

2017-2018 Winter Newsletter

Guard Your Health

Listen to your ears. They might be telling you something.

If you're experiencing hearing loss, pay attention to your whole health. The more we learn about hearing loss, the more we discover that it frequently co-exists with other health conditions. So pay attention to your entire well-being.



Here are some things you'll want to know.

- Heart and Cardiovascular Disease:
 - A growing body of research shows that a person's hearing and cardiovascular health frequently correspond. It's a good idea for people with cardiovascular disease to get their hearing checked, and for people with hearing loss to pay close attention to their cardiovascular health.
- Diabetes:
 - Hearing loss is about twice as common in adults with diabetes. If you have diabetes, be sure to get your hearing checked as part of your routine care.
- Cognitive function, dementia, and Alzheimer's disease:
 - Studies show that older people with hearing loss are more likely to develop dementia over time than those who retain their hearing. Research also shows that hearing loss among older adults appears to be associated with a faster rate of cognitive decline than in people without hearing loss. So what's the take away? Get your hearing tested and address any hearing loss.
- Depression and Anxiety:
 - Research shows that hearing loss frequently co-exists with depression and/or anxiety. In fact, people with untreated hearing loss may be at an increased risk of depression. When left unaddressed, hearing loss can lead to isolation and other emotional conditions that can affect both quality of life and mental health. But we also know that by treating hearing loss, the risk of associated depression and other mental health issues lessens significantly. So go ahead. Be happy. Get your hearing tested.
- Chronic kidney disease:
 - Some research has shown that people with moderate chronic kidney disease have a higher prevalence of hearing loss than those without the disease. While we await more research in this area, it may make sense

Source: [Better Hearing Institute](#)

Stay Active

When you address hearing loss, it doesn't have to slow you down. And it shouldn't. You can go right on doing the things you love and enjoying time with the ones you love.



For some people, medical intervention—like ear surgery or cochlear implants—is the appropriate treatment. But for the overwhelming majority of people with hearing loss, professionally fitted hearing aids offer great benefits.

Eight out of 10 hearing aid users, in fact, say they're satisfied with the changes that have occurred in their lives specifically due to their hearing aids. From how they feel about themselves to the positive changes they see in their relationships, social interactions, and work lives, hearing aid users are reaping the benefits of today's technology.

Whether you're a plumber, swimmer, teacher, attorney, or your grand-kid's favorite babysitter, there's a hearing aid that can help you stay active and engaged in life. You might even think of hearing aids as a high-tech "anti-aging" tool. They help keep people of all ages socially, cognitively, and physically active.

So, no worries. Address your hearing loss. Go out and live. Enjoy life!

Source: [Better Hearing Institute](#)



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Succeed at Work

Most people with hearing loss are still on the job. In fact, more than 20 million Americans with hearing loss are in the workforce.



As more people put off retirement and choose to stay actively employed, those numbers are sure to go up even further. But those who address their hearing loss enjoy greater success. In fact, many employers include hearing health as part of their workplace wellness programs and encourage their employees to get their hearing tested.

When people with even mild hearing loss use hearing aids, they often:

- improve their job performance,
- enhance their communication skills,
- increase their earning potential,
- improve their professional and interpersonal relationships,
- stave off depression,
- gain an enhanced sense of control over their lives, and
- better their quality of life.

Studies show that when people with hearing loss use hearing aids, they do better financially. Research also shows that hearing loss treatment reduces discrimination toward the person with the hearing loss.

So don't be afraid to be honest about your hearing loss. You're not alone. You can effectively manage it. Go ahead. Put your best foot forward. Start the journey to addressing your hearing loss—and reach your potential.

Source: [Better Hearing Institute](#)

page, check it out! Share it with your family and friends, too! Click below:

[Jackson County Audiology Facebook Page](#)

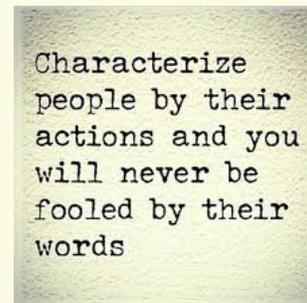


We Would Love To Spotlight You

If any of YOU would like to be spotlighted in our Newsletters, please let us know! So many of you have had interesting lives. Traveled, written books, had incredible careers, lived in exotic places, served in the military, etc. We would just need to have your permission for us to post your story here. And of course we would like a picture of you as well!

Don't be fooled by ads that promote:

- "Wanted posters"
- "Free" hearing tests
- "Field trials"
- "Hearing aids at little or not cost"



Field Trials for hearing aids happen long before they reach the consumer. There is usually a cost associated with hearing aids. The old adage, "if it sounds too good to be true, it probably is," applies here.

At Jackson County Audiology, we truly care about your hearing health, and use the best equipment possible to diagnose your hearing-related condition. We never cut corners and always do what's best for you and your hearing. You can trust that Jackson County Audiology will take care of you, and help you get back to enjoying your life! Our referrals are often from patients who we have served for years, and from physicians who trust us!

Get Off the Direct Mail Treadmill:

Are you tired of receiving constant offers through the mail? You can make them stop.

Contact the Direct Marketing Association (DMA).

This organization provides a mail preference service for the sole purpose of removing consumers' names and addresses from prospective mailing lists.

When you register with DMA, most unsolicited mail from national companies will be reduced for five years. Please allow up to 90 days for your request to take effect. You may register with the DMA online or by traditional mail. Here's how:

Online:

- Go to www.DMAchoise.org
- To register yourself, log in as a "new user" in the lower left-hand corner of the DMA home page.
- Fill in the required fields and follow the prompts.

- There is no fee for online registration.

Phone: Call 1-212-768-7277, ext. 1888.

Winter in Kansas City

Everything You Need to Know about Winter in Kansas City

"Visit KC" is a GREAT website that shares with you all of the exciting events and activities of the season!



Click [here](#) and take a look at all there is to do and see!

Favorite Recipes

Potato Bacon Chowder



Yield: makes 6 servings
Total time: 30 minutes

This chowder is like a bacon-topped baked potato in a bowl. On cold winter days, my family is thrilled to see this meal on the table.
—Jacque Manning, Burbank, South Dakota

Ingredients:

- 2 cups cubed peeled potatoes
- 1 cup water
- 8 bacon strips
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1-3/4 cups whole milk
- 1 cup (8 ounces) sour cream
- 1/2 teaspoon salt
- Dash pepper
- 1 tablespoon minced fresh parsley

Directions:

Place potatoes in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender.

Meanwhile, in a large skillet, cook bacon until crisp; remove to paper towels to drain and set aside.

In the same skillet, saute onion and celery in drippings until tender; drain. Add to undrained potatoes. Stir in the soup, milk, sour cream, salt and pepper. Cook over low heat for 10 minutes or until heated

through (do not boil).

Crumble bacon; set aside 1/4 cup. Add remaining bacon to soup along with parsley. Sprinkle with reserved bacon.

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