



Flatirons AUDIO SCOOP

Winter 2011

May The Ringing in Your Ears Be the Sounds of the Holidays

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Enjoy Those Precious Holiday Moments



If you have a family member or friend with hearing loss, the holidays bring unique challenges. While many people look forward all year to family gatherings and holiday parties, those with hearing loss may feel apprehensive or anxious.

One of the first signs of hearing loss is difficulty hearing in noisy environments. It can be especially difficult to understand speech over background noise like dinner music or a football game on TV. This is due to high-tone, nerve-type hearing loss that affects consonant sounds (necessary to understand words) that are in high frequencies.

It can be confusing because in quiet environments, a person may be able to hear and understand speech just fine. But add background noise, and he or she may only hear a low

drone and miss the high-frequency sounds of speech.

“Just Getting By” Means Missing Out

It’s estimated that 10% of the U.S. population has hearing loss. Many don’t know they have a hearing problem or are reluctant to seek help. They may feel embarrassed or think they can “just get by” without treatment. But that means asking others to constantly repeat themselves, feeling left out of conversations and not fully participating in festivities that could create cherished memories. Neglecting hearing health can lead to increased feelings of isolation and even depression.

Many people experience depression during the holiday season for a variety of reasons, including health problems. Adults who suffer from untreated hearing loss are more likely to report feelings of depression and anxiety than those whose hearing loss has been treated.*

How to Offer Support and Encouragement

Family members and friends can encourage those with hearing loss

Continued on Page 2

**Providing you with a comfortable, personalized experience
and the best hearing health care available.**

Enjoy Those Precious Holiday Moments *Continued...*

to do something about it. Here are some suggestions:

- **Let them know they are not alone.** One in six baby boomers (ages 41-59) have a hearing problem, and one in 14 Generation Xers (ages 29-40) already have hearing loss.**
- **Discuss advancements in technology.** Today's digital hearing instruments are not what most people expect. They can best be compared to tiny, yet highly sophisticated sound studios – processing and reproducing sounds faithfully.

- **Dispel myths.** Just because someone has hearing loss, it does not mean he or she is going deaf. However, it is important to see a hearing healthcare professional to find the cause of the hearing loss and prevent it from worsening. Show them their hearing is important. Hearing loss can occur gradually – sometimes over many years. Perhaps they have forgotten how important hearing is to their quality of life. Reminiscing together about special gatherings may remind them of the times they, too, enjoyed the holiday bustle.

* Source: National Council on Aging.
** Source: Better Hearing Institute.



5 Tips for Surviving the Holidays with Hearing Loss



Holiday gatherings can be a frustrating time for those with hearing loss. A few tips will help you prepare for this Holiday Season and make it more enjoyable for you and yours.

1. **Make those around you aware of your hearing loss.** While this is hard for many of us, the old saying goes, a hearing

loss is more noticeable than a hearing aid. People know even if you don't tell them. Be up front about it and it will take the pressure off.

2. **Keep the music down.** Background music during the holidays can be wonderful but if too loud it can create a lot of background noise that is difficult for all.

3. **Take a break.** Trying to hear in a lively atmosphere can take a physical toll. Even those without hearing loss find it difficult in noisy environments. Take a break every now and then and give yourself a rest.

4. **Dinner parties can be more difficult because of so many people around the same table.** Try and sit next to those who you find it easier to hear and communicate with. Good conversations get passed around the table.

5. **Make sure you have enough fresh batteries.** Invariably you will need batteries on the holiday that no stores are open.

Favorite Holiday Recipes

Date Nut Balls

- 1 egg
- 1C Sugar
- 1 Stick butter
- 1 C chopped dates
- 1 tsp. vanilla
- 2 C Rice Krispies
- 1 C pecan pieces

Cook first 5 ingredients on low for 10 min., stirring constantly, remove from heat add remaining ingredients and let cool enough to handle. Roll in bite size balls and let cool.

