

From Our Kitchen to Yours



The Best Chocolate Cake Ever

Chocolate Buttercream Frosting Ingredients:

- 1½ cups butter (3 sticks), softened
- 1 cup unsweetened cocoa
- 5 cups confectioner's sugar
- ½ cup milk
- 2 teaspoons vanilla extract
- ½ teaspoon instant coffee

1. Add cocoa to a large bowl or bowl of stand mixer. Whisk through to remove any lumps.
2. Cream together butter and cocoa powder until well-combined.
3. Add sugar and milk to cocoa mixture by adding 1 cup of sugar followed by about a tablespoon of milk. After each addition has been combined, turn mixer onto a high speed for about a minute. Repeat until all sugar and milk have been added.
4. Add vanilla extract and instant coffee and combine well.

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Helping Women Protect their Health and their Hearing



Importance of communication for women

Helen Keller once said "I would rather have been blind, hearing loss separated me from people, blindness separated me from things." That's not hard to understand coming from a woman, especially when we consider the important role hearing plays in our daily life. Women are by nature, social creatures. We spend a large majority of our life caring for others, including children, spouses and parents. We use more words on a daily basis than our male counterparts – 20,000 vs 7,000 according to some experts. We ask advice from other women, like our mothers, grandmothers and girlfriends and depend on our hearing to help us parent our children.

Why women's hearing is different

Hearing is a critical part of the way we communicate. And, like many aspects of life, hearing loss affects our health and quality of life differently than it

does for men. For example, although women are more likely to admit they are depressed, they are less likely to report hearing loss. That's concerning because data from 2005-2010 National Health and Nutrition Examination Surveys indicate the risk for depression increases as hearing impairment worsens.

What's the take away? Monitor your hearing health and address any issues as they occur. This would be a good week to call Sound Care Hearing Group and schedule a hearing test, even if you don't think you are having any hearing issues.

Addressing the risks

You may already know that cardiovascular disease is the number one killer of women, but did you know it also affects your hearing health? A study by the Population Health Program Faculty at Wisconsin University found that women with heart disease were 2.7 times more likely to suffer from hearing loss than women in general. Other research indicates a low activity level and a bigger waist size also contributes to hearing loss in women. Now for some good news - exercise can help. The Wisconsin University study revealed that even those who only exercised once a week reduced their risk of developing hearing loss by 32%.

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Helping Women Protect their Health and their Hearing

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Women aren't more susceptible to cancer than men, but the chemotherapy drugs we take can wreak havoc on our hearing. There might not be much we can do about that at the moment, but we can make a conscious effort to avoid or reduce the amount of other ototoxic medications we take. Ototoxic medications can damage the ear, resulting in hearing loss, ringing in the ear, or balance disorders. There are more than 200 medications that can cause ototoxicity. Over the counter medications such as aspirin and non-steroidal anti-inflammatory drugs such as Advil, Aleve and Motrin, and some antibiotics, loop diuretics and quinine can damage your hearing. If you're currently taking any of these medications and begin to hear ringing in your ears (tinnitus), tell Dr. Anderson. She may be able to prescribe something to treat your condition that's healthier for your ears.

If all of this hasn't convinced you to conserve your hearing, consider this: hearing loss affects earning income. A February 2011 study by the Better Hearing Institute revealed people with untreated hearing loss can lose as much as \$30,000 annually. Hearing loss affects our productivity, performance and career success. That's something that we can't afford now that women are working and living longer.

The good news is, hearing aids can cut that loss by as much as 90 to 100% for those with mild hearing loss and 65-77% for those with severe to moderate hearing loss. That's significant considering that 60% of the 36 million Americans with hearing loss are part of the work force.

Our aging ears

Although men and women both lose hearing as they age (presbycusis), men tend to lose their hearing in higher frequencies in middle age whereas women's hearing in that frequency may not begin to deteriorate until age 65-70. Hearing well in higher frequencies helps us understand speech in noisy environments.

Fortunately, if our hearing loss is sensorineural in nature or a result of presbycusis, hearing aids can help. According to a 2011 survey by the Better Hearing Institute, eight out of ten users say hearing aids have increased their quality of life; 82 percent say they would recommend hearing aids to their friends. Today's hearing aids are smaller and more effective

than they were even ten years ago and digital technology makes it possible to connect wirelessly to our phones, computers and televisions.

