



Healthy Hearing

Sudden Hearing Loss and Stroke

In a July 2008 news release the American Heart Association cited a research study that suggests that sudden hearing loss might be an early sign of susceptibility to stroke—as early as two years prior.

Sufferers of sudden hearing loss were more than one-and-a-half times more likely to suffer a stroke than a control group.

Researchers recommend that patients who experience sudden hearing loss should undergo a comprehensive neurological exam and blood testing to gauge their risk profile.

Diabetes and Hearing Loss

Hearing loss is about twice as common in adults with diabetes compared to those who do not have the disease, according to a study by the National Health and Nutrition Examination Survey. Researchers discovered a higher rate of hearing loss in those with diabetes, and this finding was evident across all frequencies, with a stronger association in the higher frequency range.

Senior author Catherine Cowie, PhD, of the National Institute of Diabetes and Digestive and Kidney Diseases says, "Hearing loss may be an under-recognized complication of diabetes. As diabetes becomes more common, the disease may become a more significant contributor to hearing loss." Cowie suggests that people with diabetes should consider having their hearing tested. "Our study found a strong and consistent link between hearing impairment and diabetes using a number of different outcomes."

Introducing Premier Micronutrient Dietary Supplements

We have purchased eight 3-month supplies of dietary supplements that we are offering to our patients at discounted pricing—50% off the internet price of \$101.50 (\$50.75).

Historically, the prevention and treatment of hearing loss and tinnitus has focused on avoiding noises or wearing hearing protection. However, scientists in many disciplines, including those working on the inner ear, have made enormous progress in understanding the biochemical events that can trigger hearing loss or tinnitus.

Hearing loss may be due to oxidative stress overwhelming the cell's antioxidant defense

system. Antioxidants are known to reduce oxidative stress and inflammation; therefore, supplementation with antioxidants appears to be one of the most rational approaches to prevent and improve hearing disorders in combination with standard therapy. Several animal and some human studies show that supplementation with antioxidants produces beneficial effects and improves hearing disorders.

Stop by the office for a free brochure, or visit their website www.mypmcinside.com.

Q&A with Carol

Q. How should I dispose of my hearing aid batteries?

A. We usually keep our used batteries in a plastic bag until the first full-week rubbish pick-up of the month. That's when the Solon service department picks up "secondary recyclables."



Since this may not always be convenient, we are now accepting household batteries and will send them on for recycling. Feel free to drop off your 9v, AA, AAA, C, D, and hearing aid batteries in our new recycle trashcan.

Q. I was with my friends at a local restaurant and even though I have digital hearing aids it was difficult to hear the conversation. Why? I thought digital hearing aids were supposed to help me even in crowds.

A. Your digital hearing aids may have an optional feature called a **directional microphone** which responds to sound coming from a specific direction, as occurs in a face-to-face conversation. The hearing aids can switch from the normal, non-directional (omnidirectional) setting, which picks up sound almost equally from any direction, to focus on a sound coming from in front of you.

When the directional microphone is activated, sound coming from behind you is reduced. This feature is very useful in understanding speech in noisy situations.

Assuming you have directional microphones on your hearing aids, I suspect you were sitting with your back to a wall or were facing the noisiest part of the restaurant. Directional microphones cannot reduce sound coming from in front of you, so you will have to retrain yourself to sit with your back to unwanted sounds. This will help your directional microphone program work most efficiently, and help you to hear better in noisy situations.

(note: not all aids have this feature)

Turkeys in Solon



We took this photo with our cellular phone while driving to the office last year. There were five turkeys in the flock and they didn't hurry across the road as our vehicle approached.

According to the ODNr Division of Wildlife, the wild turkey was extinct in the state by 1904. Early efforts at reintroduction with farm raised birds were unsuccessful. However, when they began trapping and transplanting wild turkeys from other states they finally succeeded in repopulating Ohio, where all 88 counties now have birds. In the spring of 2007 they estimated the statewide population at 186,000 birds.

If you don't happen to see any turkeys in your neighborhood it's probably because the wild turkey can be very elusive.



Ohio's Division of Wildlife recommends the following **Watchable Wildlife** areas specifically for Turkeys: Woodbury, Salt Fork, Waterloo, and Cooper Hollow areas, Wayne National Forest, Hocking and Shawnee State Forests, as well as Paint Creek State Park.

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 else that you'd like included in the newsletter—information about special events in the community, at your church, synagogue or place of business. For a chance to win the turkey, the answer is Campbell Hill. 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, be sure to include in the Subject: **HHC News**.