Favorite Holiday Recipes *Continued...*

Easy Buttery Pan Rolls

- *Yummy no-knead yeast rolls from Sunset recipes.*
- **2 pkgs active dry yeast**
- **½ C. warm water (110 degrees)**
- **4 ½ C all-purpose flour**
- **¼ C sugar**
- **1 tsp. salt**
- **10 Tbsp. Butter, melted & cooled**
- **1 egg**
- **1 C warm milk (110 degrees)**

In large bowl, dissolve yeast in water, let stand until bubbly, about 15 min. Stir together 2 C flour, the sugar and salt. Add 6 Tbsp. Melted butter, egg, yeast mixture and milk; beat for about 5 min. until blended. Gradually beat in remaining 2 ½ C flour. Cover bowl with dish towel and let rise in warm place until doubled, about 45 min.

Pour half the remaining butter in 13x9 inch baking pan, coating bottom of pan. Beat down batter and drop by spoonfuls into buttered pan, making about 15 rolls. Drizzle with remaining butter. Cover lightly with dish towel and let double in warm place, approx. 30 min.

Bake at 425 degrees for 12-17 minutes. Enjoy!

Decadent Cheesecake

CRUST:

- **1 C plain flour**
- **¼ C sugar**
- **1 egg yolk**
- **1 stick butter**
- **1 tsp. vanilla**
- **½ tsp. lemon zest**

Blend and refrigerate 30 minutes. Press 1/3 of the mixture on bottom only of 9-inch springform pan, Bake at 400 for 8-10 min until lightly golden. Remove, cool and snap bottom with crust into springform, press remaining dough onto sides of pan, lightly sealing with bottom crust.

FILLING:

- **2 1/2 pounds cream cheese**
- **1 ¾ C sugar**
- **3 Tbsp. flour**
- **1 ½ tsp. lemon zest**
- **½ tsp. vanilla**
- **5 eggs**
- **2 egg yolks**
- **¼ C whipping cream**
- **2-3 Tbsp. your choice of amaretto or lemon juice**



Mix thoroughly until smooth. Pour into crust and bake at 400 for 15 min then turn down oven to 250 and bake another 1 ½ - 2 hours longer. Cheesecake may split and rise above pan. Take out of oven and immediately place in refrigerator. Cheesecake will fall and become denser. Serve when thoroughly chilled.

Pecan Cups

CRUST:

- **1 stick butter**
- **1 C plain flour**
- **3 oz. cream cheese**

Mix; chill 1 hour then form into balls and press into small muffin tins.

FILLING:

- **¾ C brown sugar**
- **1 Tbsp. melted butter**
- **1 egg**
- **Pinch of salt**
- **1 C chopped pecans**
- **1 tsp. vanilla**

Fill crust cups halfway with pecans then add filling to cover pecans. Bake at 375 for 15-20 minutes. Sprinkle with powdered sugar.

In This Issue

- **Enjoy Those Precious Holiday Moments**
- **5 Tips for Surviving the Holidays with Hearing Loss**
- **Favorite Holiday Recipes**
- **New Years Resolutions!**



New Years Resolutions!



The holiday season is an especially busy time in our offices due to the heightened awareness of hearing loss amongst family members due to holiday gatherings. With

all the festivities and time with family members it becomes more apparent to family members as well as those with hearing loss the frustrations associated with untreated hearing loss.

Those with hearing loss who have had enough show up to our offices to finally take that first step to better hearing. Sadly many

who need to don't and as a result stop attending family events because they cannot hear or understand conversations.

Nearly 30 million people in America currently have a treatable hearing loss, yet less than a fifth of those have done anything about it. Untreated hearing loss causes loss of income, health problems, and social isolation. While hearing aids cannot restore "perfect hearing" they are the best form of treatment for putting the person with hearing loss back in control of their lives and enjoying the family festivities once again.

Don't let another Holiday Season or family gathering go by with untreated hearing loss. Make a New Years resolution to get help for your hearing. You and your family will be happy you did.

Sycle Marketing Group

