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Special Offers Inside!

Slow Cooker Corner

Dilly Beef Sandwiches

A twist on the traditional barbecue beef sandwich, this crowd pleaser is perfect for large family gatherings or parties. You'll be surprised how well this dish turns out! Use at least a 5 quart slow cooker for this recipe.

- **3 to 4 pound chuck beef roast**
- **1 jar (16 oz) sliced dill pickles, undrained**
- **1 can (14 oz) crushed tomatoes w/Italian seasoning**
- **1 medium onion, diced**
- **4 cloves garlic, minced**
- **1 teaspoon mustard seeds**
- **Hamburger buns**
- **Optional toppings: red onion, tomato, lettuce**

1. Trim any excess fat from beef and discard.
2. Cut beef into chunks and place in slow cooker.
3. Pour pickles with juice over beef. And crushed tomatoes, onion, garlic and mustard seeds.
4. Close slow cooker and cook beef on LOW for 8-10 hours.
5. Remove beef from slow cooker and shred with two forks.
6. Return beef to tomato sauce mixture and stir well.
7. Serve beef on toasted hamburger buns. Top as desired.
8. Enjoy!!

Tip of the day: For best results, do not remove the slow cooker cover during cooking.

Makes 8 servings.
Prep Time - 10 min.



May is Better Hearing and Speech Month!

Why is hearing important?

Hearing empowers us and enriches our lives.

Hearing is living!
**Hear-Communicate-
Interact-Participate**

Hearing is Happiness!

Problems with hearing may lead to feelings of isolation and depression, stress, or other medical problems.

**Join Dr. Anderson on
May 16th from 10-11:30
in Suite 2000 of the Rush
Oak Park Medical Office
Building for Hearing 101:**

**Dr. Anderson will discuss
the hearing system, dif-
ferent types and causes
of hearing loss, and new
hearing aid technology.**

Refreshments will be served.
Space is limited. Please RSVP
to (708) 660-2350!

Tinnitus Treatments: Getting Closer to New Drug Therapies

New Link in Tinnitus Treatment Research



Researchers at The University of Western Australia have shown changes in a part of the brain previously not known to be involved in tinnitus generation.

The nerve cell types and the chemistry of the neural circuitry in this part of the brain differ subtly from those other parts of the brain previously thought to be involved. This means the results published in The Journal of Neuroscience could be potentially important for the future development of drug treatments for tinnitus.

Tinnitus is a potentially debilitating disorder of hearing which is characterized by the perception of non-existent sounds, usually roaring, hissing or ringing in the ears.

The changes in the brain that cause tinnitus are poorly understood. It is clear however that alterations in nerve cell electrical behavior must underlie the abnormal "phantom" perception of sound that is experienced by tinnitus sufferers.

For many years, the exact site in the brain where this abnormal nerve cell behavior occurs has been a contentious issue.

The research, performed by student Darryl Vogler, Professor Donald Robertson and Associate Professor Wilhelmina Mulders, has developed a reliable animal model which can induce tinnitus and also measure brain cell activity.

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Tinnitus Treatments: Getting Closer to New Drug Therapies *Continued...*

"This is an important step toward further research in this area," Associate Professor Mulders said.

"If we can establish a direct link between this increased brain cell activity and tinnitus we may be able to move a step closer to finding a way to treat tinnitus."

The paper titled Hyperactivity in the Ventral Cochlear Nucleus after Cochlear Trauma concludes that hyperactivity in this part of the brainstem therefore needs to be considered in relation to further neural research into tinnitus.

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Sound Care's Animal Connection

Meet Shasta, Debbie Sloan's Goofy dog!

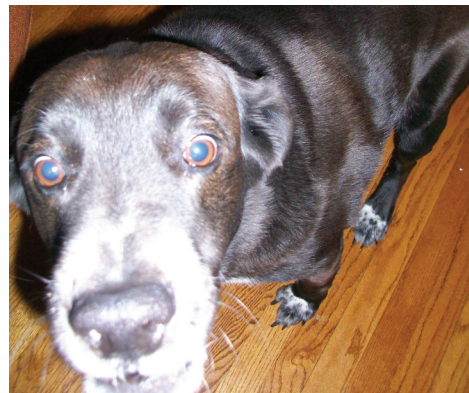


Shasta is a 7 year old Border Collie and Lab mix. He has black fur but all four paws and his nose are white. We joke that he looks like he ran through wet paint.

He does NOT like to play fetch. He will retrieve whatever you throw to him and happily deposit it behind the garage with all the other tennis balls and dog toys. **Game over!**

He does however like to EAT!

It took me an entire box of LIVA Snaps to finally get this photo. All other attempts are of him licking the camera or of him with all 4 legs in the air to convince me (again) that he is near death from starvation. **That's my Dog!**



Myths About Hearing Loss & Hearing Aids

The number of Americans with hearing loss has grown to more than 34 million – roughly 11 percent of the U.S. population. Over the past generation, hearing loss among Americans has increased at a rate of 160 percent of U.S. population growth and is one of the most commonly unaddressed health conditions in America today.

Numerous studies have linked untreated hearing loss to a wide range of physical and emotional conditions, including impaired memory and ability to learn new tasks, reduced alertness, increased risk of personal safety, irritability, negativism, anger, fatigue, tension, stress, depression, and diminished psychological and overall health.

But the vast majority of people with hearing loss can benefit from hearing aids. In fact, eight out of ten hearing aid users report improvements in their quality of life, according to a survey by BHI of more than 2,000 consumers.

Advances in digital technology have dramatically improved hearing aids in recent years, making them smaller with better sound quality. Designs are modern, sleek, and discreet. Clarity, greater directionality, better speech audibility in a variety of environments, better cell phone compatibility, less whistling and feedback than hearing aids of the past, and greater ruggedness for active lifestyles are common features.

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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!

<http://www.facebook.com/pages/Sound-Care-Hearing-Group/145816338785277>

<http://twitter.com/soundcarehear>

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

We want to introduce you to our new...

Friends & Family Program.

The idea is simple. If you are satisfied with our hearing services, please tell a friend. If you are not, please tell us. For every person you refer who purchases hearing devices, we will send you a \$25 GIFT CARD.

The people you refer will receive the same careful and professional attention that you have received. Just make sure your friend or family member brings a referral card to their appointment (we don't want to miss any referrals). There is no limit to the number of people you can refer.

Friends and Family referral cards can be downloaded from our website or are available in our office.

ReSound Alera Special Offer!

\$400 off
Any Set of Alera Hearing Aids!

Clip on clothing, or plug into an electronic device, to hear sound streamed directly to your hearing aids, even from across the room.

or

FREE Mini Mic!

with the purchase of any set of ReSound Alera hearing instruments!

Hurry!

Offer expires 5/31/2012!



Alera 5, Alera 7, or Alera 9

610 S. Maple Avenue, Suite 5300 • Oak Park, Illinois 60304

708-660-2350

Hablamos Español

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

Hablamos Español