

Flatirons AUDIO SCOOP

Spring 2012

Leap Into Digital Age

The beauty of high technology and our leap into the digital age has made everything smaller and better and this is why hearing aids are cool in today's high-tech age. Check with your hearing professional to get information on the newest hearing aid technology available today.

Flatirons Audiology

Spring is Here! Change the Way You Hear, Not the Way You Live!



Everyone looks forward to special days to do the things they love to do. An occasional evening out, perhaps dinner at a favorite local restaurant and a movie that everyone is talking about. Some of you might prefer to spend the day at the sports arena, cheering on your favorite athletes or teams chugging beer and sharing high-fives. What about gatherings with family and friends, sharing a special birthday, chatting, relaxing and laughing?

In order to fully enjoy these activities, you don't just want to see what is happening, you also want to hear the details of what is going on.

There are millions of people of all ages who don't hear as well as they would like to, or can and they are missing out on the kinds of moments that are special to all of us.

Difficulty with hearing changes the dynamic for those of us who are hearing impaired as well as the people around us. The people who care about us often need to make con-

versations to communicate with us, repeating, explaining, maybe even walking and sitting on a particular side so we can hear them. On the other hand, when we don't hear as well as we could, we strain to listen and participate in the conversations and activities. Hearing is a vital part of communication and is an integral part of everyday life.

Many people continue to suffer with hearing loss because of the perceived expense, or the desire not to look funny wearing something in their ear. Contrary to what most believe modern hearing aids are not only more cosmetically appealing they are also more affordable than ever. In fact the new Open Ear Technology (OTE) packs a powerful digital hearing device in a very discreet package.

The first step is to be evaluated. Technology can now be programmed to match and correct your particular type and level of hearing loss. We work together with you to customize a solution that fits not only your hearing loss, but also the environment you live in. We have the expertise as well as the access to the right product to fit your individual needs.

Springtime is here! Immerse yourself in your environment and enjoy what you've been missing. Call Flatirons Audiology, Inc. to set up an appointment to discuss the options that are available to you.

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

Stress, Tinnitus and Hearing Loss Linked



According to the World Health Organization, hearing loss will become one of the most common disabilities in the near future. To find out why hearing loss is on the rise, researchers have begun studying what factors contribute to deteriorating hearing abilities. What they found might surprise you.

Hearing Health around the World

In many industrialized countries, cases of hearing loss are alarmingly on the rise. With so many different ways to access health care in developed nations, it is shocking to see something as simple as the ability to hear affected so negatively.

Connecting Stress and Hearing Loss

Having seen that there was such a large number of people reporting hearing loss and tinnitus, researchers began looking for reasons why this trend was occurring. One scientific idea was that since stress is also reported more often in developed countries, perhaps hearing loss could be correlated with this finding. To find a link between the two, scientists set out to explore the possibility that stress can lead to hearing loss and ringing in the ears.

Studying Hearing Health

Researchers developed a questionnaire asking survey participants 120 questions about how they would report certain stressors. These stressors included the following life situations:

- **Psychosocial Work Environment**
- **Physical Work Environment**

- **Lifestyle**
- **Physical Health**
- **Mental Health**

In addition to questions about work and home lifestyle stressors, respondents were also asked three questions regarding their hearing health. These three questions focused on tinnitus (ringing in the ears) and the ability to hear normal conversations.

Hearing Loss Study Results

A linear relationship exists between certain stressors and hearing health. What this means is that those respondents that reported more stress, especially in the areas of poor sleep and ill health, also had more complaints of tinnitus and hearing loss. Men and women both showed similar results, and when considering health status, both men and women reported that hearing loss seemed worse when they perceived their health status to be low.

Workplace stress was also correlated with hearing health. The more stressed respondents reported that they feel from work, the more they also complained of hearing loss and tinnitus. It is well known that stress leads to health problems, such as a decreased ability to fight off infections and increases in the chance of developing heart conditions, but it was not until this study was published that there was a clear association with hearing and stress.

