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Special Offers Inside!

From Our Kitchen to Yours

Indiana Corn Girl Casserole

- 3 tsp. butter
- 1 medium onion, chopped
- 1 lb. lean ground beef
- 2 – 8.5 oz. packages corn muffin mix (I use Jiffy)
- 6 T. Salsa
- 1 – 16 oz. can diced tomatoes, drained
- 1 - 15 oz. can cream-style corn
- 1 – 15 oz. can whole kernel corn
- 8 slices American cheese, halved diagonally

Preheat oven to 400° F. Spread 2 teaspoons butter over bottom and sides of 13"x9"x2" baking dish. Place in oven for about 4 minutes to melt butter; remove and set aside.

Heat skillet over medium-high heat; place 1 teaspoon but-

ter into skillet; add onion and cook until translucent. Add ground beef, cooking until browned. Drain fat; set aside.

Mix corn muffin mix according to package directions. Pour half of muffin mix into prepared baking dish. Sprinkle hamburger and onion mixture on top. Spoon salsa and tomatoes on top of hamburger evenly. Spoon cream-style corn on top; spread evenly, followed by whole kernel corn. Place cheese slices over corn to cover entire dish. Pour remaining cornbread mix over all.

Put baking dish into oven and bake 30 minutes or until golden brown on top.

Makes 6 servings.



Why You Shouldn't Clean Your Ears with a Cotton Swab

There are some people that swear by sticking a cotton swab (Q-Tip) into their ears to remove excess wax and debris. Anyone in the medical field can tell you, they have seen many catastrophes resulting from using cotton swabs. From punctured ear drums to super impacted wax, there are many negative consequences associated with "do-it-yourself" ear cleaning.

There are a number of items that people use to clean their ears. Some of the most interesting seen in our office:

- Cotton Swabs (Q-Tips)
- Hair Pins
- Tweezers
- Keys

Because the ear drum is so delicate, it can be easily ruptured by using even the gentlest of pressure when using a swab. Ask anyone who has experienced a punctured ear drum – it isn't a pleasant experience.

So this leaves us with the question, do we really need to clean out our ears? The answer is a little confusing, as both a, "Yes," and a, "No," are appropriate. The outer ear that

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Hearing Loss Treatment: Improves Marriages



While a recipe for a happy marriage can be complicated – a little bit of this, a dash of that – one of the main ingredients of any successful relationship is good communication. Take that away and hello trouble!

You think we are just kidding around? Unfortunately we aren't. If you have hearing loss or are living with a spouse or partner who does, you know how frustrating interacting with that person can be. There is a lot of ear-cupping and asking "what did you say?"

This Just In On Untreated Hearing Loss And Marriage

A new British survey found that in marriages where one spouse has an untreated hearing loss, the other partner suffers as well.

Feelings of frustration that arise from the inability to communicate can be a source of stress and often lead to

domestic arguments. In fact, some of the respondents with hearing loss in the above-mentioned study said that their partner had threatened to leave unless the hearing loss is treated.

While the findings of this recent survey are quite alarming, they are not new. Previous research into this topic also clearly demonstrates a link between unaided hearing impairments and difficulties in relationships.

And don't think that this problem is only prevalent in Great Britain. In the United States, Energizer released a similar study several years ago that revealed 48 percent of participants felt their marriage had suffered due to their spouse's hearing loss.

Sometimes Love Isn't Enough – Hearing Aids To The Rescue!

Sure, you love your spouse. Nobody questions that. So why is it that you refuse to get help for your hearing loss? After all, getting fitted with hearing aids is quite simple.

Of course, you are not the only one. Over 30 million Americans suffer from some level of hearing loss but studies show that while 95 percent of these people could be helped by hearing aids, only 23 percent currently use them. Many people also cite fear of

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Why You Shouldn't Clean Your Ears with a Cotton Swab *Continued...*

can be seen does need a good cleaning every now and then. This can be accomplished with a little soap, water and a washcloth.

In most cases, the ear canal does not need to be cleaned. During hair washing or showers, enough water enters the ear into the ear canal to loosen the wax that has accumulated. Additionally, the skin in your ear canal naturally grows in an outward, spiral pattern. As it sloughs off, ear wax goes with it. Most of the time the wax will loosen and

fall out on its own while you are asleep. The need for a cotton swab isn't really necessary.

For those that have heavy wax build-up, a trip to the doctor may be needed.

If you are experiencing wax or dirt build-up in your ears, contact Sound Care Hearing Group for instructions on how to safely clean your ears.

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Hearing Loss Treatment: Improves Marriages *Continued...*

looking older and cosmetic considerations as reasons for not getting hearing aids. Some cite the cost.

Welcome to the 21st century! Modern hearing technology is tiny, sleek, and hardly visible and there are many models available at every price point. So better hearing is in reach for almost everyone.

Convinced yet?

We sure hope so! After all, saving your marriage should be at the top of your priority list because it's that important.

But there is even more good news: Getting hearing aids is not only good for relationships. Various

studies clearly indicate that treating hearing loss with hearing aids can also help improve your:

- **Earning power**
- **Safety**
- **Emotional stability**
- **Sense of control over life events**
- **Perception of mental functioning**
- **Overall quality of life**

Isn't it time? Visit your hearing professional at Sound Care Hearing Group today to get started.

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What's New?



Donna Sacksteder

I was born and raised here in the Chicago area. After marrying my husband (also from Chicago) in 1988, I chose to stay in the area to raise my family. We have enjoyed raising two lovely daughters. The oldest is a pharmacy student at Creighton University and the youngest will be starting in Purdue University's engineering program in the Fall. I worked at a Fortune 500 company for over 20 years dealing mostly with customer service. Recently, I graduated from Everest College with a Medical Insurance Billing and Coding certificate. I enjoy working with people and am very excited to have the opportunity to work with Dr. Anderson and Dr. Trimarco.

Debbie Sloan



I was born on a Naval base in Tennessee while my Dad was in training to be a Navy pilot. We moved many times over the years until we met Oak Park and have been here ever since.

I am the mother of 4 amazing children ages 22, 20, 18, 14. My eldest son is scheduled to join the Navy this spring, my next son is an architect student at KU in Lawrence, KS, my daughter is graduating from HS in spring and will pursue a degree in graphic arts while my 14 year old, the chief of the house, seems to be focused on eating and growing at incredible speeds.

I am a small business owner, aspiring novelist, will read anything having to do with nutrition and am ALWAYS in pursuit of the perfect slow cooker recipe. I look forward to meeting and working with each of you.

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>



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!

FREE
Mini Mic!

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

**Alera 5,
Alera 7,
or Alera 9**

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

Hurry!

Offer expires 3/31/2012!



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Hablamos Español

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

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