



## Healthy Hearing

### **Hearing Loss Doesn't Just Affect Hearing**

According to a recent report by the Better Hearing Institute, untreated hearing loss can impact many facets of life including physical and emotional health, perceptions of mental acuity, social skills, family relationships, self esteem, and work and school performance. Also, untreated hearing loss has been shown to negatively affect household income on average up to \$12,000 per year depending on the degree of hearing loss.

The good news underscoring these studies is that 90 to 95 percent of people with hearing loss can be helped with hearing aids. In the studies, those who sought help for their hearing loss reported **significant** improvement in their quality of life and the decline in income due to hearing loss was cut in half.

## Q&A with Carol

### **Q. How loud does a sound have to be to damage my hearing?**

**A.** Both the level of noise and the length of exposure determine ability to damage your hearing. Noise levels are measured in decibels (dB). The higher the dB level, the louder the noise. Normal conversation is approximately 60 dB. Sounds louder than 80 dB, such as motorcycles,

concerts, lawnmowers, and firearms are potentially hazardous.

Warning signs of hazardous noise levels are having to raise your voice to be heard, not being able to hear someone two feet away, speech sounding dull or muffled, or a ringing or buzzing sensation in your ears after noise exposure.

Noise-induced hearing loss is the second most common form of sensorineural hearing loss, after age-related hearing loss. As many as 10 million Americans have hearing loss caused in part by excessive noise exposure in the workplace or during recreational activities.

Fortunately, noise induced hearing loss is preventable with proper use of hearing protection. There are a variety of earplugs and earmuffs available for many different activities, including those specifically designed for music enthusiasts or shooters. These products are available in a range of colors and styles to fit **almost any need**. Visit [www.westone.com](http://www.westone.com) to see the many options.

## 1st Anniv. Party!

**Saturday January 12<sup>th</sup>, 2008**

Numerous clients and friends gathered at our Solon office to enjoy free food, drinks and door prizes. We sure appreciated seeing everyone who made the time to visit and hope you will be able to attend next year's

party—**be sure to set aside Jan 10<sup>th</sup> 2009 on your calendars!**

Just like our Grand Opening party in 2007 we enjoyed sandwiches from the Solon Quiznos. This year they provided us with two full platters of their new Flatbread Sammies. Take advantage of the special discount on the reverse of this newsletter. Carol and I

provided plenty of snacks, cake, and drinks for everyone. Door prizes—\$25 gift cards to Applebee's®, Max & Erma's®, and the Olive Garden® went to Solon residents Jerry C., Marge M. and Kara K.

I enjoyed meeting Carol's previous patients as well as everyone who joined us in 2007. Thanks to all of you for a wonderful first year!



Mike and Carol Hawkins

### *Your inputs are greatly appreciated!*

Please let us know if there are any questions you would like answered about hearing or hearing devices, plus anything that you'd like included in the newsletter—information about special events in the community, at your church, synagogue or place of business. Additionally, send us a note if you would like to be added or removed from our newsletter. You may do this by e-mailing Mike at [mike@hawkinshearing.com](mailto:mike@hawkinshearing.com), be sure to include in the Subject: **HHC News**.





Special newsletter offer only \$8.35

## Have You Heard?

**Did you know that moisture is the leading cause of hearing aid failures?**

Using a dehumidifier will help extend the life of your hearing instrument as well as improve its performance and clarity. You will also have a safe and convenient storage location when your devices are not in use. The product shown, Hearing Aid Saver™ by Westone®, uses powerful moisture-removing crystals to protect your hearing aids. About 10 percent of these crystals are blue until they completely fill with moisture. This is an indication that the

crystals need to be reactivated which can be accomplished in either a microwave or conventional oven. This product is what I call a “passive” dehumidifier. We also carry an electric system for even greater moisture removal. So, if you would like to extend the life of your hearing devices, see us about purchasing a dehumidifier.



## Worth Mentioning

**Happy Birthday!** Our oldest and youngest clients for the 1<sup>st</sup> Quarter: Anne R. will be 97 and Mark B. will be 33. George Washington, Abe Lincoln, Elvis, Thomas Edison, and William McKinley are born. Mar 15 1989 Megan Leigh Hawkins is born at Williams AFB, AZ. **Events:** Jan 13 2007 Hawkins Hearing Center opens; Jan 23 1849 Elizabeth Blackwell becomes America's first woman doctor; Jan 25 1959 a Boeing 707 makes the first transcontinental US flight, CA to NY; Feb 14 1953 Carol's mom & dad are married, happy 55th anniversary Fred & Mary Alice; Feb 20 1962 John Glenn becomes the 1 US Astronaut to orbit earth; Feb 28<sup>th</sup> 1945 US Marines raise the American flag on Iwo Jima—Semper Fi, Dad! Mar 14 1994 Mike's friend, Capt. David J. Mehlhop and seven other crewmen are fatally injured in a C-130 crash on the African coast while supporting Operation Restore Hope in Somalia. **Inventions:** Feb 23 1896 Tootsie Rolls; Mar 6 1950 Silly Putty; Mar 17 1845 Rubber Bands; Mar 29 1886 Coca Cola. **Tidbits:** Feb 28 1692 The Salem witch hunts begin and Carol's 8<sup>th</sup> Great Grandfather John Proctor is one of the victims; Feb 29 1984 Mr. Michael H. Hawkins proposes to Miss Carol Jeanne Turner, which means we are celebrating only the sixth anniversary of our engagement while being married for 22 plus years. Carol, thanks for saying yes!



Mike Piloting a C-130 over Pyramid Lake, NV circa 1997

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