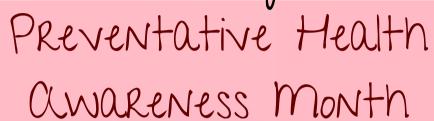


#### **BHC NEWSLETTER**

News from our Family to yours..

Feb 2024 Issue

# February is...



#### **Hearing Care is Preventative Care.**

Often times, we tend to forget how important it is to take care of our body and health as a whole.

To be preventative is to be mindful and conscious of our daily life and our active aging. As we age, the body changes and in turn, may require us to adjust our routines and habits.

#### **HOW CAN I BE PREVENTATIVE?**

In Canada, there are recommenced screenings that can be scheduled through your family physician.

Breast Cancer Screening 50-74, every 2 years
Colorectal Screening 50-74, every 2 years
PAP Screening (Ontario) 21+, every 3 years
Diabetes 40+, every 3 years
Hearing Test 50, every year





#### **SHARE THE LOVE OF LISTENING!**

In Ontario, and in accordance with the CDC, it is recommended to **test the hearing at birth, no later than 1 month old.** 

On average, people with recognized hearing loss wait nearly 7 years before pursuing a diagnosis and treatment.

Patients with a diagnosed hearing loss are recommended to re-test their hearing annually.

**PREVENTION IS KEY!** 

### **BHC NEWSLETTER**

905-790-7342

Feb 2024 Issue



We are thrilled to announce the date of our 2024 Spring Symposium!

### Wednesday April 24th 2024

There will be limited seating and RSVP is required, so registration is on a first come, first serve basis.

You may reserve a spot by emailing us or calling us at the clinic!

# #1 Most Modifiable Risk Factor for Preventing Dementia

The Early Treatment of Hearing Loss and Tinnitus with Modern Treatment Plans





April 24th • 11:00am





Hilton Garden Inn Brampton

2648 Steeles Ave East, Brampton, ON L6S 6J9

Limited Seating; RSVP Required

#### **WE CAN'T WAIT TO SEE YOU THERE!**

Healthy Hearing, Healthy Cognition.

hearing care with a personal touch!

### BHC NEWSLETTER

905-790-7342

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## ecial Edition

Since Autumn of 2023, Sherina has been presenting to varying groups to continue to spread education in our communities





This year, we have planned our **Spring Symposium for Sherina** to speak on the Effects of **Hearing Loss, Early** Intervention to promote **Healthy Cognition & SO much** more!

Presented by Sherina Samuel, B.Sc., M.Sc., Au.D.

Doctor of Audiology Clinical Audiologist Reg. CASLPO Certified Dementia Practitioner Co-Author, A Sound Mind: Treating Hearing Loss to Protect Your Memory and Cognitive Function Speaker Member AuDExperts

Member Excellence in Audiology Advocate for Hearing Health Education

