

October 2021

100 Google Reviews Achievement!

October is Audiology Awareness Month

- Fall Risk and Hearing--by Dr. Silvani

Check out our upcoming events. You will not want to miss these!

- Senior Expo
- 2nd Annual Pie Event



We've reached 100 Google Reviews thanks to you!!

Last month we reached an exciting milestone thanks to all of our amazing patients.

We reached 100 google reviews!!! Reviews and referrals are critical the best compliments for small practices like ours and we can not thank you enough! We are humbled to be able to serve such amazing people.

Thank you for your support and for sharing your experiences with your friends, family, and public. Want to help us get to 200? Please continue to share your experiences and review us by [Clicking Here](#).



Fall Risk and Hearing

--by Dr. Silvani

October is Audiology Awareness month and this year we are bringing awareness to the relationship between fall risk and hearing.

Falls cause an alarming number of injuries and are directly linked to mortality, loss of independence and a lower quality of life. Imbalance is typically caused by decreased vision, decreased strength, and an aging balance system. Approximately $\frac{1}{3}$ of people aged 65 and over fall each year. Because the ears help mediate the risk of falls, people with hearing loss are at an increased risk of falling. Even those with a mild hearing loss have more than twice the risk of falling.



Those with untreated hearing loss often struggle with environmental awareness due to lack of information regarding the acoustic space. For example, imagine standing in the kitchen going through mail and not being able to hear your dog's toes clink across the floor as he stands behind you. When you put down your mail and turn to walk away you are not aware of the dog's presence and trip and fall. Or maybe, you can not hear your shoes squeak as you walk across a wet floor unaware the floor is wet and slip. Those with hearing loss may not be able to accurately judge their surroundings leading to impaired localization and object awareness ultimately increasing fall risk.

The ears also provide sensory input that affects balance. Our hearing and vestibular system share anatomy within the inner ear. Structurally, the vestibular system is responsible for providing our brain with information about motion, head position, spatial orientation and is involved with motor functions that allow us to keep our balance, stabilize our head and body during movement and maintain posture. Deficits to the semicircular canals and otolith organs can be seen in various vestibular conditions such as: BPPV, Meniere's Disease, and SSCD to name a few.

Finally, for those with untreated hearing loss we start to see behavioral effects on balance. Those with moderate to severe hearing loss tend to have greater levels of social isolation. They begin to withdraw from social activities that they once enjoyed because they may feel exhausted by the idea of struggling to follow group conversations or may feel anxious or self-conscious because they frequently ask for people to repeat themselves. They spend more time at home and less time on their feet walking and exercising and become depressed. This can lead to decreased physical activity, which in turn leads to decreased muscle strength and stamina for preventing falls.

In summary, people with hearing loss are at a higher risk for falling whether it be due to comorbid health conditions, common pathway pathology or the effects of hearing loss on lifestyle. At Wake Audiology, we can help you address hearing loss as a modifiable risk factor to falls. Please make us aware during your visits with us if

you have any concerns regarding your balance or dizziness.

Wake Forest Chamber SENIOR *LIFESTYLE* EXPO!



This free event will connect seniors and their adult children with organizations and companies that can make their lives better. From healthcare, assisted and independent living, and financial planning, to mobility solutions, legal advice, home care and more, you'll find valuable resources and information all in one place!

Sponsored By



Join us Saturday, October 16
10:00am-3:00pm
Wake Forest Renaissance Centre
Downtown Wake Forest at 405 Brooks Street.

This free event will connect seniors and their adult children with organizations and companies that can make their lives better.

Wake Audiology is proud to be a sponsor of this event!

From healthcare, financial planning to legal advice, home care and more, you'll find valuable resources and information all in one place!

Get your free entry ticket on Eventbrite

[Click Here to Register for Ticket](#)

COMING SOON!!!

Keep an eye out for an upcoming email in a few weeks regarding our 2nd annual Pie Event and Toys for Tots collection. We thank you for being loyal patients!!

Let's Get Social!

At Wake Audiology, we commit to reconnecting you to your friends and family through better hearing. Helping you hear life! Your satisfaction is of most importance to us and we want you to have an exceptional experience at every visit. Your feedback is very valuable and appreciated. Please consider sharing your experiences by reviewing us on Google or Facebook and follow our Instagram.



Hear What Our Patients Are Saying...

"Dr Jessica Silvani is excellent at what she does..She makes sure you are comfortable with you hearing aids & your hearing has improved Dr Silvani is always available if needed. I would highly recommend Wake Audiology in Wake Forest."--Roberta S.

"Thank you, Thank you, Dr. Vrooman for your ut most professionalism and kindness towards my mom as she tested and got fitted for her new hearing aids. You definitely have a gift for empathizing with a person who has many questions. You explained and answered every question my mom had. We were never rushed and we even had a few laughs with your office staff: Sandy and Ginny. My mom is a new person thanks to you. We had a fabulous chat in the car on the way home. I was thrilled I could keep my eyes on the road and not have to look at her while driving. □ thank you. Even if she asked the same question a few times. explanation Your are the sunshine that lights up the office. Thank you Dr Vrooman"--Janice W.

Thank You

We Appreciate Your Referrals

Referring your friends and family is the highest compliment you can pay us. As a thank you for referring new hearing aid patients, we will make a contribution to a charity of your choice.

Thank you for choosing Wake Audiology as your hearing care provider.

Sincerely,

Dr. Samantha Vrooman, Dr. Jessica Silvani
Ginny and Sandy



Patient Testimonials

We have dozens and dozens of patient reviews of our staff and services

Patient
Comments



Meet Our Staff

We're here to serve you and your hearing needs. Learn more about us.

Our Staff



Our Office

Come visit our conveniently located office. We look forward to seeing you.

Contact Us

