

Flatirons AUDIO SCOOP

Spring 2013

You're Invited! *Tinnitus Open House*

DATE:

March 18th & 19th

*Space is limited.
Appointments Required*

303.664.9111

LOCATION:

Flatirons Audiology, Inc.
300 Exempla Circle, Suite 365
Lafayette, CO 80023

Join Dr. Julie Eschenbrenner and staff to learn about and try new, significantly lower-cost Tinnitus Treatments.

Quiet your tinnitus and *live the life you deserve.*

Dr. Julie is a leading expert in the diagnosis and treatment of tinnitus.

Stop the Ringing, Hissing, Chirping, Buzzing, Whistling, Roaring!



How does TINNITUS sound to you? How does it affect your ability to perform at work or enjoy your daily life? Have you ever been told to "just deal with it"?

Everyone's tinnitus is different, making it especially hard to diagnose and understand. Tinnitus is not a disease; it's the medical term for the sensation of hearing sound in your ears or head when no external sound is present.

Over-exposure to loud noise is the leading cause of tinnitus; other causes include ear infections, high blood pressure, and hearing loss. Tinnitus can manifest suddenly, for example after involvement in a car accident, or it can develop slowly and grow more intense over time.

More than 50 million people in the United States suffer from this condition, according to the American Tinnitus Association. Since exposure to loud noise is a leading

cause in the development of tinnitus, the problem is significant in the military, with more than 34 percent of returning veterans from Iraq and Afghanistan suffering from its often debilitating effects. Seniors are also at an elevated risk for developing tinnitus, usually as a result of cumulative exposure to loud noise, which may also result in hearing loss. Musicians and music lovers are another high-risk group for developing this debilitating condition.

Tinnitus can strike anyone, at any time and if you suffer with tinnitus there is one thing you already know; you just want it to go away! You want peace in your head, calm in your life.

New Significantly Lower Cost Tinnitus Treatment Options Now Available

Flatirons Audiology is pleased to offer a wide range of the newest, most advanced treatment options available anywhere.

In recent months several companies have released new and effective technology for the treatment of tinnitus and the good news is that these treatments are now much more affordable.

Neuromonics Sanctuary is a brand new solution brought to you by the world leader in tinnitus treatment. With more than 15 years of research, Neuromonics consistently delivers relief to tinnitus suf-

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

Stop the Ringing, Hissing, Chirping, Buzzing, Whistling, Roaring! *Cont...*

ferers worldwide. The Neuromonics Sanctuary uses customized music to interact with the sounds of your tinnitus, providing an on-demand sense of control and relief over your tinnitus. Included are high quality Bose high-frequency headphones and an optional JBL One Tour Micro for bedside use. With the Sanctuary, you'll find: on-demand relief, control over your tinnitus, relief while listening, help with relaxation and concentration. If you've wanted Neuromonics in the past but found the price prohibited, the Sanctuary could be a perfect solution for you.

Widex ZEN2GO is a new tinnitus management device that plays random, soothing harmonic tones called ZEN. Placed in the ear, it is designed to help you relax and reduce stress. The ZEN2GO system includes a pair of ZEN2GO devices, matched RC-DEX, user instructions, cleaning tools and extra ear-tips.

Widex also offers a more comprehensive Zen technology in a hearing aid, which can be tuned to your specific hearing loss and adjusted according to your preferences in terms of pitch, tempo and volume.

Starkey's Xino is a new tinnitus treatment solution designed to deliver all day relief from

American Tinnitus Association, SoundCure, Neuromonics, Widex, Starkey

tinnitus. Xino Tinnitus creates a customizable and comforting sound stimulus that you and your Audiologist can fine-tune to soothe the unique, irritating sounds you hear. The result is personalized sound therapy designed to take your focus off your tinnitus.

SoundCure offers new sound therapy technology and was recently featured in an article by The American Tinnitus Association. This therapy consists of a handheld device, earphones, and proprietary treatment sounds that research has suggested may address the underlying neurological cause of tinnitus. SoundCure technology is customized specifically to your tinnitus. It can be used for immediate relief and has a long-term benefit, when used as part of an ongoing Tinnitus Treatment Program. This therapy is FDA approved and includes a SleepAssist program.

Dr. Julie Eschenbrenner is board certified by the American Board of Audiology and is a member of The American Tinnitus Association and the Colorado Academy of Audiology. Her credentials are extensive and include Tinnitus Retraining Therapy for Management of Tinnitus and Hyperacusis (Jastreboff) 2010, Neuromonics Clinical Training 2007, and SoundCure-2012

Shouting Won't Help *A new book on the woes of hearing loss.*



New York Times Editor, Katherine Bouton takes us on an extraordinary journey about trying to hide her worsening hearing loss, which began at age 30. Rave reviews from many, including this one by Steven Pinker, Harvard College Professor of Psychology at Harvard University:

"Shouting Won't Help is a fascinating and frequently moving exploration of the hearing loss that strikes so many of us and those we love. The

book is filled with enlightening personal observations, wise advice, and answers to frequently asked questions. If you've ever said 'What?,' gotten annoyed at those who do, had a miserable experience at an expensive but cacophonous restaurant, or wondered which is most dangerous to your health—sex, drugs, or rock and roll—this book is for you."

