

# Hear for Your Health

## INSIDE THIS ISSUE:

Hearing Healthcare and Whole Health and Wellness	2
Check Out Our New Partnerships	3
Summertime Recipe	3
Upcoming Events	4

## June is National Men's Health Month – Have your Dad check his hearing.

As you prepare to celebrate your Dad on Father's Day, have you considered how healthy his hearing really is?

June is National Men's Health Month. 6 out of 10 people with hearing loss are men. Hearing health directly affects lifestyle, relationships, income, and whole health and wellness.

Focusing on the health of the men in our lives gives health care providers and individuals an opportunity to address one of the most commonly unaddressed conditions in the US – hearing loss. Since the majority of those who experience the effects of hearing loss are men, get your dad, grandfather, brother and cousin to check their hearing.

## June is also National Safety Month – Protect your hearing.

During the summer, Americans participate in all sorts of adventurous activities that put our safety in question. Have you considered the safety of your every day hearing?

When we do regular things around the house, we may also be putting our hearing health at risk. Hearing loss has been attributed to constant loud noises and traumatic sound events. This includes listening to loud music (especially in ear phones and ear buds), using power tools and lawn care equipment without ear protection, and even firing a gun without proper recommended ear protection.

This summer, be safe and turn down the volume in your ears. Listen to your music at a softer level when you are at the beach or exercising, wear ear protection when you are working around the house or tending to the yard, and always wear ear protection at the firing range and shooting cans out in the woods with your friends.

**Enjoy the summertime!  
Take advantage of the beautiful  
beach weather. Listen to the  
waves crashing in a sweeping  
the shore. Hear the music  
of children playing  
in the sand.**



Like us on



to keep up on  
the latest news.

## Hearing healthcare and whole health and wellness – a vital partnership.

Have you checked your blood sugar recently? Perhaps, you are concerned about your blood pressure? Did you know that both **Diabetes** and **Cardiovascular Disease** have been linked to hearing loss? It's true!

In a study funded by the National Institute of Health (NIH), hearing loss proved to be about twice as common in adults with diabetes as compared to adults who do not have the disease “Hearing loss may be an under-recognized complication of diabetes. As diabetes becomes more common, the disease may become a more significant contributor to hearing loss,” said Catherine Cowie, Ph.D., of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), and the senior author of the study. Untreated and unchecked, diabetes damages the fine vessels and arteries in the inner ear, which will lead to hearing loss.

Other studies have proven that a healthy cardiovascular system – the heart, arteries and veins – has a positive effect on hearing. The Better Hearing Institute (BHI) is raising awareness of the heart-hearing connection. Dr. David R. Friedland, M.D., Ph.D., Professor and Vice-Chair of Otolaryngology and Communication Science at the Medical College of Wisconsin in Milwaukee published a study in *The Laryngoscope* that concluded that patients with low-frequency hearing loss should be regarded as at risk for a cardiovascular event. Like the damaging effects of diabetes to the inner ear, Dr. Friedland notes that “[t]he inner ear is so sensitive to blood flow that possible abnormalities in the cardiovascular system could be noted.” In other words, a patient’s hearing loss may be used to help diagnose cardiovascular disease due to correlating evidence of damage to the inner ear caused by a poorly functioning cardiovascular system.

**The Take-away:** Your ears are sensitive and can be affected by your whole health and wellness. Check your blood sugar, check your blood pressure, and check your hearing.

Better Hearing. Better Life.



## Check Out Our Hearing Healthcare Partnerships!

### New Friends, New Networks

Hearing Care of Summerville is happy to be members of South Carolina Aging in Place Coalition. SCAIPC is an advocate group for aging people to prepare to remain in their residence independently, comfortably, and safely. You can learn more about the group and get information about aging at home resources at [www.scaipc.org](http://www.scaipc.org).

You can now find us in the Senior Directory, one our healthcare networking partners. The Senior Directory is a comprehensive resource for aging adults. Stop by our office to get a copy, or visit them online at [www.seniordirectory.com](http://www.seniordirectory.com).

We are partnering with Walgreen on Trolley Road to offer FREE hearing screening on senior day (the 1<sup>st</sup> Tuesday of every month). Give us a call, stop in to our office, or stop into Walgreens to find out when we'll be there.

Hearing Care of Summerville is also partnering with the David Sojourner Senior Center in St. George, SC to bring hearing healthcare to the area residents.

Dr. Beth will be at our new hearing healthcare partners The Bridge of Charleston to provide FREE hearing screenings for their residents; we are also continuing our hearing healthcare relationships with our friends at The Village of Summerville and Summerville Estates.

Hearing Care of Summerville is working to establish a regular monthly FREE hearing screening day with the Medical Outreach Clinic of Summerville. The clinic is held every Thursday at St. Paul's of Summerville at 5pm.



#### Summertime Power Drink:

#### Kale and Banana Smoothie

(aka -the " it only looks terrible" smoothie )

Prep Time: 5mins

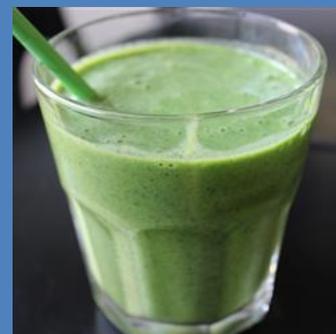
#### Ingredients:

1 banana, 2 cups chopped kale,  $\frac{1}{2}$  cup unsweetened soy milk,

1 tbsp flax seed, 1 tbsp maple syrup

#### Directions:

Place the banana, kale, soy milk, flax seeds, and maple syrup into a blender. Cover, and puree until smooth. Serve over ice.



**Hearing Care of  
Summerville**

208A East 2<sup>nd</sup> North St  
Summerville SC  
29483

**Phone** 843-871-9669

**Fax** 843-871-8197

**E-mail**  
hearing@bellsouth.net

# \$500 Off

The purchase of the Oticon Alta, based on two instruments.  
Not to be combined with any other offers. Previous purchases excluded.  
Expires August 31, 2014

At Hearing Care of Summerville, we are committed to providing quality, compassionate hearing healthcare for all ages, from infancy to adulthood. Beth Alberto, our Doctor of Audiology, employs the latest technology and information to educate and engage each individual patient to select the best hearing solution to fit their needs and budget. We have a knowledgeable and courteous staff that will be happy to answer any questions or schedule an appointment. We believe your life is worth hearing!

For more information or to schedule an appointment, please call our office at 843-871-9669.

*Life is worth hearing!*



**We're on the Web!**  
[www.lifeisworthhearing.com](http://www.lifeisworthhearing.com)

## A new online healthcare partnership

Hearing Care of Summerville is happy to be a member of the emerging "healthcare hub" healthpons. Featured recently on ABC's *Shark Tank*, healthpons is an online resource to assist you in your needs for healthcare. The network can help you if you have gaps in insurance coverage, if you have a high deductible, or if you are simply looking for information. "healthpons puts you in charge of your health." To find out more about healthpons, visit [www.getthehealthpons.net](http://www.getthehealthpons.net).



The Boys are ready to take the field this Summer.

Dr. Beth is so proud of her Lil' Sluggers!

Together, we can hit it out of the park for hearing healthcare!