

Cortland Hearing News



Fall 2014

Background Noise

When presented with noisy situations, consider these tips to help you hear more clearly:

In public places, ask to be seated in quiet areas like next to a wall or away from heavy traffic areas.

- Don't be shy with your needs — you can also request a quiet area when making your reservation.
- Find out the hours that are least busy and make plans to visit then.

Sit near the front of a venue or by the individual speaking.

- Sound weakens over distance, so sitting closer to someone will make it easier to hear him/her.

Supplement your hearing aids.

- Use assistive listening devices (ALDs) whenever possible. Invest in your own ALD or utilize those provided by many theaters and other venues.
- Look for the hearing loop logo — the blue sign with an ear on it signifies that the area is looped with a wire that will transmit sound from a speaker directly into your hearing aids. In such cases, switch your hearing aid to telecoil or T-mode.

Relax when conversing.

- Listening is harder when you are tired or stressed.
- Don't become tense or nervous if you can't understand — simply ask the speaker to repeat him/herself or ask for an unheard statement to be reworded.

Invest in a remote control that allows you to adjust the microphone and directionality of your hearing aids.

- Let your family know that they can help you by speaking in a normal tone, looking directly at you, speaking near you, and rephrasing, if necessary.

You Hear What You Eat

Researchers at the University of Leeds have shown that our bites are simultaneously analyzed by the ears and mouth. According to Malcolm Povey, a food physicist with the University of Leeds, "The sound and feel of food in the mouth is as important as taste, look and smell in deciding whether we like something or not."

Similarly, what we eat plays a large role in how we hear. Studies on the relationship between diets and hearing have shown that diets high in sugar and carbohydrates detrimentally impact hearing. Diets high in cholesterol also contribute to hearing loss normally associated with aging.

While cutting out sugary and cholesterol-rich foods makes for a healthier hearing fitness plan, good hearing nutrition also needs to take into account what is lacking.

Deficiency in nutrients like B12 and folic acid can impair hearing by as much as 39 percent. Research indicates

that deficiencies in B12 and folic acid impinge on hearing through damage caused to the nervous and vascular systems, as well as the coating over the cochlear nerve.

Antioxidants like B12, folic acid, Omega 3, and vitamin A are all important because they help fight off free radicals, which damage otherwise healthy cells. Antioxidants are found in high quantities in healthy leafy greens and other foods like lentils, bananas and dried beans. Substituting these foods for high cholesterol and high sugar foods goes a long way to preserving hearing and fighting off free radicals.

Seeing your audiologist annually will also help ensure hearing health.

607-756-1053



Dr. Suzette Pace, Au.D. looks forward to seeing you soon. Call **Cortland Hearing Aids** today to schedule your next appointment!



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RETURN SERVICE REQUESTED

607-756-1053
www.CortlandHearingAids.com

Health & Wellness Program

We believe that everyone over the age of 55 should have their hearing screened annually as part of their overall wellness program.

This year, we want to provide a complimentary hearing screening to 1,000 individuals in our community!

Help us help your friends and loved ones.

Call us today, 607-756-1053, and let us know who may benefit from a free hearing screening.

