



BHC NEWSLETTER

905-790-7342 *News from our Family to yours...* Jul 2024 Issue

Educational White Paper Special

This month, we want to focus on educating our community about Tinnitus!

It is currently estimated that nearly 50,000,000 American adults live with Tinnitus. Tinnitus is simply described as the experience of hearing a sound in your ears, sometimes in your head. Tinnitus is also experienced by approximately 80% of people living with hearing loss. Some people only notice their Tinnitus in a quiet room, whereas many others experience the sound all day long – and it can interfere with daily life. In some people, the sound can cause depression, anxiety and affect concentration.

The most common cause of Tinnitus is damage to the sensory organ of hearing, the cochlea (i.e. the inner ear). The cochlea is to hearing, what your eyes are to vision. Within the cochlea are tiny 'hair-like' cells called hair cells. When these cells are damaged, the nerves that connect the hair cells to the brain (and give us the ability to hear) become permanently damaged, and often times the ringing will ensue.

hearing care with a personal touch!

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UNDERSTANDING TINNITUS: TRIGGERS

For many patients, the ringing can be virtually undetectable until a certain 'trigger' ramps up the volume of the sound. Below is a list of the most common triggers patients report as influencing their Tinnitus:

- Excessive use of Alcohol or Recreational Drugs
- Loud Noise
- Caffeine
- Nicotine
- Aspirin
- Antibiotics
- Stress



Contact us today to schedule your
Tinnitus Treatment

905-790-7342

info@bovairdhearingclinic.ca

hearing care with a personal touch!

PREVENTING DECLINE SUMMIT



Danielle Farrell
Public Education Coordinator
Alzheimer Society Peel



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Alzheimer Society Peel



Sherina Samuel, Au.D.
Doctor of Audiology
Certified Dementia Practitioner

AGENDA

September 25th, 2024

10:00am - 1:30pm



Hosted By

BOVAIRD
HEARING CLINIC
TREATMENT CENTRE
HEARING CARE WITH A PERSONAL TOUCH

Limited Seating - RSVP REQUIRED

To reserve a seat please call 905-790-7342
or email info@bovairdhearingclinic.ca to register



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Introducing Amritbir Gill!

Amritbir joined us at Bovaird Hearing Clinic this past spring, and we want to formally introduce him to our patients who haven't yet had the pleasure to meet him!

Amritbir is a recent graduate from George Brown College, specializing as a Hearing Instrument Specialist. He works with our team as an extension of the *Bovaird Hearing Clinic* standard that you're accustomed to.

You can look forward to seeing him at your next visit, as a new member of the BHC Team!



Welcome Amrit!



*Amritbir Singh Gill
H.I.S.*