



BOVAIRD
HEARING CLINIC
TREATMENT CENTRE
HEARING CARE WITH A PERSONAL TOUCH

A Health Care Publication from Dr. Keith Darrow, Ph.D.

September 2023

YOUR HEARING CARE IS HEALTH CARE



DR. DARROW'S NEW ONLINE SEMINAR

Seniors Need to Avoid Falling at All Costs...



In this short, 15-minute, online seminar Dr. Keith N. Darrow, PhD, explains how hearing loss puts you at risk of falling as you age.

www.FallingSeniors.com

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bovairdhearingclinic.ca

September is National Falls Prevention Month

Practical Solutions for Safety

Excellence in Audiology member clinics have a primary goal in September and all year long to encourage independence and prevent falls. Visit fallingseniors.com for more information and tips.

Hearing health seems to be one of the areas of our overall health that gets pushed aside until later. We procrastinate, thinking our hearing exam can be pushed off until next week, next month, next year. In fact, the average adult waits up to 7 years to schedule an appointment after noticing difficulty with hearing. This can have lasting effects, including a major fall.

Mild hearing loss typically happens over time and can be gradual and painless. It may feel as though people around you are mumbling or like your ears are plugged (kind of the same as after you've had a nice swim in the pool). If you have trouble hearing when there is a lot of background noise, you probably have a mild hearing loss. Do you find that you are listening more carefully to conversations? Do you expend extra energy to understand what is being said? All of this

is attributed to a mild hearing loss and can lead to fatigue and other costly ailments. If you can relate to any of the above, it's time to **catch it early and treat it early**.

One of those costly ailments we need to talk about this month is the risk of falling with hearing loss. Most of us remember a time when we would (literally) fall down and get right back up. But this doesn't seem to be the case as we get older. Falling can be one of the most devastating events in an adult's life and can lead to the loss of independence, or worse. In the past decade, the 'fall death rate' (i.e., the death of an older adult directly attributed to a fall) has risen over 30%, and in the next decade it is estimated that there will be **seven fall deaths per hour** in the U.S. Many adults assume feeling off-balance and falling is a normal part of aging, but it is not.

There is not one simple reason that older adults fall more often, rather a complicated web of changes in blood pressure, nutrition, medication interactions, vision problems **and hearing loss** that contribute to this



A New Book By
Sherina Samuel, B.Sc., M.Sc., Au.D.
A SOUND MIND

Visit: bovairdhearingclinic.ca

FREE

TINNITUS

Tinnitus (pronounced tin-NY-tus) is a common condition that can cause you to hear a ringing, rushing, or buzzing in your ears. Tinnitus is present in approximately 75% of all people with some form of hearing loss. While it will not cause you to lose your hearing, tinnitus is a leading indicator of hearing loss – even mild hearing loss.

While tinnitus is different for each person, it can affect your daily activities and quality of life. Our experienced, compassionate hearing health care professionals can help recommend a course of action to deal with this persistent problem. While there is no cure for tinnitus, our providers work with FDA-approved tinnitus therapy options to treat and reduce your tinnitus.



Newborns distinguish speech

Children as young as four days old can distinguish the vowel sounds of the language in their natural environment from those of a foreign language.

It is estimated in the next decade that there will be **seven fall deaths per hour** in the U.S.



increased risk. Although most people don't instantly think of hearing loss as being a leading cause of falls, the data is clear - a person's risk of falling can increase by 140-500% with hearing loss (depending on the severity of the loss). Fortunately, we have the tools to treat our patients and help them dramatically reduce their risk of falling.

Practical Solutions for Safety From Falls

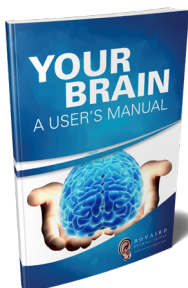
First and foremost is to treat your hearing loss! The price of a fall is much more expensive than treating your hearing loss.

Fact: more than 3 million people per year are treated for fall-related injuries, and over \$30 billion is spent per year in Medicare and individual costs. That's alarming!

Once you are working with a hearing health

care specialist, there are certain steps you can take to prevent falls.

- Fall-proof your home. Remove clutter, throw rugs, items on stairs, pet toys, electrical cords, etc.
- For nighttime, use nightlights to see better. Keep lamps at your bedside. Install handrails, keep frequently used items within reach.
- For showers, use anti-slip mats, install grab bars, use a shower/tub chair.
- Stay active. Keep your muscles and joints healthy to help with good balance.
- Use a cane, walker or wheelchair when needed.



A New Report By
Sherina Samuel, B.Sc., M.Sc., Au.D.

