



Personalized Hearing Care, Inc.

Audiology & Hearing

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7 Reasons to Get Your Hearing Tested Today



1. TO RULE OUT A SERIOUS MEDICAL ISSUE.

Schedule a comprehensive hearing test by an Audiologist by the age of 30, then a retest every 10 years. In the event of sudden changes, this can be used as a baseline. Hearing loss can also be an early sign of cardiovascular problems, diabetes, or dementia.

2. TO REDUCE THE RISK OF BRAIN SHRINKAGE AND MEMORY PROBLEMS.

A study in the journal *NeuroImage* in April 2014 showed that hearing loss was associated with accelerated brain atrophy, especially in the short-term memory area.

3. TO DECREASE THE CHANCE OF MENTAL DECLINE FROM DEMENTIA.

In 2013, a Johns Hopkins study showed that untreated hearing loss speeds up age-related cognitive decline.

4. TO IMPROVE PRODUCTIVITY AT WORK-- AND INCREASE YOUR PAYCHECK.

According to Better Hearing Inst. (2014), people who use hearing aids do better

financially.

5. TO KEEP ACTIVE AND PREVENT THE GRADUAL ONSET OF SOCIAL ISOLATION AND DEPRESSION.

Decreased hearing ability can lead to decreased social activity, which can lead to isolation, which may lead to depression.

6. TO REDUCE STRESS AND FATIGUE.

For someone with hearing loss, active listening to others can be exhausting. Your brain has to work harder to hear what is being said, and if your brain gets it wrong, stress and anxiety can set in.

7. TO ENHANCE THE LIVES OF YOUR FAMILY MEMBERS, COWORKERS, AND FRIENDS.

One of the most overlooked factors is how hearing loss affects other people.

Communication is a two-way street, and a hearing loss may affect your loved ones as much as it affects you. Hearing aids have been proven to directly improve social, emotional, and interpersonal well-being of people and their loved ones.



Do You Hear What I Hear?

During this special season, it's more important than ever to be a part of every celebration and conversation....Follow the conversation at Thanksgiving dinner...hear every whisper and giggle from your children ...invest in yourself and the experiences still to come.....

Call us today about our SPECIAL EVENT -One Week Only!!



NOW HEAR THIS...

As always, I am committed to educating my patients, friends, and physicians of hearing health and its link to overall health and well-being.

The effects of untreated hearing loss are well documented and include increased potential for falls, depression, development of dementia and cognitive decline, job difficulties, and economic losses. Because of these concerns, there has been a greater emphasis placed on hearing health care in 2014. I would like to change people's perception of

utilizing hearing aids. Treating hearing loss is taking care of yourself both mentally and physically.

Hearing the world around us and our loved ones is priceless. Most people do not realize that our ability to hear and communicate is essential to our overall health. I feel that sounds enrich, inform, soothe, invigorate, and personalize our world. Hearing gives us confidence and maintains our independence.

Live without limits. Get your hearing checked today....be the best you can be!!

-- Dr. Karissa Jagacki

NEW TECHNOLOGY:

binax™. A world first. By Siemens.

Hearing technology that is clinically proven to outperform normal hearing. *

binax™ the next generation of BestSound™ Technology enables wearers to achieve up to 25% better speech recognition than individuals with normal hearing in challenging listening environments like restaurants and cocktail parties.

The foundation of binax™ is the e2e 3.0 wireless system that enables audio exchange between hearing aids. Coupled with powerful binaural sound processing, the result is unprecedented directionality, while preserving spatial perception automatically with minimal battery consumption. This technology is so advanced, it performs exceptionally well in a car and wind.



*Studies conducted at University of Northern Colorado (2014) and Oldenburg Horzentrum (2013) showed that Speech Reception Thresholds in cocktail party situations improved up to 2.9dB for wearers with mild to moderate hearing loss using binax with Narrow Directionality, compared to people with normal hearing. This corresponds to over 25% improvement in speech understanding.

CHORES PROTECT YOUR TICKER



Need motivation to break out the vacuum cleaner? People who did the most yard work, housecleaning and do-it-yourself projects, had a nearly 30% lower risk of a first-time

cardiovascular event like a heart attack or stroke, compared with those who were the most sedentary, according to a new Swedish study of 3,800 older adults.

DID YOU KNOW?

The average human listens at a rate of 125 to 250 words a minute but thinks at a speed of up to 3,000 words a minute. So the chatter in your head is moving at 10 times the speed of the conversation that you're having with the human in front of you. As a result, your mind goes AWOL. (Do I need to do a load of laundry tonight? I wonder if my boss read that memo? These cheese sticks are delicious.)

