



BOVAIRD
HEARING CLINIC
TREATMENT CENTRE
HEARING CARE WITH A PERSONAL TOUCH

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

October 2023

YOUR HEARING CARE IS HEALTH CARE



LEARN
HOW PAIN MEDS
CAN DAMAGE
YOUR EARS. . .



From the Safety
and Comfort of
Your Own Home.

**FREE Educational
Event Visit:
DamagedEars.com**

SCAN HERE



bovairdhearingclinic.ca

October is Breast Cancer Awareness Month **DO YOUR PART AND GET INVOLVED**

For over 4 decades now, October has been the month that is devoted to educating and bringing awareness to breast cancer and sharing the importance of early detection and access to high-quality care.

Did you know that 1 in 8 women are diagnosed with breast cancer in their lifetime? That amounts to 1 person every 2 minutes in the United States.

Known best for the pink color theme, breast cancer awareness features many campaigns and programs aimed at:

- fundraising for research
- educating about risk factors
- supporting those who have been diagnosed
- stressing the importance of regular screenings
- educating about metastatic breast cancer (spreads to other parts of the body)
- educating about men's breast cancer

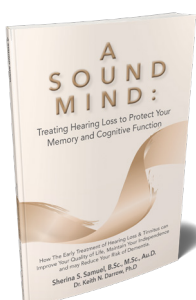
According to www.breastcancer.org:

- In 2022 in the United States, it's estimated that 43,780 people — 43,250 women and 530 men — are going to die from breast cancer.
- According to the CDC, about 9% of all new cases of breast cancer in the U.S. are found in women younger than 45; breast cancer risk increases as women get older.
- Black women are less likely to be diagnosed with breast cancer than white women but are 41% more likely to die from the disease.
- About 170,000 people in the United States are living with metastatic breast cancer.

This information is provided by Breastcancer.org.

Donate to support free resources and programming for people affected by breast cancer.

Early signs of breast cancer can include breast pain or a lump in the breast.



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

Visit: bovairdhearingclinic.ca

FREE

DEMENTIA AND HEARING LOSS

Dementia is a syndrome, usually of a chronic or progressive nature, caused by a variety of brain illnesses that affect memory, thinking, behavior and ability to perform everyday activities.

The number of people living with dementia worldwide is currently estimated at 50 million and will almost triple by 2050.

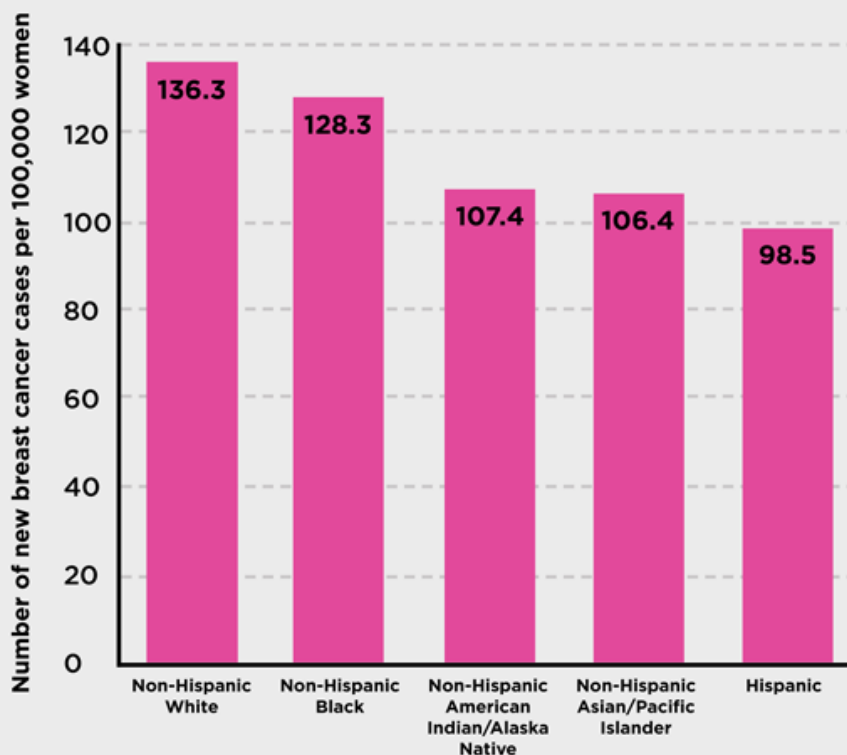
Dementia is overwhelming not only for the people who have it, but also for their caregivers and families. There is a lack of awareness and understanding of dementia in most countries, resulting in stigmatization, barriers to diagnosis and care, and impacting carers, families and societies physically, psychologically and economically.



Dividing the hemispheres

Commissurotomy, the transection of the corpus callosum, is one possible treatment for patients with severe epilepsy. This procedure causes a complete split between the two hemispheres of the brain. As a result of this split, words presented to the patient's far left visual field cannot be read (alexia), and hidden objects placed into the left hand cannot be named (anomia). This is significant evidence for hemispheric specialization.

Breast Cancer Incidence in U.S. Women by Race and Ethnicity, 2016-2020

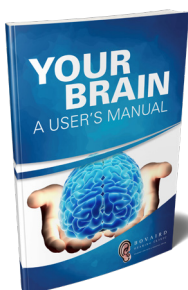


However, many people are asymptomatic and that is why mammograms are crucial. Late signs of breast cancer consist of new lumps in the breast or underarm area, changes in the size or shape of your breast, rashes or redness on the breasts, and fluid leaking from the nipples. **Just like with hearing loss – catch it early, treat it early – for best results.** As audiologists, we would be remiss to say: to learn more about hearing health care, and how to help others, go to www.ExcellenceInAudiology.com.

When it comes to breast cancer, it is crucial that you know your risk (including family

history), schedule your mammograms regularly starting at age 40, know what is normal for you and what is not, and make healthy lifestyle choices.

For answers to questions, to receive support or to help support the cause, click here www.komen.org. Early detection and effective treatment are key to reducing the number of breast cancer deaths in the United States and beyond. Let's all join in the fight today and support our fellow sisters and brothers.



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

YOUR BRAIN A USER'S MANUAL

Visit: bovairdhearingclinic.ca

FREE



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

PECAN-CRUSTED CHICKEN

Ingredients

- two cups of buttermilk
- 2 cups of pecan pieces
- 1 cup whole-grain flour
- 2 tablespoons of your favorite chicken seasoning
- chicken breasts – cut in half

Directions

1. Rub chicken breasts with 1 tablespoon of the chicken seasoning and place in a bowl.
2. Add the buttermilk and stir in another tablespoon of the seasoning.
3. Marinate for at least an hour or two or, if possible, overnight.
4. In a bowl add pecans, flour and seasoning and mix well.
5. When ready to make the chicken, preheat oven to 350 degrees. Pull out each chicken breast and coat in pecans, pressing them into the chicken.
6. Place on a cookie sheet.
7. Bake for 30 minutes and remove from oven. Gently turn each piece over and bake for at least another 20 minutes.





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COGNITIVE GAME

U C G D H K L X R S N S G J L H H D A K Q H G G C
K S E U W U E W M S A K U W U E S O V K V D B I E
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HALLOWEEN	CORN
SPOOKY	MAZE
TRICK	HAUNTED
TREAT	APPLES
CANDY	GHOST
COSTUME	DECORATE