



Hearing Aid
Systems, Inc

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SoundBites

FUNNY BONE

"A cheerful heart
is good medicine ..."

**A funny thing happened on
the way to better hearing...**

One of our patients was accompanied by her daughter, Connie. Connie asked if we could test her hearing this time also as she had started to notice some "mishears" of her own. She shared this story with us:

A meeting had been scheduled at work for the team and, as it was getting close to the scheduled time, Connie was rounding up the employees in preparation.

Noticing that one of the ladies was missing, Connie asked the others, *"Where is Lynne?"*

One of the ladies replied, *"She's upstairs proofreading."*

Connie, in confused surprise blurted out, **"What?"** *How can that be? I didn't even know she was expecting!"*

You could see the question mark form over her colleague's head. *"Expecting what?"* she asked.

"Why, a baby, of course," Connie replied.

"Okay, Connie; get real. Lynne's 50 if she's a day, and what on earth does a baby have to do with proofreading?"

Connie bashfully said, *"Oh; I thought you said Lynne was 'upstairs breastfeeding'!"*

**Sound Familiar? Is family
asking YOU to be tested?**

Call us today!



Excessive Noise Links Your Ears to Your Heart

It's no secret that excessive noise—too much, too loud and for too long—damages our delicate hearing system and, ultimately, our ability to hear.

But did you know that too much noise may pose a risk to your heart, as well, and that there is strong evidence to show there is a direct correlation between

excessive noise, heart ailments and hearing loss?

According to a series of articles by the Better Hearing Institute, a growing body of research shows that people with long-term exposure to loud noise may be more likely to develop heart disease. In 2015, researchers at Wichita State

Cont. pg 3

My Funny Valentine



Here are some real life "Love Stories" for Valentine's Day, with a bit of a different twist.



**Baa Baa Black
Sheep Meets
Farmer in the
Dell**

My aunt works in the lingerie/sleepwear department of a high-end mall store in Oklahoma.

A couple days before Valentine's Day a young businessman dressed in an expensive suit came to the register with a lacy black negligee. My aunt noticed that the next customer, who appeared to be a farmer, based on his clothing, ruddy complexion and leathered skin, was holding a long flannel

Cont. pg 2

My Funny Valentine

Cont. From pg. 1



nightgown and kept glancing at the younger man's sexier choice. When it was his turn at the register, the farmer placed the nightgown on the counter and asked, "Would you have anything in black flannel?"

♥ True, Denial is Not Just a River...

Married for 53 years, my husband and I had slipped into sharing comfortable

silence together. But this night I felt a longing for the ebb and flow of good conversation that I noticed others in the restaurant were enjoying. Feeling a bit neglected in the moment, I proceeded to let Mike know that he rarely paid attention to me when I spoke. He politely disagreed and we went back to reading our menus in silence. After a few minutes with no words between us, I felt a throbbing in my temples. I said, "I think I'm getting a headache."

He responded, "Go ahead, sweetheart; get whatever you want."

♥ Blow Out the Pipes

I take after my father in the sense that we both have proud, prodigious noses. One early morning, following a night of tossing and turning, I sat on the side of the bed.

"What's wrong?" my husband asked, groggy with sleep.

"I can't sleep," I said. "My nose is so stuffed up."

My loving man got out of bed and said, "Let me go get the plunger."

♥ Dr. Hubby and His Bedside Manner

Mom had a small decorative windmill in her yard. A storm broke one of the blades, causing the windmill to shake violently. Dad announced that he would "take care of it" and rebalanced the windmill by snapping off the opposing blade. Watching him, Mom remarked, "I hope I never break a leg."

Thank you to Reader's Digest and their contributing readers for sharing these "true love" moments. Happy Valentine's Day to you all!

Hayleigh Scott's Charmed Life

The World Health Organization (WHO) estimates that there are more than 360 million people worldwide with a disabling hearing loss. This includes roughly 32 million children.

But who says that the younger set has to be stuck feeling 'uncool' because of hearing loss? And who better than a tot of five years old to begin the trend of fashion bling for hearing aid wearers? That's right. A five-year-old.



Tiny Hayleigh Scott was attending a school for deaf and hard-of-hearing children. Like most children at her school, Hayleigh didn't like the look of her hearing aids and tried to hide them with her hair. She started envisioning pretty designs to make them more "glamorous".

"I wanted to make my hearing aids shine and be fancy [...so I could be] proud of my hearing aids," says Hayleigh. Her mother, Rachel, listened with interest but couldn't envision Hayleigh's childish attempts to explain and draw her ideas.

By the time she was ten, Hayleigh was able to

present a clear idea of what she wanted to do to show off her hearing aids, rather than hide them. She started designing jewelry that can best be described as "hearing aid bling". Her parents, then understanding Hayleigh's concept, supported starting her own home business, "Hayleigh's Cherished Charms", to glam up the hearing aids.

Now, with the help of her sisters, 16-year-old Hayleigh hand-crafts her patented designs and makes them available through her website, at trade shows and through audiology sources. Her collections include designs for guys and adults, as well.



Hayleigh's latest patent-pending "Tube Twists" have caught the eye of Westone, an impressive feat for the young, self-styled entrepreneur.

For a unique Valentine's Day gift, visit her website at www.hayleighscherishedcharms.com.

— LOONEY LAW —

It's illegal to sit and eat a sandwich in St. Mark's Square, Venice, Italy. Fines start at \$50-\$60, but can go as high as \$600!

