

# Hear & Now

Audiology and Hearing Aid Center, LLC  
Your community hearing health newsletter

## “Mild Hearing Loss Linked to Brain Atrophy in Older Adults”

A new study by researchers from the Perelman School of Medicine at the University of Pennsylvania shows that declines in hearing ability may accelerate gray matter atrophy in auditory areas of the brain and increase the listening effort necessary for older adults to successfully comprehend speech.

When a sense (taste, smell, sight, hearing, touch) is altered, the brain reorganizes and adjusts. In the case of poor hearers, researchers found that the gray matter density of the auditory areas was lower in people with decreased hearing ability, suggesting a link between hearing ability and brain volume.

“As hearing ability declines with age, interventions such as hearing aids should be considered not only to improve hearing but to preserve the brain,” said lead author Jonathan Peelle, PhD, research associate in the Department of Neurology. “People hear differently, and those with even moderate hearing loss may have to work harder to understand complex sentences.”



We are living longer and healthier than previous generations. Being active, engaged, connected and involved is helping us live our lives fully and hearing well is keeping us young at heart. At The Audiology and Hearing Aid Center, we encourage you to visit us and explore the latest range of hearing technology with amazing features.



We help you rediscover the sounds you care about.

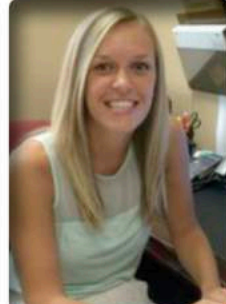


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Q: Why did the traffic light turn red? A: You would too if you had to change in the middle of the street!



We would like to announce a new addition to our office, Nicole Kwak, AuD. As some of you may know, Nicole was our 4th year extern last year, and after graduating with her Doctorate in Audiology from Salus University, Nicole has joined our staff as a full-time audiologist. Nicole Kwak graduated from Temple University in May of 2014 with a Bachelor of Arts degree in Speech-Language and Hearing Science. Nicole is originally from the Scranton area. In her free time, Nicole enjoys traveling and spending time with family and friends.



It is with mixed emotions that we announce that Lauren Lucas will be leaving our office in August to pursue her doctorate degree in Audiology from Salus University. Lauren has been one of our Audiologist Assistants and

Hearing Instrument Specialists at our office for over 3 years, after graduating from Temple in 2015 with a bachelor degree in Speech-Language Hearing Science. Lauren will truly be missed at our office but we are excited for her to pursue her career in Audiology in hopes that she returns once she graduates!

## 10 Year Anniversary

As we continue to celebrate our 10 year anniversary, we have decided to shed light on our patients, because without them, we wouldn't be here today. As a way to honor our patients, each month we will be highlighting various patients and their interests on our Facebook page. If you would like to be our "Patient of the Month", or know someone you would like to nominate, please feel free to contact us! Check our Facebook page to see who we have already highlighted so far this year and to keep up with hearing healthcare news! Like us on Facebook: <https://www.facebook.com/Audiology-Hearing-Aid-Center-104530916246668/>



If getting out of your house is difficult, or if you aren't able to drive, we are available for home visits so you can get the hearing services you need in the comfort of your own home!

At the home visit, we can complete a hearing evaluation, fit hearing aids, do routine checkups, and also help set up assistive technology. Call us today to schedule a home visit, fees applicable and are dependent upon distance from our office.



Having trouble connecting your Bluetooth to your hearing aids? If so, join us for our **FREE** monthly **technology workshop** on the **FIRST FRIDAY** of every month. At this workshop we will: answer any questions about the Bluetooth technology, demonstrate how to connect compatible hearing devices to smartphones, demonstrate how to connect hearing aids to various accessories, and practice making/receiving phone calls directly to hearing aids. Call us today to find out more information! (215) 672-4327.

Did you know that giraffes keep their ears clean by licking them with their extra long tongue?



**Heat.** Both the hearing aid casing and batteries can be damaged by high temperatures, especially if left in direct sunlight. Avoid leaving hearing aids and batteries in the car, and find a cool, dry place to store your device when it's not in your ear.

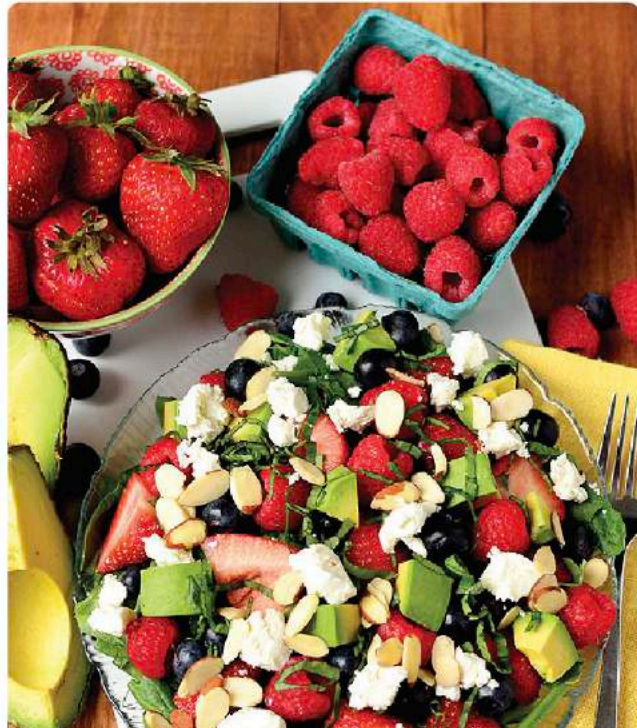
**Sweat.** The high temperatures and humidity of a Philadelphia summer can spell disaster for a hearing aid. Increased water in the air can cause water to condense inside your device, a complication that gets even worse as you sweat. Storing your hearing aid in a dehumidifier every night will give your device a chance to dry out and recover for the next day.

## Reduce Your Hearing Aid's Risk of Hot Weather Damage This Summer

**Pools.** If you're heading to the pool to beat the heat, take care not to sit in a splash zone (such as near the diving board or where children are playing). Condensation on or in the device can corrode the batteries, damage the microphone and receiver, and cause a device to "cut out" or simply stop working. Remove your hearing aid before you get in the water, and store them in a waterproof container in a shady spot.

**Sunscreen.** Sunscreen is vital in protecting against burns and skin cancer, but it can also clog your hearing aid's ports and filters. Always remove your hearing aids before applying sunscreen or bug repellent and wipe down your devices after any activities that moisten your skin.

## Triple-Berry Summer Salad



- 9oz. baby spinach, torn
- 1 cup sliced strawberries
- 1 cup raspberries
- 1 cup blueberries
- ½ cup sliced almonds, toasted
- ½ cup chopped basil
- 1 avocado, chopped
- 4oz. goat cheese

Serves: 4

(1) Tear spinach apart. (2) Slice Strawberries and Avocado into bit size pieces. (3) Microwave sliced almonds for 30 seconds at a time until golden brown. (4) Divide baby spinach between plates then top with berries, almonds, basil and chopped avocado. Crumble goat cheese on top then dress with salad dressing. We recommend strawberry balsamic vinegar, but any olive-oil based vinaigrette would be fantastic.