Hearing conservation

There are several things you can do to conserve your hearing. First, make a commitment to have your hearing checked every year, just like you do your eyes and breasts. Address any issues in your hearing according to Dr. Anderson's recommendations. Even if you have mild hearing loss, hearing amplification can improve your quality of life and preserve your cognitive development. Remember, our ears collect noise but it's our brains that process it into recognizable sound so it's important to keep that auditory pathway as healthy as possible.

Secondly, protect your hearing from noisy environments. Although men are more prone to noise-induced hearing loss, women can be affected by it as well. Your hearing can sustain permanent damage when it's exposed to sound levels higher than 80 decibels for extended periods of time. Turn down the volume on the television and your car stereo. Avoid noisy environments if you can and when you can't, wear ear plugs or ear muffs.

Don't wait any longer. Schedule an appointment with Dr. Anderson today by calling 708-660-2350.



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About Sound Care Hearing Group

Have you had a good experience with the Doctors at Sound Care Hearing Group? Yelp all about it, and receive a free package of batteries!

<http://www.yelp.com/biz/sound-care-hearing-group-oak-park>

Visit us on Facebook and Twitter!

www.facebook.com/SoundCareHearing

<http://twitter.com/soundcarehear>

Like us on Facebook and receive a Complimentary Package of Batteries!

What's New? Dr. Anderson brought home a new puppy at the end of the summer! Her name is Ember. She is a fox red labrador retriever.



Dr. Rebecca L. Anderson
Owner/Audiologist

Hours:

Monday-Tuesday: 9:00 - 6:00

Thursday: 9:00 - 6:00

Friday: 9:00 - 4:00

Wednesday: Clinic is closed, but Dr. Anderson is out in the community providing home visits.

Introducing the ReSound LiNX

ReSound LiNX represents the next step forward in hearing aid technology. Designed to connect directly with your iPhone®, iPad® or iPod touch®, ReSound LiNX provides 360-degree hearing in a package that's smarter, smaller and more connected. In addition to connecting to your phone calls, music and media, flexible settings and the fully-customizable companion app, ReSound Smart™ app makes ReSound LiNX the perfect option for nearly all levels of hearing loss, and all lifestyles. ReSound LiNX also features Surround Sound by ReSound™ providing the hearing experience that is right for you. ReSound LiNX is a revolutionary hearing aid, and so much more—built to help you hear life to the fullest.



Made for
iPod iPhone iPad



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- 3 Year Warranty
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- 1 Year of Free Batteries

**Don't miss
this special offer!**

Hurry!! Offer expires 1/31/15.

"The Doctors of Audiology at Sound Care Hearing Group Can Help!"



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- Introducing the ReSound LiNX
- About Sound Care Hearing Group
- What's New?
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Special Offer Inside!

Annual hearing tests and regular hearing aid check-ups every 3-6 months are recommended.

From Our Kitchen to Yours *Continued...* *The Best Chocolate Cake Ever*

5. If frosting appears too dry, add more milk, a tablespoon at a time until it reaches the right consistency. If it appears to wet and does not hold its form, add more confectioner's sugar, a tablespoon at a time until it reaches the right consistency.

Chocolate Cake Ingredients:

- *2 cups all-purpose flour*
- *2 cups sugar*
- *¾ cup unsweetened cocoa powder*
- *2 teaspoons baking powder*
- *1½ teaspoons baking soda*
- *1 teaspoon salt*
- *1 teaspoon instant coffee*
- *1 cup milk*
- *½ cup vegetable oil*
- *2 eggs*
- *2 teaspoons vanilla extract*
- *1 cup boiling water*
- *Chocolate Buttercream Frosting Recipe*

1. Preheat oven to 350° F. Prepare two 9-inch cake pans by spraying with baking spray or buttering and lightly flouring.

For the cake:

2. Add flour, sugar, cocoa, baking powder, baking soda, salt and instant coffee to a large bowl or the bowl of a stand mixer. Whisk through to combine or, using your paddle attachment, stir through flour mixture until combined well.

3. Add milk, vegetable oil, eggs, and vanilla to flour mixture and mix together on medium speed until well combined. Reduce speed and carefully add boiling water to the cake batter. Beat on high speed for about 1 minute to add air to the batter.

4. Distribute cake batter evenly between the two prepared cake pans. Bake for 30-35 minutes, until a toothpick or cake tester inserted in the center comes out clean.

5. Remove from the oven and allow to cool for about 10 minutes, remove from the pan and cool completely. Then, frost cake with Chocolate Buttercream Frosting.

