



"TEST DRIVE"

New Technology Available in
the Flatirons Audiology Office!
TUESDAY, AUGUST 4TH

Dr. Julie is offering a NEW program, once a quarter, in which patients can come in for a special office visit and "TEST DRIVE" all of our new and exciting hearing products. This event is open to new and existing patients and their friends and family.

Just schedule a time to come in, pick up a set of the latest hearing aids and take them out for a spin for an entire week at **NO COST OR OBLIGATION**. No need to wonder if newer technology will help your hearing needs! With our special offer find out before taking the plunge and making the financial investment!

Please call soon, 303-664-9111, to schedule your special "TEST DRIVE" visit. Space will be limited!

6 Tips For Protecting Your Hearing Aids This Summer

Hearing aid instruments need to be protected from the elements and that is especially true during the warm summer months. Summer time brings hazards such as increased exposure to water and heat, but simple steps can be taken to prevent damage and ensure that you protect your hearing aid investment. Here are a few tips on protecting your hearing aids:



1) AVOID MOISTURE: Any exposure to water, humidity, condensation or perspiration can cause serious damage to a hearing aid. As the days become warmer, it is especially important to avoid any accidental exposure to moisture.

2) REMOVE BEFORE YOU SHOWER: Take your hearing aids off when you shower, swim or are going to be exposed to water in any form.

3) GIVE YOUR BATTERIES A REST: At night, leave the battery door on your hearing aid open to allow moisture to escape and avoid corrosion.

4) WATCH THE SUNSCREEN: Sunscreen has oils in it that can be damaging to hearing aids. Take extra precaution when applying sunscreen oils or sprays before that trip to the beach or pool!

5) BEAT THE HEAT: Hearing aid batteries are especially sensitive to heat, and even small changes in temperature can affect their output. Make sure to store them in a cool, dry location.

6) PROTECT FROM SUNLIGHT: To prevent the plastic coating on your hearing aids from melting, keep them out of direct sunlight and don't leave them in a vehicle that is parked outside for an extended period of time.

Dr. Julie is always here to help if you have any questions about your own personal hearing aids!



FLATIRONS AUDIOLOGY, INC. SUMMER OFFICE HOURS:

Monday - Thursday 9:00 AM to 5:00 PM

Friday - CLOSED

We will be open Wednesdays during the summer!



FLOURLESS FUDGE COOKIES

www.kingarthurfLOUR.com

INGREDIENTS:

- 2 1/4 cups confectioners' sugar
- 1/4 teaspoon salt
- 1 teaspoon espresso powder, optional
- 1 cup cocoa powder, natural or Dutch-process cocoa
- 3 large egg whites
- 2 teaspoons vanilla extract
- 2 cups chocolate chips, chopped nuts, or chopped dried fruit, optional

Yes, this batter is supposed to be syrupy and sticky. If it's not, add more egg white until it drips from a spatula in a thick ribbon. This recipe can be tricky to nail, especially the first time out.

DIRECTIONS:

- 1) Lightly grease two baking sheets. Or line with parchment, and grease the parchment. Yes, grease the parchment; these cookies are sticky, and need to be baked on a greased surface.
- 2) Whisk together the egg whites and vanilla. In a separate bowl, whisk together the dry ingredients, except for the chips/nuts/fruit. Stir the wet and dry ingredients together. Scrape the bottom and sides of the bowl, and stir again until smooth. The sticky batter will be the consistency of a thick syrup. Add the chips and/or nuts, if you're using them.
- 3) Drop the syrupy batter onto the prepared baking sheets in 3" circles (for large cookies), or 1 3/4" to 2" circles (for smaller cookies); a tablespoon cookie scoop or teaspoon cookie scoop, respectively, work well here. Let the cookies rest on the baking sheets for 30 minutes, while you preheat your oven to 350°F.
- 4) Bake the cookies for 7 minutes (for smaller cookies), 8 to 9 minutes for the larger cookies; they should spread slightly, become somewhat shiny, and develop faintly crackly tops. Note: large cookies with added chips/nuts will need to bake for 10 minutes.
- 5) Remove the cookies from the oven, and allow them to cool right on the pan. When they're nearly cool, carefully loosen them from the pan with a spatula.
- 6) Yield: 16 large (3 1/4") cookies or 32 smaller (2 1/2") cookies. With added chips/nuts: 2 dozen large cookies, or 4 dozen smaller cookies.

If you have a favorite cookie you'd like to share, please e-mail Dr. Julie the recipe: drjulie@flatironsaudiology.com

How to Extend the Life of Your Hearing Aid Batteries

While there aren't any full-proof methods of extending battery life, there are a few steps to follow to ensure the power isn't being wasted.

Generally speaking, hearing aid batteries can last anywhere from five to 14 days, based on a 16 hour per day use cycle. This is of course dependent upon the size of the battery and power needed by the hearing aid. Typically, smaller ones don't last quite as long because their size restricts the amount of power stored in them.

One of the most important steps to extending the life of your battery is to not remove the sticker from your battery until you are ready to use it and be sure to let it sit for at least one minute before inserting the battery into your hearing aid, maybe even longer for max life.

Always store them at room temperature. Heat exposure has been shown to shorten battery life, in addition to

a humid environment such as a bathroom or inside the car. Also, batteries shouldn't be carried loose in pockets, a purse or a backpack where they might come into contact with other metal pieces. Items such as change or keys can short-circuit the hearing aid batteries.



HEARING AID BATTERY TIPS...

- Store hearing aid batteries at normal room temperatures.
- Do not refrigerate.
- Wash your hands thoroughly before changing batteries. Grease and dirt on the batteries may damage the hearing aid.
- Leave the battery compartment of your hearing device open at night so moisture can escape and keep the battery from corroding and damaging the hearing aid.
- Remove dead batteries immediately. A completely discharged battery may swell and become difficult to remove.

