



Personalized Hearing Care, Inc.

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Audiology & Hearing Aids

Are You Aware of Your Hearing Loss?

“WHAT? YOU THINK I HAVE A HEARING LOSS?” If you are like many people, you may be surprised when friends and family suggest that you have a hearing problem. You may think to yourself “I hear what people say. I don’t know why they think I have a hearing loss.” Many times, you probably do hear them when they are talking, but you may be missing some of their conversation with you, or you may not realize that what you think you heard is not exactly what they were saying. There may actually be times when you do not realize that someone is speaking. In this case, you may appear to be ignoring the person, or you may start talking, causing your communication partner to view you as quite rude. Faux pas such as this can lead to annoyance, resentment, and/or exasperation on the part of your communication partner.

YOU ARE NOT ALONE! Many people experience this, because hearing loss usually comes on very gradually. If you woke up one morning and suddenly could not hear your alarm clock, or the coffee brewing, or your neighbor’s lawnmower, you would probably know right away that you had a hearing problem. The

hearing loss experienced by most people is not sudden, but instead comes on little by little.

Let’s say that your family and friends have suggested that you have a hearing loss, and an Audiologist has confirmed that test results indicate a significant hearing loss. You, however, are still doubtful. Try monitoring your hearing for a few weeks so that you may become more aware of how your hearing loss may be affecting you, as well as your family and friends. Ask others if the TV is too loud or if you are struggling to hear something,

ask the person beside you, “Did you hear what he said?” Simple questions can increase your self awareness.

When you realize not just that you have a hearing loss, but that it is affecting your family, social, and work place, you may be a better candidate for hearing assistive technology. By monitoring your conversational experiences, you will probably become more aware of everyday communication problems that you are experiencing.

Call us today to schedule an appointment!!

*Improve Your Hearing...
Improve Your Life!!*

FEATURING.....

Ann White, South Lyon Office Administrator



Ann White has been with Personalized Hearing Care since January 2012. Ann lives in Livonia with her husband, John, and their two children, Eddie, 16, and Audrey, 13. She keeps busy after work going to all of her kids activities. Ann likes to spend time up north at their cottage and enjoys dining out, going to the movies, and scrapbooking.

As some of you know, Ann also has hearing loss in both ears and has utilized hearing aids successfully since 2005.



NOW HEAR THIS...

Happy Spring!!

This is one of my favorite times of the year as I love when the sun shines early in the morning... the flowers start blooming...the leaves return to the trees...and the birds start singing. To me, opening the windows to fresh air and a good 'spring cleaning' after a long, cold winter is something I look forward to every year.

Speaking of the outdoors, my two boys are growing like weeds (ages 9&7) and are looking forward

to the spring baseball season. They are also anxiously awaiting summer to get out their fishing poles, golf clubs and play in the backyard with their buddies. Our boys keep us very busy and my husband and I are enjoying every minute.

I hope you have a wonderful spring and don't forget...**your ears & hearing aids** need a 'spring cleaning' as well....So, we will see you soon....

As always, thank you for trusting us with your hearing health care.

Dr. Karissa Jagacki, owner

ASK THE AUDIOLOGIST: I SAW THE COMMERCIAL ON TV ABOUT THE 'WAXVAC'... DOES IT REALLY WORK?

Funny you should ask.....I saw the commercial also and thought that it looked like it may be safe and easy to use. For those of you who have not seen the commercial, the WaxVac proves to remove all types of earwax and thus, improve ones ability to hear.

Because so many of my patients asked about this device, I decided to order it myself. And I have to say, unfortunately, it is just one more 'gimmick' on TV that is a waste of time and money. If you would like to see this device, just ask and we will be happy to show you in person.



If you think you may have a wax 'build-up', please give us a call as we will examine your ear canals and determine whether or not wax is a problem. Most of the time, we can gently and safely remove the wax from your ears.

We can also discuss methods of keeping your ears clear. And remember the old saying, never stick anything in your ear smaller than your elbow!

"PEOPLE CAN'T BELIEVE THAT I LOVE HEARING AIDS, BUT I DO---I LOVE MY NEW EARS. THEY ARE A TRUE BLESSING--HONESTLY. I HATE TAKING THEM OUT!"