YOUR BRAIN A USER'S MANUAL

Visit: bovairdhearingclinic.ca

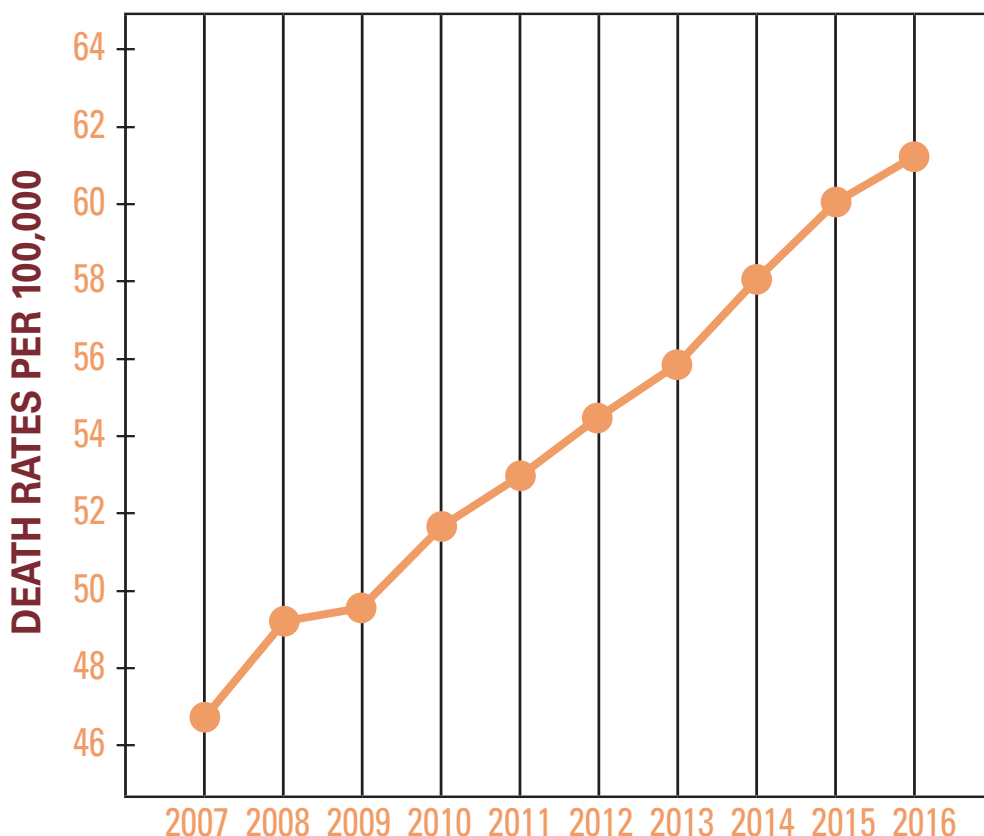
FREE

- Wear low heels and/or sensible shoes that have good support.
- When standing or sitting up, take a minute and go slow. Dizziness can cause falls.

Falls are a serious matter! We want you to live a full and active life without the fear of falling. Please stay vigilant, modify your home, continue to exercise, and increase your awareness of risks and prevention. You can live a confident, social, and happy life as you age.

For more information, please make an appointment with your audiologist today, or contact us at www.excellenceinaudiology.com to have all of your questions answered before it is too late.

Until next month, we remain your partner in hearing health care and fall prevention...



Dr. Keith Darrow, PhD, CCC-A

M.I.T. and Harvard Medical Trained
Neuroscientist and Clinical Audiologist

Dr. Darrow is a Harvard Medical School and M.I.T. trained neuroscientist and clinical audiologist. He is a professor at Worcester State University and Certified Alzheimer's Disease and Dementia Care Trainer. His book, *Preventing Decline*, is an Amazon.com #1 New Release and Best Seller.

BRAIN HEALTHY RECIPE

For A Quick Apple Cider Vinaigrette

Ingredients

- 1/4 cup apple cider vinegar
- 1 tablespoon of Dijon Chardonnay Mustard
- 1 teaspoon of onion powder
- 1 teaspoon of dried Italian herbs
- pinch of Himalayan pink sea salt
- pepper to taste
- extra-virgin olive oil (about 1/2 cup)
- red butter leaf lettuce or mixed greens

Directions

1. Add apple cider vinegar to a small bowl and season with a pinch of Himalayan pink sea salt, pepper to taste, 1 tablespoon of Dijon mustard, and a teaspoon of onion powder.
2. Whisk together as you pour olive oil into the bowl until desired consistency.
3. Drizzle it over mixed greens or red butter leaf lettuce with organic sliced cucumber, toasted nuts of your choice, and cherry tomatoes.





WHAT'S INSIDE

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COGNITIVE GAME

Cryptogram > Decode the message. Each letter in the phrase has been replaced with a random letter or number.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		4		17		1				26	22							5							

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