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From Our Kitchen to Yours

Hot Spinach and Artichoke Dip

Original Recipe Yields 12 servings

- **1 (8 ounce) package cream cheese, softened**
- **1/4 cup mayonnaise**
- **1/4 cup grated Parmesan cheese**
- **1/4 cup grated Romano cheese**
- **1 clove garlic, peeled and minced**
- **1/2 teaspoon dried basil**
- **1/4 teaspoon garlic salt**
- **salt and pepper to taste**
- **1 (14 ounce) can artichoke hearts, drained and chopped**
- **1/2 cup frozen chopped spinach, thawed and drained**
- **1/4 cup shredded mozzarella cheese**

1. Preheat oven to 350 degrees F. Lightly grease a small baking dish.
2. In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach.
3. Transfer the mixture to the prepared baking dish. Top with mozzarella cheese.
4. Bake in the preheated oven 25 minutes, until bubbly and lightly browned.
5. Serve with assorted crackers, raw vegetables, or sliced crusty breads.



People with Hearing Loss at Increased Risk for Falls

Hearing loss has been linked with a variety of medical, social and cognitive ills, including dementia. However, a new study led by a Johns Hopkins researcher suggests that hearing loss may also be a risk factor for another huge public health problem: falls.

The finding could help researchers develop new ways to prevent falls, especially in the elderly, and their resulting injuries that generate billions in health care costs in the United States each year, by some estimates.

To determine whether hearing loss and falling are connected, Frank Lin, M.D., Ph.D., at Johns Hopkins, and his colleague Luigi Ferrucci, M.D., Ph.D., of the National Institute on Aging, used data from the 2001 to 2004 cycles of the National Health and Nutrition Examination Survey. This research program has periodically gathered health data from thousands of Americans since 1971.

During those years, 2,017 participants ages 40 to 69 had their hearing tested and

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Outdoor Activities that Affect Your Hearing



es when you'll want to protect your hearing – as well as the reasons why.

1. Lawn mowers. A typical lawn mower emits a noise level of 85-90 dB, a leaf blower is slightly higher at 100 dB. Hearing damage occurs in eight hours at this level.

2. Planning a day of play on a powerboat; protect your hearing. Noise levels for this type of watercraft can exceed 90 dB. Many parks and recreation departments are beginning to set safe levels for this type of watercraft; however, it's always safe to take along earplugs just in case.

3. Get your motor running. Heading out on the highway by way of motorcycle can be one of life's greatest pleasures, as well as one of your ears' greatest dangers. Many big bikes register noise levels in excess of 95 dB, with hearing damage occurring in 4 hours. Make sure your protective gear includes earplugs beneath that helmet.

4. It's only rock and roll. Chamber music in a small, indoor auditorium measures 75-80 dB, music generated at a rock concert can measure 120 dB. At this level, hearing damage can occur in 7.5 minutes. Whenever possible, choose outdoor venues where

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Outdoor Activities that Affect Your Hearing *Continued...*

the noise has room to dissipate and stay away from the speakers.

It's estimated that 30 million Americans are exposed to dangerous noise levels every day and approximately ten million have suffered permanent noise induced hearing loss (NIHL). Hearing health professionals believe as much as 40 percent of all hearing loss can be prevented.

Keep in mind most NIHL is cumulative and takes place over a long period of time, which is why it's im-

portant to protect your ears from excessively loud environments. If you have to shout to be heard by the person standing next to you or notice your ears are ringing after exposure, your environment is too noisy and you need to take precautions. If you find yourself in one of these noisy situations without your earplugs or earmuffs, scout out some safe zones where you can give your ears a break every once in a while.

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Sound Care's Animal Connection

Ducchess and Baby Duke



These are my two dogs, Ducchess and Baby Duke. Ducchess, the bigger of the two, is a German Shepherd and Collie. She is full of energy, non-stop playful and in desperate need of a job herding sheep or cattle! My family and I love dogs and figured another dog would be a good idea. Ducchess would have a playmate to run around with. So we all went to

a nearby shelter and instantly fell in love with Baby Duke. Much to our surprise, Baby Duke turned out to be very calm and mellow, more of a lap dog. Duke would much rather sit next to you and be pet all day. Despite Ducchess and Duke (he's a big boy now) having very different temperaments, they have managed to become the best of friends and a wonderful addition to our family.

Donna Sacksteder



Risk for Falls *Continued...*

answered questions about whether they had fallen over the past year. Researchers also collected demographic information, including age, sex and race, and tested participants' vestibular function, a measure of how well they kept their balance. Their findings are published in the Archives of Internal Medicine.

Lin, an assistant professor at the Johns Hopkins University School of Medicine and the University's Bloomberg School of Public Health, and Ferrucci found that people with a 25-decibel hearing loss, classified as mild, were nearly three times more likely to have a history of falling. Every additional 10-decibels of hearing loss increased the chances of falling by 1.4 fold. This finding still held true, even when researchers accounted for other factors linked with falling, including age, sex, race, cardiovascular disease and vestibular function. Even excluding participants with moderate to severe hearing loss from the analysis didn't change the results.

Lin, an otologist and epidemiologist, says among the possible explanations for the link is that people who can't hear well might not have good awareness of their overall environment, making tripping and falling more likely.

Another reason hearing loss might increase the risk of falls, Lin adds, is cognitive load, in which the brain is overwhelmed with demands on its limited resources.

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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!

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Our Website has a new look! Please check it out:
www.soundcarehearing.com



Dr. Rebecca L. Anderson
Owner/Audiologist

Hours:

Monday: 9:00 - 7:00
Tuesday – Thursday: 9:00 - 5:00
Friday: 9:00 - 3:00
Saturday: By Appointment

Take Advantage of these Special Offers!

Friends & Family Program

Due to new Medicare restrictions, we have adjusted our Friends and Family Program to the following:

Friends & Family Program.

*Refer a friend or family member to Sound Care Hearing Group for a complimentary hearing screening, complimentary hearing aid clean and check or hearing aid consultation, and **receive one complimentary office visit (\$45.00 value).***

*If your friend or family member purchases hearing aids, **they will receive a friends and family discount of \$100.00, and you will receive one year of complimentary service (\$150.00 value).***

It's a win-win! Did Sound Care Hearing Group improve the quality of your life? Why wait to share your experience with others you care about?

Special Offers!

\$75 off Any Accessory in October!

Connecting has never been so simple! The Remote control changes programs and adjusts the volume on each of your hearing aids individually. The Phone Clip connects wirelessly to your cell phone. The Streamer sends clear stereo sound from your TV, computer, stereo and other audio devices. The Mini Mic streams sound directly to your hearing aids. **Hurry!! Offer expires 10/31/12.**



ReSound Unite™ Remote



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

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