**A VERY HAPPY PATIENT,
A. NAUSLEY**

"Thank you so much for bringing my life back."

C. Clotes

Some Interesting Facts:

- In 2002, the most popular boat name in the U. S. was Liberty
- One out of 20 people have an extra rib
- 44% of kids watch television before they go to sleep
- In 1865, the U.S. Secret Service was first established for the specific purpose to combat the counterfeiting of money
- Istanbul, Turkey is the only city in the world located on two continents

Try these tips to help you communicate more easily despite your hearing loss:

- 1 Position yourself to hear.** Face the person with whom you're having a conversation.
- 2 Turn off background noise.** For example, noise from a television may interfere with conversation.
- 3 Ask others to speak clearly.** Most people will be helpful if they know you're having trouble hearing them.
- 4 Choose quiet settings.** In public, such as in a restaurant or at a social gathering, choose a place to talk that's away from noisy areas.
- 5 Consider using an assistive listening device.** Hearing devices, such as TV-listening systems or telephone-amplifying devices, can help you hear better while decreasing other noises around you.



Words that are kind, are like a hug for the mind...

RECIPE CORNER:

Sauteed Asparagus

(with a refreshing crunch!)

Try this to 'jazz-up' fresh asparagus!

Snap off the woody ends of 2 bunches medium asparagus; discard. Slice the spears diagonally into 2-inch pieces. Heat 3 tablespoons olive oil in a skillet over medium heat; add the asparagus and cook until tender but still bright green, about 2 minutes. Season with salt and pepper. Remove from heat and toss with the juice of 1 lemon. Top with 1/4 cup toasted sliced almonds, and lemon zest to taste.



Yum!

THE MIND--BODY CONNECTION

A study published in the journal *Neurology* found that physical activity for adults in their 70s may keep parts of their brain from shrinking.

WITHIN REACH

Any good workout routine involves stretching. The American Council on Exercise promotes three main reasons why:

1. IT KEEPS YOU FROM BEING SORE.

Stretching decreases muscle stiffness and helps improve your range of motion, which may slow the degeneration of joints.

2. IT MAKES YOU TALLER.

Stretching the muscles of the lower back, shoulders and chest will keep your back in better alignment and improve your posture.

3. IT REDUCES STRESS.

Well-stretched muscles hold less tension.

95% of ALL hearing losses are treated with the use of hearing aids.

Only 5% benefit from surgery, medicine or other treatments.

Fitting hearing aids is....

OUR EXPERTISE!!



PERSONALIZED HEARING CARE, INC.

Audiology & Hearing Aids

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Share Your Newsletter with a Friend!!

CHECK OUT OUR WEBSITE AT : WWW.PERSONALIZEDHEARINGCARE.COM



★ *Why Choose Us?* ★

- REASON #1:** We believe an Educated Patient is a Satisfied Patient
- REASON #2:** Our Experience Gives You Confidence to Take the First Steps toward Better Hearing
- REASON #3:** We Absolutely Love What We Do!
- REASON #4:** Comprehensive Testing Ensures We Understand Your Unique Level of Hearing Loss
- REASON #5:** State of the Art, 100% Digital Hearing Aids
- REASON #6:** Exact Fittings & Programming Guarantee Your Satisfaction
- REASON #7:** Exceptional Follow-Up Care Gives You Ongoing, Personalized Customer Service
- REASON #8:** We Service & Repair Hearing Instruments and Offer One-Stop Shopping for Your Hearing Needs

And...

**READERS OF THE OBSERVER & ECCENTRIC HOMETOWN
NEWSPAPERS VOTED**

DR. KARISSA JAGACKI & PERSONALIZED HEARING CARE

2013 PEOPLE'S CHOICE AWARD WINNER!!

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 diagonally from the Providence Hospital Building in downtown South Lyon (off of Detroit Street which is one block north of downtown.)

Dr. Karissa Jagacki, Audiologist
Kim Carnicom, M.A., Audiologist
Darlene Ramey, Office Manager
Chelsea Bear, Office Assistant
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Matt Lewandowski,
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