JOIN OUR BATTERY CLUB AND SAVE!

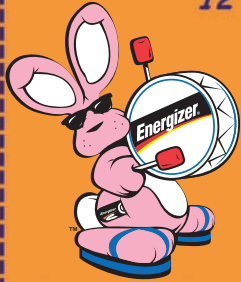
FREE Energizer Bunny with membership!

12 packages of 8 batteries

After rebates,
each pack is only \$5

\$76⁰⁰

Energizer Rebates of \$16



Have You Heard...

that motor vehicle crashes are the leading cause of death during winter storms?

Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving. Sometimes, the best winter driving strategy is to stay at home.

how to handle skidding on ice or snow?

When entering a skid, **DO NOT BRAKE**. Instead, take your foot off the accelerator and gently turn your car in the direction you want your front wheels to go. Hitting the brakes or turning sharply will only lock you into a skid. If you can't get control of your car, it is better to steer into a snow bank or fence rather than risk a collision in traffic. **SOURCE:** Ohio Department of Public Safety. Contact us for a free copy of their **WINTER DRIVING TIPS** brochure.

one-fourth of all car accidents occur at intersections?

When turning left, don't turn your wheels until ready to turn. This way, if a vehicle hits you from behind you won't be pushed out into oncoming traffic.

Allow room to see light signals when following large vehicles and leave space for clear visibility in all directions. **SOURCE:** US DOT.

these factoids?

Seven percent of the overall population (21 million people) and twenty-one percent of the population 60 and older (10.3 million people) had diabetes in 2005.

Erie means "cat" or "wildcat" in the native language of the Erie tribe, which was defeated by the Iroquois around 1680.

Worth Mentioning

Happy Birthday! Our oldest and youngest clients for the 4th Quarter: Betty B. will be 95 Nov. 25th and Erin H. will be 9 Dec. 1st. Also having birthdays: the USMC; Eddie Rickenbacker, America's Ace of Aces in WWI; Jonathan Dayton, youngest Constitution signer and namesake of Dayton, OH; Powhatan Beaty who earned the Medal of Honor, one of only 20 African-American soldiers to do so in the Civil War; James H. Salisbury (buried in Cleveland's Lake View Cemetery) known for the Salisbury Steak; Italian born Clevelander Hector Boiardi, known as "Chef Boyardee"; and baseball manager Walter E. Alston.

Daylight Saving Time ends Nov 2nd: Up until the expansion of the railroads time was measured locally, usually by each city's main clock which was calibrated at noon based on the highest position of the sun. Britain became the first nation to create a Standard Time when in November 1840 **The Great Western Railway** forced London Standard Time to make its schedule predictable. By 1847 most other UK railroads had followed suit and noon at the Royal Observatory in Greenwich, London became the standard known as Greenwich Mean Time (GMT). In the US and Canada, the railroads adopted standard time and time zones on Nov 18, 1883. Interestingly, the US government didn't formally recognize this for another 35 years. Our first foray into Daylight Saving Time (DST) came about during WWI with the first federal DST laws but these were repealed in 1919 due to their lack of popularity. DST became a local decision until WWII. Some of you may remember DST was called "War Time" from 1942-1945. After 1945 DST again became a local decision until 1966. Since then there have been revisions in 1972, 1986, and 2005. DST begins the 2nd Sunday in March and continues until the 1st Sunday in November and takes place at 2:00 AM. Remember it's **FALL BACK** time which is also a good time to replace your smoke alarm batteries!

Tidbits: Oct 14, 1947 USAF Captain Chuck Yeager became 1st person to break the sound barrier—in 1989 Mike also broke the sound barrier but to much less fanfare; Nov 26, 1789 the first national Thanksgiving Day was observed after a proclamation by President Washington, naming it as "**A Day of Publick Thanksgiving and Prayer**"; Abe Lincoln made it a national holiday on the 4th Tues in 1863 and FDR moved it to 3rd Thurs in 1939 and the 4th Thurs in 1941.

Helpful Halloween Hints: Before sunset, it is imperative to walk around your house three times (backwards & counter-clockwise) to ward off evil spirits. Placing a burning candle inside a jack-o-lantern will accomplish the same thing but doesn't sound nearly as fun. When passing a cemetery, hold your breath and turn your pockets inside out so you don't bring a ghost home (note: *never point at a grave or your finger will rot off*).

If you still encounter a ghost don't lose hope—you can make a ghost disappear by walking around it nine times or stop it in its tracks by crossing over moving water! **Good luck and Happy Halloween!**

