

Flatirons AUDIO SCOOP

Fall 2011

FREE Tinnitus Seminar

By: Dr. Julie Eschenbrenner

Thursday, October 6th
6:00 PM to 7:30 PM

RSVP Required: 303.664.9111

Exempla Good Samaritan Hospital

200 Exempla Circle
Lafayette, CO 80026

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Constant Ringing in Your Ears? Don't Suffer! Get Your Life Back on Track!



hissing, humming, whistling, ticking, clicking, roaring or other sounds, you may have tinnitus.

The good news is that treatment by a trained specialist can offer relief to suffering from the persistent ringing, buzzing or humming associated with tinnitus, according to the Better Hearing Institute.

Tinnitus can be intermittent or constant. Causes range from ear infections and overexposure to extremely loud noises, to underlying health problems like allergies or heart and blood pressure problems. Often, sufferers are unable to pinpoint the cause of their tinnitus.

"Tinnitus can have a direct impact on a person's emotional well being," says Dr. Sergei Kochkin, BHI's executive director. "Not only can their hearing be affected but also their ability to sleep and to concentrate."

Treatment plans for Tinnitus should be customized to the individual, their lifestyle and the severity of the Tinnitus itself. For example, oftentimes, people with tinnitus also have hearing loss. New hearing aid technology can be very effective at

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If it seems like your ears ring constantly, it's probably not your imagination or the economy . . . and you're not alone. You may have tinnitus, an inner ear ailment that affects between 25 million to 50 million Americans -- with about 12 million people experiencing such severe symptoms it affects their daily lives.

If you suffer from ringing in your ears or any other persistent noise such as a high pitched whining, buzzing,

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

Fun Facts About Hearing

- Cicadas have their hearing organs in their stomachs.
- Crickets have their hearing organs in their knees.
- Male mosquitoes hear with thousands of tiny hairs growing on their antennae.
- Fish do not have ears but they can hear. They hear pressure changes through ridges on their bodies.
- Snakes do not have ears, but their tongues are sensitive to sound vibrations.
- In World War One (WWI) parrots were kept on the Eiffel Tower in Paris, France because of their remarkable sense of hearing. When the parrots heard the enemy aircraft coming they would warn everyone of the approaching danger long before any human ear would hear it.

www.betterhearing.org



Did you know...

Singer, songwriter and guitarist Paul Stanley of the legendary rock and roll band KISS was born deaf in his right ear. Stanley recently discussed his hearing impairment on The Doctors TV stating that he estimates 1 in 5 teens have hearing loss due to loud music.

He advocates the use of earplugs during concerts saying that using earplugs won't diminish enjoyment of a concert that you can feel shaking you to your bones. "If you won't listen to somebody in a white coat, listen to somebody in black leather" says Stanley.

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BACK TO SCHOOL Time for an Annual Hearing Exam!



As our children head back to school and we cross off items on the long list of supplies, it's a perfect time to make sure they are really ready to listen and learn.

Hearing loss in children often goes unnoticed, especially today when they are so often 'plugged in' to games and music and focused on their own activities and circle of friends. Kids today mul-

tiplex as never before and are subjected to so much noise overload that we often mistake not hearing well with not listening or being distracted. But hearing loss can make a huge impact on a child's classroom learning and even social experience.

If you know your child is able to learn but his or her grades don't reflect this, it could be that he or she has a hearing loss and is simply not hearing the classroom discussion.

According to the Better Hearing Institute:

- **85% of all children experience at least one ear infection.**
- **Second-hand smoke in the home increases the risk of middle ear infections and respiratory allergies in children.**
- **Federal laws mandate that all school districts must provide specialized education to children with hearing loss.**
- **Even a mild hearing loss can seriously impact a child's ability to learn in a school environment.**

A hearing evaluation may be the best investment you make in your child's education.

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Constant Ringing in Your Ears? *Continued...*

making individuals with hearing loss less aware of the tinnitus while wearing the hearing aids. Hearing aids may make it easier to hear over the tinnitus so you do not need to struggle with a hearing loss and tinnitus simultaneously

The symptoms of tinnitus can certainly influence basic life functions such as socialization, relaxation and sleep. In severe cases it can interfere with the individual's ability to perform adequately on the job, or contribute to psychological disorders such as depression, thoughts of suicide, posttraumatic stress disorder, anxiety and anger."

