



BHC NEWSLETTER

905-790-7342

News from our Family to yours...

Mar 2024 Issue

March is...

Brain Health Awareness Month

According to the CRP, **Every 3 minutes**, someone in Canada acquires a brain injury. Since there are no drugs or techniques that can cure a brain injury, prevention is the only way to reduce its prevalence.

LEADING CAUSES OF BRAIN INJURY

1. **FALLS** account for 53.9% of all Brain Injuries in Canada
2. **CONTACT WITH AN OBJECT**, such as a motor vehicle accident, account for 11.8% of all Brain Injuries in Canada
3. **CONTACT WITH A PERSON** accounts for 18% of all Brain Injuries in Canada

In Canada, an estimated **\$2 billion** is spent on healthcare as a result of falls. To reduce our risk of falls, and prevent brain injuries, we must:

1. Ensure steps and floors are clear of objects
2. Improve home lighting so everywhere is well-lit
3. Get your hearing tested and treated
4. Book in for regular eye exams



At Bovaird Hearing Clinic, we customize hearing treatment solutions with your overall health considered. We focus on cognitive health with treatment technology in order to reduce your risk of Falls, and prevent Dementia.

BHC NEWSLETTER

905-790-7342

Mar 2024 Issue

Insider Exclusive

**REDUCE
YOUR
RISK
OF
FALLS!**

Risk
of
Falling



Degree of Hearing Loss

**Call or Email us to register for our April 24th
Symposium to learn more about hearing loss,
cognition, risk of falls and SO much more!**

**#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