



BHC NEWSLETTER

905-790-7342

News from our Family to yours...

Feb 2024 Issue

February is...

Preventative Health Awareness Month



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 recommended 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!



hearing care with a personal touch!

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Insider Exclusive

Save the Date

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!

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Special 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
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