



"TEST DRIVE"

New Technology Available in the Flatirons Audiology Office!

MAY 4TH -8TH, 2015

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!

Just another "Successory" in our Patient Files...

Helping patients with hearing loss is a way of life here at Flatirons Audiology and with all the "successories" in our files, we thought you might just enjoy reading about our friend David Welty, and how restorative hearing treatment has improved and enhanced his quality of life!

How did your hearing loss occur?

Dr Julie determined the hearing loss in my left ear was from head trauma as a child. I suffered several concussions, and we did not use proper head protection back in the 70's.

What type of devices are you currently using for you hearing loss?

I replaced a ReSound hearing aid I got in Atlanta back in 2005 with a Widex unit from Dr Julie.

How has the use of this new hearing device changed your life, and what are you able to do now that you couldn't do before?

I can wear my helmet while riding my mountain bike and snowboard, and can hear so much more of the outdoors than without it. In restaurants I now enjoy table conversations, and at work I can hear my surroundings much better!

For other people dealing with hearing loss, what would you like to tell them about getting treatment?

I felt I could just hear 'ok' before, but now when I remove my hearing aid, I realize just how little I can really hear with one (good) ear. Treatment was simple--one office visit for a hearing

test and then the fitting, which took less than an hour to set up and adjust.

Treatment has also helped with the ringing in my ears (tinnitus). My Widex model of hearing aid has a feature that plays tones in my ear when the ringing is worse than normal and it really works!

How has your life changed since receiving treatment from Dr. Julie and what are the ways, both big and small, that regaining hearing has impacted your life?



Welty enjoying the sights and sounds on an afternoon bike ride.

I'm now able to enjoy all the sounds of nature I love! Just this weekend I rode my mountain bike and could hear all of the birds in the trees, the water running over the rocks and the wind. Now I hear balanced sounds in both ears and don't have to lean in with my good ear to enjoy conversation with family and friends.

What would you like to say about Dr. Julie and the other staff members at Flatirons Audiology, Inc.?

Dr Julie is great, really honest and she wants the best for her patients! All of the staff at the office are great too, very friendly, and Peggy always takes care of me asking if I would like a beverage or a cookie. Dr Julie educated me on what caused my condition and has gone out of her way to make sure my new hearing aid is working to the best of its capabilities!

Thanks for sharing, David! If you have your own special "successory" that you would like to share with our patients, please email Dr. Julie (drjulie@flatironsaudiology.com) and we may just profile your story here too!



COWBOY COOKIES

Recipe Submitted by
patient R.K.

INGREDIENTS:

- 2-Extra Large Eggs
- 1-Cup Sugar
- 1-Cup Brown Sugar
- 2-Sticks (1-Cup) Butter
- 1-Tsp Vanilla
- 1-6 oz. Package Semisweet
Chocolate Chips
- 1-Tsp Baking Soda
- 1-Tsp Baking Powder
- 1/2-Tsp Salt
- 2-Cups Flour
- 2-Cups Oatmeal
- *Chopped Nuts or Raisins, if desired.*

DIRECTIONS:

- 1) Preheat oven to 350°.
- 2) Combine eggs, sugars and butter. Mix well until fluffy. Add Vanilla.
- 3) Mix dry ingredients together.
- 4) Add dry ingredients to creamed wet ingredients **BY HAND**.
- 5) Add semisweet chocolate chips and optional chopped nuts or raisins.
- 6) Drop onto cookie sheet leaving about 1-inch between each cookie (they spread).
- 7) Cook 8-10 minutes at 350° until lightly golden.
DO NOT OVERBAKE!

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

Better Hearing and Speech Month is Right Around the Corner!



May 1st kicks off national Better Hearing and Speech Month (BHSM) and the theme for 2015, will be "Early Detection Counts." Since nearly 40 million Americans have some type of speech-language disorder, it's important to plant the seeds of awareness about hearing and communication disorders and seek out treatment options both you and your family members deserve!



In observance of BHSM, Dr. Julie encourages families to take stock not just of any potential audiological issues, but also your ENTIRE approach to better health and wellness! These days, audiologists are recognizing a growing role for hearing treatment in the long-term care of patients with chronic medical conditions. It is only through better communication, of which good hearing is at the core, that people suffering from chronic medical conditions will be able to more actively participate in

their own care, including following a physician or caregiver's verbal instructions. Research by the National Council on the Aging on more than 2,000 people with hearing loss, demonstrated that hearing aids are clearly associated with impressive improvements in the social, emotional, psychological, and physical well-being of people with hearing loss. Patients with hearing loss should check in with their audiologist and regular physicians for early detection and valuable treatment options to improve overall health! Similarly, Dr. Julie believes she should be directly involved in all phases of identification and remediation of hearing loss because it is most definitely in the best interest of primary care physicians, hearing healthcare professions, caregivers, and certainly in the best interest of the patient's quality of life! Dr. Julie urges you to view the whole health approach to your well-being and call for any concerns about hearing or communication issues!