— POTPOURRI —

BY GEORGE,
IT'S WASHINGTON'S
285TH BIRTHDAY:

Birth date: February 22, 1732

Birthplace: Wakefield,
Virginia

Profession: Planter, Surveyor,
Military

Married: January 6, 1759
to widow, Martha Dandridge
Custis

Children: No biological
children; raised Martha's
youngest two; oversaw
guardianship of Martha's
eldest three

Political Party: None
(Washington opposed the idea
of political parties)

Washington was the only
president to be elected
unanimously.

Washington became known as
"the father of his country".

Washington was the only
president who did not live in
the White House.

Age at Inauguration: 57

Age at Death: 67

Place of Burial: Mount
Vernon, Virginia

— FUN FACTS —

Richard Cadbury produced
the first heart-shaped box of
chocolates for Valentine's Day
in the late 1800's.

Excessive Noise Links Your Ears to Your Heart

Cont. From pg. 1

University completed an analysis of 84 years of work from scientists worldwide on the connection between cardiovascular health and the ability to hear and understand what others are saying. Their work, which reviewed 70 scientific studies, shows a distinct tie between cardiovascular disease and hearing loss.

According to Raymond Hull, PhD, professor of communication sciences and disorders in audiology and neurosciences at the University, "Our entire auditory system, especially the blood vessels of the inner ear, needs an oxygen-rich nutrient supply. If it doesn't get it due to cardiovascular health problems, then hearing can be affected."

So what else do our heart and ears have in common?

"The inner ear is so sensitive to blood flow that it is possible that abnormalities in the cardiovascular system could be noted here [through audiological testing] earlier than in other less sensitive parts of the body," according to David R. Friedland, MD, PhD, Professor and Vice-Chair of Otolaryngology and Communication Sciences at the Medical College of Wisconsin in Milwaukee, as quoted in a 2015 BHI press release.

In a BHI report published in September, 2012, Charles E Bishop, Assistant Professor, Department of Otolaryngology and Communicative Sciences at the University of



Mississippi Medical Center, stated current data showed that a patient's fitness, dietary patterns, BMI (Body Mass Index), and risky behaviors such as smoking, can have an extensive impact on hearing.

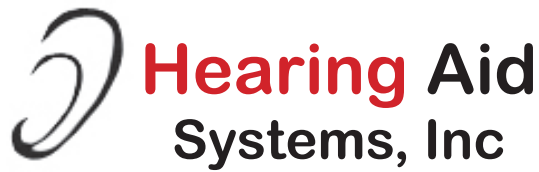
So, does cardiovascular disease cause hearing loss, or not? And, can hearing loss be an indication, or biomarker, for underlying cardiovascular disease? While results are not yet absolutely conclusive, it can be said with confidence that certain states of cardiovascular or cardiometabolic disease—generally linked to poor nutrition, lack of exercise, stress, and smoking—are clearly related to hearing loss in older adults. This suggests that hearing loss may be an early sign of cardiovascular disease in apparently healthy people, according to an article in *The Wall Street Journal*.

Call us today for an updated hearing test. It could reveal more than you think!

Solution to Valentine's Day Scramble

From pg. 4

1. Romance
2. Chocolates
3. Sweetheart
4. Cupid's Arrow
5. Marriage Proposal
6. Hearts and Flowers
7. Engagement Ring
8. Valentine
9. February
10. Dinner and Dancing



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Now 'Ear This from the Expert

SPEAKING OF A HEALTHY HEART...

Being fit at any age is a struggle for some people while others seem to ease their way into a more "fit" body. As we age, there are more problems to leap over in order to get fit. Our bones tend to weaken, joints stiffen and ache more, and, for most of us, the metabolism slows down. Middle age and beyond suggests, "It's time for a change in lifestyle" and subtly, but doggedly, dictates the way we approach foods and activities.

Here are some tips to ease into a fitness lifestyle:

Know your limits

This is perhaps the most essential senior fitness tip. Before jumping into any exercise routine or changing eating habits and making other lifestyle changes, it's important to know what your limitations are. If you do not know what yours may be, it's wise to consult a doctor first. If you have health risks, these may limit your options for exercise and food selections.

Take it Slow

Keep in mind it took decades to get where your body is today, so don't expect to immediately drop tons of weight or to get fit. If you have led an inactive lifestyle for several years, it will take your mind and your body some time to get used to being a little livelier. Buy a pair of comfortable walking shoes and start taking low speed walks as a start. Build up to further distances and a faster pace as you become more strengthened and comfortable in your new routine.

Remember: along with a healthy heart, lower body weight and stable key numbers like cholesterol and blood pressure, an essential component to your overall health and well-being is preserving, improving, and keeping your hearing stimulated.

A shift in hearing is not always immediately noticeable. Call us today for a hearing test to see if your hearing has changed.

VALENTINE'S DAY SCRAMBLER

Answers on pg. 3

Unscramble the words associated with Valentine's Day. Some include two or more words.

1. **MNCROEA** – a type of novel
2. **COTACOHLS** – addiction in a box
3. **WTESHATREE** – endearig name
4. **RWUDSARIOCP** – always hites the mark
5. **RIMRAPSAORPAGEOL** – pop the question
6. **TSEHARWERSFLODAN** – symbols of love
7. **TEMENNGRANGIGE** – ringer dazzler
8. **ANTLVENEI** – the saint of love
9. **BYEUAFR** – when we celebrate
10. **NENDIRDNDANCANGI** – how to celebrate a special date