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Special Offer Inside!



Dr. Anderson's Sound Bite...
For max battery life & power, take tab off and wipe flat side to remove residue and let batteries sit out in the open for 5 minutes to power-up.

Introducing The ReSound LiNX 3D Rechargeable Hearing Aids

ReSound LiNX 3D gives you superior sound quality and speech recognition, connectivity to your favorite devices, and the unique ReSound Assist for remote fine-tuning when you need some extra support. Now it's available with a convenient rechargeable option which makes it easier to enjoy everything ReSound LiNX 3D has to offer. You'll get all-day power without having to routinely change batteries.

The advantages of ReSound LiNX 3D rechargeable hearing aids are:

CONVENIENCE - Just leave them in the charger when you go to sleep and they'll be ready for you the next day.

POWER - ReSound LiNX 3D Rechargeable hearing aids deliver up to 14 hours of power with 2 hours of streaming.

SAVINGS - No need to pay for hundreds of new batteries each year.

Ask us today about the ReSound LiNX 3D rechargeable and enjoy superior sound quality without the need to regularly buy hearing aid batteries.



SOUND News

Winter Issue 2017

Binaural Hearing: The Anatomy Behind It

Do you ever wondered why we have two ears instead of one? The body is a finely tuned "machine," and our ears are designed to pick up sound waves from our surroundings. If you've ever had hearing loss in one ear, you know that it can be challenging to decipher noise, or understand where it came from. Individuals with hearing aids may also notice a difference if they are only wearing one device. Here are just a few reasons why hearing out of two ears is better than one:

DIRECTION OF SOUND

Your ears transmit sound waves to the brain, and having an ear on each side of the head makes it easier for us to determine where the sound is coming from. Sometimes referred to as localization, having two ears allows you to understand where someone is if he is talking to you in a social setting, where construction is, or who is honking his horn.

WIDER RANGE

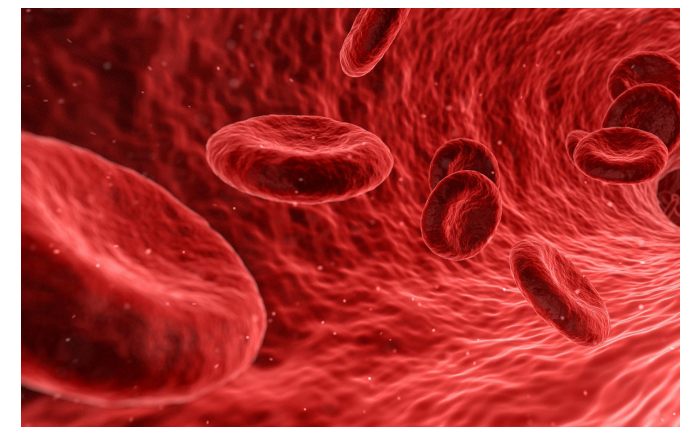
With two ears, you are able to hear sounds clearly from both directions. Hearing properly from only one side of the body limits the amount of sound that you could hear clearly from the other

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The Link Between Iron Deficiency and Hearing Loss

You may know how important it is to have iron in your diet for overall health, but a recent study showed a connection between a lack of iron and hearing health. The study followed 305,339 adults between the ages of 21 and 90 and found those with iron deficiency anemia (IDA) are twice as likely to have hearing loss than those without the blood disorder.

The study, conducted by Kathleen Schieffer and colleagues at the Pennsylvania State University College of Medicine, was published in the December 29, 2016 online issue of JAMA Otolaryngology-Head and Neck Surgery and followed 305,339 adults between the ages of 21 and 90. The researchers found anemic individuals were twice as likely to develop sensorineural hearing loss and combined sensorineural and conductive hearing loss than those without the blood disorder.



"An association exists between IDA and hearing loss," the authors of the study write. "The next steps are to better understand this correlation and whether promptly diagnosing and treating IDA may positively affect the overall health status of adults with hearing loss."

According to the Hearing Loss Association of America (HLAA), approximately 20 percent of Americans (48 million) have some type of hearing loss. The Mayo Clinic says 200,000 cases of sensorineural hearing loss (SNHL), which develops when the inner ear or auditory nerve are damaged, are reported each year. Causes for this type of hearing loss include congenital defects and infections in children while aging and exposure to loud noise can cause the condition in adults. Although SNHL isn't reversible, those diagnosed often benefit from wearing hearing aids and/or assistive listening devices.