The book is available from Amazon and Barnes & Noble in both hard copy and electronic editions.

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Rolo Surprise Cookies

- 1 3/4 cup flour
- 1 tsp. soda
- 1/2 tsp. salt
- 1/2 cup sugar
- 1/2 cup shortening
- 1/2 cup brown sugar
- 1/2 cup peanut butter
- 1 egg
- 2 tbsp. milk
- 1 tsp. vanilla
- 48 Rolo Candies

Combine all ingredients except candy and mix until dough forms. Shape dough for each cookie around a rolo candy, making sure the candy is completely sealed in. Roll balls in sugar. Bake at 375 degrees for 10 - 12 minutes.

Caution – HOT! Let these cookies cool thoroughly before eating. The candy in the middle will be hot!



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Hearing Loss Increases Risk of Falls

John Hopkins Study Conclusive



A new study led by a Johns Hopkins researcher suggests that hearing increases the risk of falls, which generates billions of dollars in health care costs each year.

To determine whether hearing loss and falling are connected, Frank Lin, M.D., Ph.D., at HYPER-LINK "<http://www.hopkinsmedicine.org/som/>" Johns Hopkins, and his colleague Luigi Ferrucci,

M.D., Ph.D., of the National Institute on Aging, used data from the 2001 to 2004 cycles of the National Health and Nutrition Examination Survey.

During those years, 2,017 participants ages 40 to 69 had their hearing tested and answered questions about whether they had fallen over the past year. Researchers also collected demographic information, including age, gender and race, and tested participants' vestibular function, a measure of how well they kept their balance. Their findings are published in the Archives of Internal Medicine.

The research concluded that people with a 25-decibel hearing loss, classified as mild, were nearly three times more likely to have a his-

tory of falling. Every additional 10-decibels of hearing loss increased the chances of falling by 1.4 fold. This finding still held true, even when researchers accounted for other factors linked with falling, including age, sex, race, cardiovascular disease and vestibular function. Even excluding participants with moderate to severe hearing loss from the analysis didn't change the results.

Lin, an Otologist and epidemiologist, says among the possible explanations for the link is that people who can't hear well might not have good awareness of their overall environment, making tripping and falling more likely.

Another reason hearing loss might increase the risk of falls, Lin adds, is "<http://www.healthyhearing.com/content/articles/Research/Hearing-aids/7848-Hearing-and-cognition>" cognitive load, in which the brain is overwhelmed with demands on its limited resources.

"Gait and balance are things most people take for granted, but they are actually very cognitively demanding," Lin said. "If hearing loss imposes a cognitive load, there may be fewer cognitive resources to help with maintaining balance and gait."

Protect yourself and your loved ones by scheduling an annual hearing test and having any hearing loss treated.

HealthyHearing.com
Flatirons Audiology

FREE Tinnitus Seminar

by Dr. Julie Eschenbrenner

Tuesday, April 9
6:00 - 7:30 pm



Seating is Limited

RSVP Required: 303.664.9111

Seminar Location: Exempla Good Samaritan Hospital
200 Exempla Circle, Lafayette, CO 80026

Don't suffer! Get your life back on track!

- **Leading Expert in Tinnitus Treatment**
- **Multiple Treatment Options**
- **Accept most insurance for hearing and tinnitus evaluations**

Essay Contest!

Free Hearing Aids for the winner of our essay contest. Submit 250-500 words telling us why you or someone you know deserves to have new hearing aids.

Winner will be announced during Better Speech and Hearing Month – May 2013

Contact our office for details.

The staff at Flatirons Audiology says that Dr. Julie always seems to be happy and energetic. Her philosophy is: "Work is either fun or drudgery. It depends on your attitude."

Coming Soon!


Watch for a fresh new look at
www.FlatironsAudiology.com


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March is Colorado's Snowiest Month

Outdoor winter fun and chores require a few extra precautions to protect your hearing and your hearing aids.

 **Snow Blowers & Snowmobiles:** If your hearing aids have a memory feature set them for noise reduction to protect your hearing when using a snow blower or riding on a snowmobile. Prolonged exposure to noise levels above 85 dB (decibels) can result in permanent hearing loss and both snow blowers and snowmobiles emit greater than 100 dB. Hearing aids work by amplifying sounds in your environment and using the noise reduction feature can protect your hearing from further noise damage.

 **Keep Hearing Aid Batteries Dry:** Hearing aid batteries are adversely affected by changes in temperature, so

it's important to keep the battery compartment free of moisture. When you remove your hearing aids at bedtime take a minute to inspect your hearing aid and remove the batteries and wipe the battery compartment with a warm, dry cloth before storing.

 **Hearing Aid Dehumidifiers:** Colorado temperatures often drop below freezing and even though we are in a typically dry climate, changes in temperature can cause condensation inside your hearing aids, preventing them from working efficiently. Consider investing in a hearing aid dehumidifier, which can help prolong the life of your hearing aids by safely removing moisture while you sleep.

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