Although tinnitus affects 1 in 6 Americans and can cause major life disruptions, the number of sufferers who seek treatment for the problem is relatively small. One reason may be that they mistakenly believe their condition is untreatable. Unfortunately, many primary care doctors are also unaware of the latest treatment option, BHI says.

"No one should ever ignore persistent tinnitus," Kochkin says. "Not only is every individual entitled to a chance to regain his or her quality of life, but in rare cases tinnitus also can be a symptom of a more serious health issue that could demand medical intervention. What's more, nearly everyone with tinnitus has hearing loss as well."

In a recent large-scale survey by the Better Hearing Institute of the American hearing-impaired population, 39 percent (more than 9 million adult Americans) indicated they had not sought help for their hearing loss specifically because they also had tinnitus. "Research shows that untreated hearing loss has its own negative social, psychological, cognitive and health effects on the individual suffering from it," Kochkin adds. "So the individual with both untreated tinnitus and untreated hearing loss suffers an even more diminished quality of life than individuals with just tinnitus or just hearing loss."

If you think you have tinnitus have your hearing evaluated by a hearing health professional. The American Academy of Otolaryngology (AAO-HNS) and the American Tinnitus Association recommends these additional tips for minimizing the effects of tinnitus on your health:

- **Avoid exposure to loud sounds and noises.**
- **Get your blood pressure checked. If it is high, get your doctor's help to control it.**
- **Decrease your intake of salt. Salt impairs blood circulation.**

- **Avoid stimulants such as coffee, tea, cola, and tobacco.**
- **Exercise daily to improve your circulation.**
- **Get adequate rest and avoid fatigue.**
- **Eliminate or reduce stress; stress often makes tinnitus worse.**
- **Experiment by eliminating other possible sources of tinnitus aggravation such as artificial sweeteners, sugar, alcohol, prescription or over-the-counter medications. (Do not stop taking medications without consulting with your prescribing health care professional.)**

The Better Hearing Institute recommends that in addition to the practical tips above (which apply to a healthy lifestyle for all people) that people with tinnitus may receive benefit by simply understanding the causes, myths and facts about tinnitus.

"We believe that if hearing health professionals can provide effective treatment for tinnitus, they also can be instrumental in motivating people to concurrently treat their hearing loss," Kochkin says. "This would have a double impact in improving the quality of life for millions of Americans."

There are only a few Audiologists in Colorado who specialize in the treatment of tinnitus. Dr. Julie Eschenbrenner, Au. D. has undergone special training in the evaluation and treatment of tinnitus. A program of visits with Dr. Eschenbrenner helps to guide and support your progress throughout treatment to ensure you receive maximum benefits. Stop suffering; call to schedule your appointment today. 303.664.9111



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Fish Oils Provide Hearing Loss Protection



Good nutrition has been shown to reduce incidents of hearing loss in the aging boomer crowd, or to slow down the loss of hearing associated with age.

The American Journal of Clinical Nutrition Says...

...if you eat two servings of fish a week you lower the risk of experiencing hearing loss by 42% if you're 50-years-old or older.

Fish contains omega-3 fatty acids, a well-studied nutrient that delivers a bunch of health benefits including a reduction in hearing loss. "Dietary intervention with omega-3 polyunsaturated fatty acids could prevent or delay the development of age-related hear-

ing loss (presbycusis)," researchers, lead by Paul Mitchell, report. Important? Let's put it this way: roughly 36 million Americans report some degree of hearing loss. We could drop the number significantly if we just ate more fresh fish.

Other nutrients that have been studied as possible defenders against hearing loss include:

- *Vitamin C found in citrus fruits*
- *Magnesium – a mineral found in many vegetables*
- *Vitamin E – again, found in fish including shellfish*

Yes, good nutrition is good to overall good health, increasing the effectiveness of the immune system, and maintaining good joint flexibility, muscle mass, clear vision and even better looking skin. But now there's another reason to eat more fish.

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