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Binaural Hearing: The Anatomy Behind It *Continued...*

side. This limits the range from which you can understand and comprehend noises.

When you are in a social situation, two ears make it easier to hear sounds. If you have to struggle to hear people talking around you, chances are you will not be very relaxed in these environments. Having two ears compared with one increases the range which you are able to hear from 180 to 360 degrees.

BETTER SOUND QUALITY

Have you ever noticed when only one of your stereo speakers emits sound? The quality isn't nearly as loud or clear. This concept applies to your ears as well. With two ears, sound is more balanced and it may even sound more natural. Monaural hearing, one ear, creates an unusual feeling because the brain is not stimulated equally.

A BIT OF CUSHION

Two ears offer a bit of cushion because the sounds are divided between two ears, and this makes it possible to tolerate louder noises. Having binaural hearing helps sudden, loud sounds lose the jarring effects when divided.

The ability to clearly hear out of two ears is important for day-to-day functions and peace of mind. In the event you're experiencing difficulty hearing clearly, visit a hearing healthcare professional in your area to address your concerns!

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The Link Between Iron Deficiency and Hearing Loss *Continued...*

Conductive hearing loss, on the other hand, can often be corrected with surgery or medication. This type of hearing loss occurs when an obstruction in the ear canal prevents sound from traveling from the outer ear through the ear canal. Causes can include ear infections, impacted earwax, allergies, and benign tumors or other foreign bodies.

IDA AND HEARING HEALTH

Just as diet and exercise impact weight, heart function and



hearing health, insufficient iron levels can also impact your health. Low levels may result in anemia, a condition in which red blood cells lack the hemoglobin necessary to carry sufficient amounts of oxygen throughout the body.

Although the body stores small amounts of iron in case of emergencies, systems which operate for a long period of time on low levels of iron can develop IDA leading to weight loss, decreased energy, headache, dizziness, and shortness of breath.

People of all ages and ethnicities can develop IDA, although the condition is more prevalent in women during childbearing years because of blood lost during menstruation. Changes in the blood during pregnancy can also cause anemia. Other types of anemia are hereditary, such as sickle cell anemia, or are caused by chronic disease, such as kidney disease or following chemotherapy.

For most individuals, eating a balanced diet provides the body with an adequate supply of iron. Foods rich in iron include red meat, pork and poultry, seafood, beans, peas, dark leafy vegetables, dried fruit and iron fortified cereals and pasta.

The Link Between Iron Deficiency and Hearing Loss *Continued...*

In the inner ear, oxygen is necessary for the health of sensory hair cells involved in translating sound into electrical impulses. A lack of oxygen can damage these sensory hair cells or cause them to die, affecting the manner in which they are able to perform the translation and transmit the impulses to the brain for interpretation.

And although IDA is very treatable, don't stock up on iron supplements just yet to improve your hearing. The study authors emphasize further research is needed



to understand the link iron plays in protecting our sense of hearing before supplementation can be used as a treatment plan for hearing loss.

SUMMARY

The human auditory system is a marvelous mechanism comprised in part of sensory hair cells, neurotransmitters and an intricate relationship between both ears and the brain. Given all the right pieces along with a healthy dose of nutrients and care, hearing acuity can last a lifetime.

Yet this system doesn't operate in a vacuum - it's only as good as the larger complex machine it belongs to - the human body. When an essential part is missing, the effect can be damaging throughout. The key is to maintain a healthy lifestyle by eating a balanced diet and getting the proper amount of exercise each day.

If you aren't hearing as well as you used to, regardless of the cause, make an appointment to have your hearing tested by a hearing healthcare professional as soon as possible. Healthy Hearing's Find a Professional directory can help you find a qualified practitioner in your community.

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Dr. Rebecca L. Anderson
Owner/Audiologist

Hours:

Monday-Thursday:

8:30 - 5:30

Friday:

By Appointment



Take Advantage of
this Special Offer!

\$400 off
any set of **ReSound LiNX 3D**
Rechargeable Hearing Aids

- One year of **FREE** hearing aid batteries (48 cells per aid); new purchases only
- 3 year manufacturer warranty
- 3 year loss and damage (deductible applies)
- 3 years of office visits (includes device programming and maintenance)



Don't miss
this special offer!
Hurry!!
Offer expires 1/31/18.



610 S. Maple Avenue, Suite 5300 • Oak Park, Illinois 60304
708-660-2350



'Tis the season for better hearing!