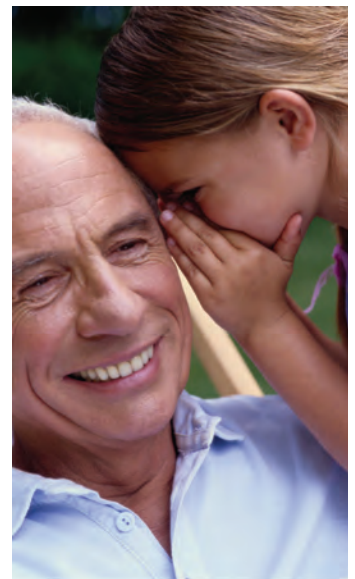
Is Stress Affecting my Hearing Ability?

After reading this report, you may be wondering if your own lifestyle is affecting the quality of your hearing health. The best way to assess your hearing ability is to visit a licensed audiologist or hearing aid specialist for a hearing exam. Once there, you should let your provider know of your hearing concerns and discuss ways to decrease stress in your daily life. You may find that steps taken to improve your lifestyle may also improve your hearing.

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Healthy Hearing: An Investment in Your Future

About 37 million people in the United States suffer from hearing loss, but only 24% actually get help. That means nearly 28 million people could be missing out on the benefits hearing aids can bring: greater earning power, better interpersonal relationships, reduced anger and frustration from miscommunications, less depression and anxiety, and the belief that they are in control of their lives. Investing in a digital hearing instrument means investing in your health. Research shows people with hearing loss who use hearing aids report better health than those who do not use hearing aids.



Better Hearing Institute

Tinnitus Seminar: A Hit With Sufferers



Twice a year Dr. Julie Eschenbrenner shares her expertise on tinnitus in the conference area at Exempla Good Samaritan Hospital in Lafayette, Co. The room is always filled with people suffering from this disorder as well as their friends and loved ones.

These community service seminars are a way for us to reach people who are suffering and offer hope to those who have been told there is no cure for tinnitus and therefore there is not help

for them. Dr. Julie has been evaluating and successfully treating patients with tinnitus for many years and she is one of the few Audiologists in Colorado who specializes in it.

If you have tinnitus you know how debilitating it can be. The sound is different for each patient but tinnitus is often referred to as ringing, humming, buzzing, and cricket-like sounds. Some report hearing the sounds in their head, while others report the sounds are in one or both ears and it is often, but not always, accompanied by some level of hearing loss.

The impact of tinnitus on everyday life can range from mildly annoying to seriously debilitating. Sufferers can become depressed, angry and even suicidal. It can interfere with concentration and sleep. Tinnitus can also be a symptom of a more serious health issue and should always be evaluated by a professional specializing in the evaluation and treatment of Tinnitus.

There are treatments available! If Tinnitus is affecting your quality of life, Dr. Julie is here to help. **Call our office to schedule an evaluation. 303.664.9111**

Flatirons Audiology

Transforming Your Life With Better Hearing

At times, it seems as if hearing is a second-rate sense to vision in our visually oriented modern society. But there is nothing second rate about the ramifications of untreated hearing loss. In fact, many people with hearing loss delay getting help because they are unaware of the fact that receiving early treatment for hearing loss can literally transform their lives.

Untreated, hearing loss can have many negative consequences that are not regularly associated with hearing problems including anxiety, social isolation and even depression.

While close to 30 million people in the United States have hearing loss, the majority have not received treatment. Yet extensive research demonstrates that treatment with modern hearing aids brings measurable improvements in so-

cial, emotional, psychological, and physical well being, for both patients and their spouses.

The good news is that, with treatment, those suffering even mild hearing loss can gain:

- *Greater effectiveness on the job and better earning power. (An estimated 65% of people with hearing loss are younger than retirement age.)*
- *More participation in group activities like church services.*
- *Improved interpersonal relationships, greater intimacy and a better sense of control in professional, social and family gatherings.*

Better hearing helps you perform better, whether in business situations or engaging in hobbies or sports – all of

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life's activities that include a wealth of auditory cues and signals. Better hearing also gives you an enhanced sense of security, and is critical where safety is a concern – for instance when caring for young children.

So, if you suffer from a mild, moderate or severe hearing loss and have yet to seek help from a hearing professional, consider all the benefits of better hearing described above. Do not wait until you are retired to treat your hearing loss. You shouldn't delay the ability to enjoy a fuller, more satisfactory life . . . for you and your family.

Better Hearing Institute