DID YOU KNOW...

- Diabetics are twice as likely to have hearing loss than non-diabetics.
- Research indicates that smokers were 1.7 to 2.1 times as likely to have a hearing loss as non-smokers.
- People with hearing loss had a faster rate of mental decline compared to people with normal hearing and a greater rate of decline in memory and thinking.

Tips for Parking at Flatirons Audiology, Inc.

Finding a parking spot close to our building can be tricky. Ideally, our patients should be able to quickly find an open spot in either parking lot 4A or 4B directly in front of the Community Physicians Pavilion. Unfortunately, with all the busy offices in our building, as well as the Kaiser Permanente building next door, open parking spots can be hard to come by.



We recommend allowing a few extra minutes to navigate the parking lot for your next appointment. Also, if you have trouble, there is a new parking lot on the West side of our building. Feel free to look for an open spot there, and if you have any further suggestions for parking at our offices we always appreciate your suggestions!

8 Reasons Why Untreated Hearing Loss is More Dangerous Than You Think!

Hearing loss is treacherously sneaky and for the more than 48 million American citizens that claim some extent of hearing deficit, the consequences are much greater than just annoyance and frustration. It can creep up over the years so gradually you scarcely notice, making it all too easy to deny it's even there. And afterwards, when you at last recognize the signs and symptoms, you shrug it off as inconvenient and irritating, but it's important to note its worst type of effects are hidden. Following are eight reasons why untreated hearing loss is a great deal more dangerous than you might imagine:

1. Connection to Dementia and Alzheimer's Disease

Research on aging reveals that those with hearing loss are significantly more likely to develop dementia, including Alzheimer's disease, when compared with those who sustain their hearing. Despite unknown causes or pathological correlations, restoring hearing might be the best prevention, which includes the use of hearing aids.

2. Depression and Social Isolation

Scientists have uncovered a strong relation between hearing impairment and depression among U.S. adults of all ages and races.

3. Not Hearing Alerts to Danger

Car horns, ambulance and law enforcement sirens, and fire alarms all are specifically created to notify you to potential hazards. If you miss out on these types of signals, you put yourself at an higher risk of injury.

4. Memory Impairment and Mental Decline

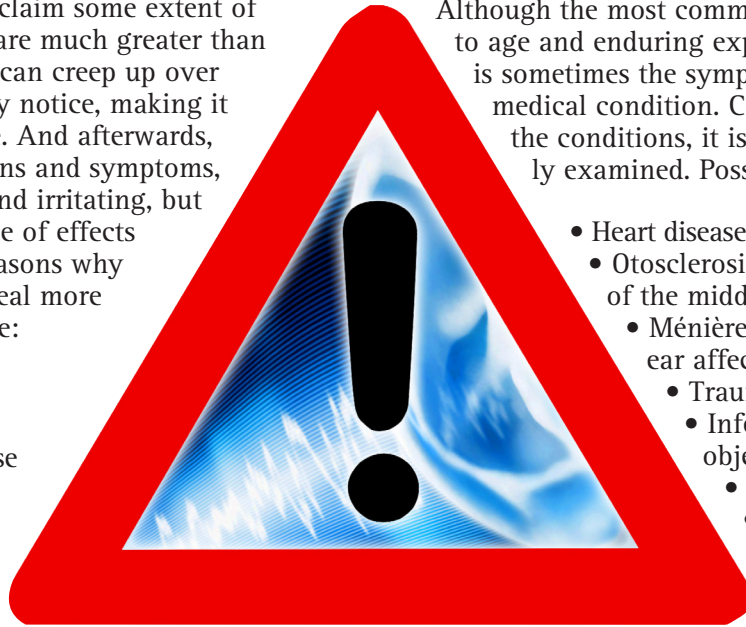
Research studies suggest that individuals with hearing loss have a 40% higher rate of decrease in cognitive performance in contrast to individuals with regular hearing.

5. Lowered Household Income

In a review of more than 40,000 households conducted by the Better Hearing Institute, hearing loss was discovered to negatively influence household income up to \$12,000 annually. However, those who wore hearing aids, decreased this impact by 50%.