How to Recycle Hearing Aid Batteries

Hearing aid batteries are classified as button cell batteries. They belong to the small round type found in watches, greeting cards and pagers. If they end up in landfills, the metals in the batteries can leach in to the soil or ground water. If incinerated, the battery can explode and release toxic materials either in to the air or concentrated in the ash that is left after burning. A safer alternative is to recycle hearing aid batteries.

Head to your nearest Home Depot, Battery Center or Ace Hardware with your dead batteries. These retailers

and others let customers drop off batteries in store to be recycled. Visit Call2Recycle's website (www.call2recycle.org) to find the nearest retail location for recycling your button cell batteries. It is always a good idea to check with the retailer first as not all locations may participate. You can also check with your local city county office whether there is a local collection program or hazardous waste management program where used batteries are collected or can be dropped off. Patients can also bring their hearing aid batteries to Dr. Julie to be recycled too.



Dr. Julie Offers New "Smart" Hearing Aid Technology

Dr. Julie is now offering new hearing aid technology from Siemens. Binax, is the world's first hearing aid technology proven to outperform normal hearing in challenging environments and will fit more than 90 percent of patients. With a virtual eight-microphone network, binax smart hearing aids provide the industry's most advanced binaural listening experience without compromising battery life.



Ace™ binax, Pure® binax and Carat™ binax hearing aids.

Binax hearing aid options include rechargeable, tinnitus therapy, DAI-compatible, wireless, and high-power instruments. Automatic features deliver directivity for improved speech recognition, while preserving spatial awareness.

Siemens latest hearing aid technology delivers up to 25% better speech recognition in demanding environments than people with normal hearing. The advanced hearing aids zoom in automatically on a person speaking, while at the same time blocking out any other

noise that could be distracting. These new hearing aids enable you to hear speech from any angle which is especially useful when not facing the speaker like in a car or on a stroll. Even wind is not an issue because the hearing aids suppress it so hearing in windy situations like golfing, boating, or hiking is effortless.

Siemens binax smart hearing aids:

- Automatically adapt to changing acoustic situations, without lifting a finger.
- Auto-focus on speech while attenuating background interference.
- Outsmart wind noise by taking the clearer signal from one ear and instantly streaming it to both.
- Consume half as much battery power as other leading hearing aids.
- Can be discreetly controlled via apps for iPhone and Android devices.

If you would like to try out Dr. Julie's new Siemens binax hearing aids, please call our office today: (303) 664-9111.

PROTECTING YOUR EARS WITH CUSTOM EARMOLDS AND EARPLUGS

In the summertime our ears are exposed to all sorts of loud noises and extra precaution is a necessity! Everything from loud concerts, the lawnmower, fireworks, sporting events, traffic and car radios are to name a few of the potential sources of noise that can cause irreversible inner ear damage.

Did you know Dr. Julie specializes in the molding of custom fit earplugs to help reduce exposure to dangerous levels of noise? Here's how it works: Custom fit earplugs[®] are made from an impression of the ear canal taken in the office by an audiologist like Dr. Julie. The impression is then sent to a lab where the final earmold is made. Custom earplugs are comfortable, easy to insert correctly, and filter sound better than disposable plugs. They can also be used for more than just hearing protection but also for swimming, listening to music or for hands-free phone use.

If you would like your own custom molded earplugs to help reduce hearing damage, please call Dr. Julie today: (303) 664-9111.

CUSTOM EARMOLD PROTECTION PRODUCTS



Write a Review of Your Experience at Flatirons Audiology, Inc. on any of our Social Media Sites and we'll give you a package of HEARING AID BATTERIES, OR ICE CREAM FROM SWEET COW!

FIND US AT:

- www.facebook.com/FlatironsAudiology
- twitter.com/TinnitusDrJulie
- flatironsaudiologyandtinnitus.wordpress.com
- plus.google.com/116601242852546694748
- www.yelp.com/biz/flatirons-audiology-lafayette

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Dr. Julie's COMMUNITY CORNER

Check this corner of the newsletter to stay apprised of all the ways Dr. Julie is giving back in our community and continuing to hone her expertise in the field of audiology.

- Flatirons Audiology, Inc. celebrated its 8 Year Anniversary on June 15, 2015. Dr. Julie would like to thank all of her patients, friends and family for their business and support over the years!
- Dr. Julie attended the Empowering a Billion Women by 2020 conference in May in Denver.
- Previous Test Drive Event Results -- 6 new people were fit with new hearing aids and loved them so much, they took them home!
- Dr. Julie is offering new binax hearing aid technology available from Siemens (*see article on page 3 for more details*).

LEVELS OF NOISE In decibels (dB)

PAINFUL & DANGEROUS		
Use hearing protection or avoid	140	• Fireworks • Gun shots • Custom car stereos (at full volume)
	130	• Jackhammers • Ambulances
UNCOMFORTABLE		
Dangerous over 30 seconds	120	• Jet planes (during take off)
VERY LOUD		
Dangerous over 30 minutes	110	• Concerts (any genre of music) • Car horns • Sporting events
	100	• Snowmobiles • MP3 players (at full volume)
	90	• Lawnmowers • Power tools • Blenders • Hair dryers
Over 85 dB for extended periods can cause permanent hearing loss.		
LOUD		
	80	• Alarm clocks
	70	• Traffic • Vacuums
MODERATE		
	60	• Normal conversation • Dishwashers
	50	• Moderate rainfall
SOFT		
	40	• Quiet library
	30	• Whisper
FAINT		
	20	• Leaves rustling