research includes: possibility of changing genetics to reverse hearing loss, regenerating hearing hair cells (like birds can do) to restore damaged hearing cells, and medication for hearing loss prevention.

More about each topic. Congenital Deafness may be Reversed by Gene Therapy  
<http://www.medicalnewstoday.com/releases/248285.php>  
Let's Be More Like Birds  
<http://online.qmags.com/HH0113?pg=36&mode=2#pg36&mode2>

Hearing Restored After Noise Damage. <http://hms.harvard.edu/news/hearing-restored-after-noise-damage-1-9-13>

Hearing Loss Prevention Drug closer to reality.  
<http://news.ufl.edu/2013/01/17/hearing-loss-4/>

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HEARING IS LIFE  
AND  
HEARING STARTS HERE!

**Find us on Facebook and on the web!  
If you liked reading about hearing loss  
related research in this newsletter, LIKE us  
on facebook to receive daily tidbits!**

Hearing Loss Association of Michigan Annual Meeting  
Saturday, April 20, 2013 10am—3pm  
State of MI Historical Museum and Library  
702 West Kalamazoo, Lansing 48915  
Guest Speaker: David Myers, PhD  
A Quiet World: The Psychology of Hearing and Hearing Loss  
Free parking, lunch and admission  
RSVP by April 11 to [bquart@hearingloss-mi.org](mailto:bquart@hearingloss-mi.org)  
Call or email them for more info 517-485-6546  
or [HLALansing@aol.com](mailto:HLALansing@aol.com)

## Flex:Trial Aids

Recently our office was selected to participate in a program called "*Flex:Trial*". *Flex:Trial* is a program designed by Unitron (a leading hearing aid manufacturer) which enables the Audiologist to allow trials of amplification to individuals without cost, obligation or risk. Advanced Audiology was one of only three offices in Michigan that offered the program and one of only fifty-two in the nation. The *Flex:Trial* program has shown value to the "first-time user of hearing aids", allowing them a glimpse of what wearing amplification would be like before

committing.  
NOW, it is time to see how valuable the *Flex:Trial* program can be to the "experienced user". *Flex:Trial* can help those already using amplification determine if they want to purchase new technology and see what it can do for them.  
If you desire this type of appointment, please make sure you indicate this when calling, (*Flex:Trial* program) because we have a limited supply of trials and will need to schedule the appointments accordingly.

Since this newsletter is loaded with information, we figured it best to end on a lighter note.  
Enjoy!  
Happy Spring Everyone!