Get the **FACTS:**

Compiled from a range of trusted sources, these statistics provide a window into the prevalence of hearing loss and tinnitus in the U.S. population today.



- One in eight people in the U.S. (13%, or 30 million) aged 12 years and older has hearing loss in both ears, based on audiometric thresholds.
- The prevalence of hearing loss increases with age.
- Of all the causes of hearing loss, exposure to excess noise is the most preventable.
- Hearing loss has been independently associated with cognitive decline, dementia, depression, falls, hospitalization, and heart disease, among other conditions.
- About 25 million of American adults (roughly 10%) have reported having had tinnitus that occurred for 5 or more continuous minutes in the past year.
- About 60% of returning military service members have noise induced hearing loss or tinnitus, or both.
- Workers with untreated hearing loss are estimated to lose up to \$30,000 in income annually. This is estimated to lead to approximately \$26 billion in unrealized federal taxes.

**Gratitude unlocks the fullness of life. It turns
what we have into enough, and more.
It turns denial into acceptance, chaos to
order, confusion to clarity.**
--Melody Beattie

RECIPE CORNER:

Three Ingredient Pancakes



Mash 1 banana; mix with 1 tablespoon peanut butter and 1 beaten egg. Spray a hot nonstick pan with cooking spray; add tablespoonfuls of the mixture and cook 1 to 2 minutes per side. Top with banana slices. YUM!

ASK THE AUDILOGIST

Q: My friends say that hearing aids don't work and besides, aren't hearing aids expensive?

A: Eight out of 10 hearing aid users say they are satisfied with the changes that have occurred in their lives specifically due to their hearing aids (Better Hearing Institute 2014). And as far a price goes, today's budget hearing aids are better than even the best hearing aids a few years ago. Whether you can afford around \$6,000 for a pair or a single device costing around \$1,000, you will hear better and your life will be enhanced because of it.

Q: Too many people mumble, and isn't it hard for everyone to hear in background noise?

A: Sure, there are people who don't talk clearly, and background noise is an issue for some people with normal hearing. But if you are having more difficulty now than before, it is your hearing that has changed. When your hearing is in the normal range, your brain is able to compensate for mumbled speech or noise. But when you have a hearing loss, there are too many missing parts for your brain to be able to fill it all in.

Congratulations to our
Gift Card Winner--
Shirley Steele!!



PERSONALIZED HEARING CARE, INC.

Audiology & Hearing Aids

Two Locations:

35337 Warren
Westland, MI 48185
Ph: 734.467.5100

321 Pettibone, Suite 105
South Lyon, MI 48178
Ph: 248.437.5505

Share Your Newsletter with a Friend!!

HEAR WHAT PEOPLE ARE SAYING ABOUT US!

CHECK OUT OUR WEBSITE AT : WWW.PERSONALIZEDHEARINGCARE.COM



CLINIC NEWS:

We are conveniently open for simple clean and checks, batteries, quick questions, and easy repairs;

- **WALK-IN HOURS:**

Westland: Monday thru Thursday: 12pm to 1pm.

South Lyon: Monday & Wednesday: 12pm to 1pm

- **BOX TOPS FOR EDUCATION:** Personalized Hearing Care is collecting Box Tops for Education. Box tops can be found on cereal boxes, zip lock bag boxes, Kleenex boxes and many more household items. They will be collected and submitted to Salem Elementary (Dr. Jagacki's children) and Brownstown Middle School (Kim Carnicom's children). Please bring in your box tops when you come in for your appointment and our schools will greatly benefit. Thank you in advance for all of your efforts in bettering the education of our children.



Office Hours

For your convenience we are open: Monday thru Thursday
9am to 5pm

Fridays, Saturdays by appointment

WESTLAND OFFICE

We are located in the Westland Professional Building across from the Westland Mall (on the corner of Yale & Warren Roads)

SOUTH LYON OFFICE

We are located in the Beacon Plaza, one block northeast of the corner of Lafayette and Lake at the center of South Lyon.

Dr. Karissa Jagacki,
Audiologist/President

Kim Carnicom, M.A., Audiologist
Darlene Ramey, Office Manager
Chelsea Bear, Office Assistant

Deanne Sabin, South Lyon
Administrator

Delia Marietti,
Practice Development Representative



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to Win a \$25 Gift Card!!