6. Auditory Deprivation – Use It or Lose It

When considering the human body, “use it or lose it” is a motto to live by. For example, if we don't use our muscles, they atrophy or reduce in size as time passes, and we end up losing strength. The equivalent phenomenon pertains to hearing: as our hearing weakens, we get trapped in a descending spiral that only worsens. This is often referred to as auditory deprivation, and a growing body of research is strengthening the theory of “hearing atrophy” that can take place with hearing loss over time.



7. Underlying Medical Conditions

Although the most common cause of hearing loss is related to age and enduring exposure to loud sound, hearing loss is sometimes the symptom of a more severe, underlying medical condition. Considering the severity of some of the conditions, it is vital that any hearing loss is rapidly examined. Possible conditions include:

- Heart disease, high blood pressure, and diabetes
- Otosclerosis – the hardening of the middle ear bones
- Ménière's disease – a condition of the inner ear affecting hearing and balance
- Traumatic injuries
- Infections, earwax buildup, or foreign object obstruction
- Tumors
- Medications – there are more than 200 medications and chemicals that are known to cause hearing and balance issues.

8. Higher Risk of Falls

There is a link between hearing loss and the risk of falls. Research suggests that people with a 25-decibel hearing loss, labeled as mild, were just about three times more likely to have a track record of falling. And for every added 10-decibels of hearing loss, the likelihood of falling increased by 1.4 times. Yet one more reason NOT to wait to get your hearing tested!



The positive part to all of this negative research is the suggestion that maintaining or repairing your hearing can help reduce or eliminate these risks completely. For all those that now have normal hearing, it is more important than ever to

protect it. And for those of you suffering with hearing loss, it's vital to seek the services of an audiologist without delay.

DID YOU KNOW...

- 33% of adults between the ages of 65 and 75 have some degree of hearing loss.
- 65% of people with hearing loss are below retirement age.
- 50% of seniors who are 75 years or older have a hearing loss.
- Most hearing losses occur gradually over a period of 25 to 30 years.
- While 95% of Americans with hearing loss could be successfully treated with hearing aids, only 20% currently use them.
- Only 16% of physicians routinely screen for hearing loss.
- 50% of hearing loss is preventable through public health actions including: immunization, healthy ear and hearing care habits and effective treatment for both acute and chronic ear conditions.

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If you haven't already, be sure to 'Like' Flatirons Audiology, Inc. on Facebook, and keep up to date with all the exciting things we're doing here in our office, as well as informative new content, and the latest news, research and articles related to hearing and audiology trends!

DON'T THROW OUT YOUR OLD HEARING AIDS!



DO YOU HAVE OLD HEARING AIDS LAYING AROUND THE HOUSE AND YOU'RE NOT QUITE SURE WHAT TO DO WITH THEM? Please consider donating your used hearing aids to Flatirons Audiology, Inc.! We'll happily find a home for your old wares to those in need! Be it in local schools, or with the Belize Mission Project (that's near and dear to heart), we PROMISE to find a good place for all your old hearing aids!

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 audiology profession.

- Dr. Julie has been invited to participate in the 9 News Health Fair at Crossroads Church on Monday, April 20, 2015. She will be there from 7 am-Noon. Stop by and say 'Hi'!
- Don't forget to schedule your special 'TEST DRIVE' office visit May 4th - May 8th, and sample all of our new and exciting hearing products, at no cost or obligation to you! Please see the sidebar on the front page of this newsletter for more details.
- Join us for a FREE Educational Tinnitus Seminar on Tuesday, April 21st from 6-7:30 pm at the Lafayette Public Library, and find out about the latest greatest treatment options for ringing in the ears. Seating is limited, please call the office, (303) 664-9111 to register.
- Dr. Julie just returned from San Diego where she was collaborating with a group of Audiologists from AuD Connex learning about the new Binax hearing aids from Siemens Healthcare.

FREE EDUCATIONAL TINNITUS SEMINAR HOSTED BY FLATIRONS AUDIOLOGY, INC.

Dr. Julie invites you to come learn about tinnitus (*ringing in the ears*) and treatment options available at Flatirons Audiology, Inc. No advertising spin. No gimmicks. Just the facts about tinnitus and the latest treatment options, including technologies such as Neuromonics and Widex.

TUESDAY, APRIL 21, 2015 ~ 6:00-7:30 PM
LAFAYETTE PUBLIC LIBRARY
MEETING ROOM (LOWER LEVEL)
775 W. Baseline Road • Lafayette, CO 80026

PLEASE CALL (303) 664-9111
TO RESERVE A SPOT. SEATING IS LIMITED!
Representatives from Neuromonics and Widex will be present.