



The Ability To Hear Is A Gift

It's something to value and protect. After all, anyone can lose their hearing at any time in life. The last email we sent was a noise chart. If you do not recall receiving it, let us know and we will send it to you.

While many things outside our control can cause hearing loss, one thing over which we do have some control is noise.

Noise causes hearing loss. Yet, every day you can protect your hearing by keeping down the volume—on smartphones, MP3 players, stereos, televisions, and other audio devices. Also, take care to limit the duration and volume when using earbuds and headphones. When you do know you'll be around loud noise, wear ear protection. And get into the habit of using your fingers to quickly plug your ears when an unexpected loud sound, like a siren, suddenly bombards you.

Noise threatens our hearing because we hear sound when delicate hair cells in our inner ears vibrate. This creates nerve signals that the brain understands as sound. If we overload these delicate hair cells with exposure to loud noises, we damage them. This results in sensorineural hearing loss and often tinnitus—or “ringing in the ears.” The hair cells that vibrate most quickly—and that allow us to hear higher-frequency sounds like birds singing and children speaking—usually become damaged, dying first.

In addition to excessive noise—from construction, rock music, or gunfire, for example—the main causes of hearing loss are:

- Aging (presbycusis)
 - Sudden onset
 - Infections (otitis media)
 - Injury to the head or ear
 - Birth defects or genetics (*e.g.*, otosclerosis)
 - Ototoxic reaction to drugs or cancer treatment (*e.g.*, antibiotics, chemotherapy, radiation)
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Meet Our Team

You May Know Us, but if not...

Our staff includes Audiologists Charles E. Hare, M.S., C.C.C.-A and Roberta M. Beile, M.A., C.C.C.-A. (Center).

Many people ask about the credentials. M.S. is a degree in Masters of Science, and M.A. is a degree in Masters of Art. C.C.C.-A is a Certificate of Clinical Competence in Audiology.

Front Desk and Patient Management - Pam Coulter (far left), Insurance Processor - Jana Saxon (far right) and Office Manager Tawna Noftzger (next to Pam).

We are committed to providing unbeatable service. This means you can expect a friendly, attentive answer when you call, timely and flexible appointment scheduling, and answers to questions in a relaxed, unhurried manner.

Please ask for a Survey at your next visit. We appreciate your honest and anonymous feedback. If you wish to sign the form and allow us to use your statement on our website and in other print, you will receive a free package of batteries. Thank you!

We truly love our patients!



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!

In our lobby you will find 2 books for sale that were written by Nancy Cramer. They are entitled *"World War I, Student Guide"* for \$10 and *"Unheard Voices, Untold Stories"* for \$18.00.

Nancy's interest in World War I began when she became a volunteer at the National World War I Museum in Kansas City, near her home town. As a volunteer, Nancy was asked to write lessons for middle school students on WWI topics. For more information, see her books in our lobby!

Age-Related Hearing Loss



1 in 3 people over age 60 have hearing loss

1 in 2 people over age 85 have hearing loss

Hearing loss related to age is called presbycusis and it is a combination of changes to

- The structure of the inner ear
- Blood flow to the inner ear
- The hearing nerve
- How the brain processes speech and sounds

Presbycusis typically is a high-pitched gradual hearing loss that can be noticed by the subtle changes in hearing over time. Common symptoms of presbycusis include having difficulty hearing female voices, children's voices, and background noises, as well as the loss of speech clarity.

Hearing loss due to aging can be worsened by other factors such as diabetes, poor circulation, noise exposure, and certain medications.

- 30-35 percent of adults between the ages of 65 and 75 years suffer from hearing loss.
- 40-50 percent of adults 75 and older suffer from hearing loss.

People with untreated hearing loss (those with hearing loss who do not wear hearing aids) experience a decreased quality of life. Untreated hearing loss can lead to sadness, depression, anxiety, paranoia, and poor social relationships.

One way of treating age-related hearing loss is with hearing aids. Modern hearing aids are digital microcomputers that can automatically adjust to sound thousands of times per second, making speech comfortable and natural sounding.

Hearing Aid Facts

- Hearing aids can improve communication with family, friends, and co-workers, which can help maintain a better quality of life.
- Hearing aid technology is constantly evolving, such as the use of directional microphones, to help you better understand speech in noisy environments.
- Wearing hearing aids can improve your overall hearing; however, hearing aids do not function like natural ears do; hearing loss is irreversible.
- Hearing aids come in a variety of options at different price points, the cost of a hearing aid depends on the technology used.
- Medicare covers hearing testing with a physician's referral, but Medicare does not cover the cost of hearing aids.
- Medicaid, some private insurance carriers, and some charitable organizations may help cover the cost of hearing aids.
- Hearing aids come in several styles that include completely in-the-canal, in-the-canal, in-the-ear, and behind-the-ear.
- In the State of Missouri, Vocational Rehabilitation may be of Assistance. Show Me Loans also offers low-interest loans to those who qualify. Ask us for information on both.

Favorite Recipes

Mint Limeade Cooler

Prep time
10 mins

Total time
10 mins

Serves: 4-6



Ingredients

- zest of 2 limes
- juice of 4 limes (1/2 cup)
- 1/3 - 1/2 cup honey
- 1/3 cup mint leaves
- 4 cups ice cold water, divided
- ice
- lime wedges
- liquid stevia (optional)*

Instructions

1. Place lime zest, juice, honey, mint leaves and 2 cups of water in a high speed blender and blend until completely mixed. Strain through a sieve to remove any excess pulp.
2. Add mixture to a pitcher then add the other 2 cups of water, ice and extra lime wedges. Mix to combine and serve immediately. (If saving for later, do not mix with ice because it will water it down)

Notes

If you want to add alcohol, Gin or vodka was suggested as great for this.

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