



Personalized Hearing Care, Inc.

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Audiology and Hearing Aids

Tips for Driving with Hearing Loss

Today's hearing aids are technological marvels, with sensitive microphones designed to better discriminate between speech and background noises. Yet even with hearing aids, you'll want to eliminate distractions while you're driving. According to the [National Highway Traffic Safety Administration \(NHTSA\)](#), distracted driving claimed almost 3,500 lives in 2016 and injured more than 390,000 people in 2015 alone. Here are a few tips to keep the distractions at a minimum:

Before you go:

- **Maintain your hearing aids.**

Feedback from your hearing aids can be a major distraction, regardless of your activity. Visit your hearing care practitioner regularly, at least every six months, for check-ups and cleanings. Tell them if you're experiencing feedback or other concerns.

- **Be sure that your hearing aid batteries are fresh.**

We recommend that hearing aid wearers always carry a spare set of batteries along when leaving the house. If your batteries begin to signal that they are low while you're driving, do not attempt to change them while the vehicle is in motion. Instead, pull over to a safe area and change them.

While driving:

- **Reduce the volume on the car radio.** Not only is keeping volume low good for your remaining sense of hearing, you'll also have more mental energy to

concentrate on other noises around you, especially those important for your safety. Here's a tip: Adjust the volume before you set out on the road so you don't have to fiddle with the controls while the vehicle is moving.

- **Ask passengers to keep the conversation quiet and to a minimum.** While it's always fun to be part of the conversation, participating in any activity other than driving means your attention isn't fully focused on the

road. If you are having trouble hearing the other people in the car, either as the driver or as the passenger, talk to your hearing care practitioner about technology options that might be available and useful to you.

- **Keep the car window closed to minimize road noise.** Today's vehicles are built to reduce road noise, which is good news for those with hearing loss. Anytime

you can reduce the variety of noises competing for your attention, the better you'll be able to hear the ones you need to.

- **Focus on driving,** which means everything else -- like texting, eating or applying makeup -- can wait until you reach your destination. You already know this and have probably said it out loud a time or two to your children or grandchildren. Make this a habit for safety's sake as well as to model good driving behavior to your young family members. (cont'd to page 3)



KIM---CELEBRATING 20 YEARS AT PHC!

20 Years...WOW!! Where has the time gone? When I came to PHC, 20 years ago, it was just supposed to be temporary. Little did I know that it would turn into my full time job, for life! Fast forward 20 years and here we are. This year I also celebrated my 20 year wedding anniversary to my amazing husband, Eric, who also happens to be my best friend. My son Avery (18) is a senior in high school and recently committed to play baseball at Alma College in the fall. My daughter Lainie (16) is a sophomore in high school and just got her driver's license. Our calendar is always jammed packed, that's for sure. I absolutely can't wait for spring to get back to My-Happy-Place, our cottage in Irish Hills, where we spend every weekend until the fall. I am so blessed to work with such an amazing staff, who have become my second family. I could NOT do what I do without each of them. I'm equally blessed to work with such wonderful patients, who have become near-and-dear to my heart!! Thank you ALL for 20 wonderful years!



NOW HEAR THIS...



Thank you Spring for finally coming!! I was thinking about safe driving because my oldest son just enrolled in drivers education....Yikes! I'm a little terrified at how quickly my children are growing and that each one will be on the road soon. Of course, *safety is a priority* and we often forget the importance of hearing the world around us. Sirens, other vehicles, turn signals, engine concerns, passengers talking, and general environmental noises all play a roll in safe driving.

People often ask me when they should have their hearing evaluated. Many times I recommend a hearing test because if you 'think' you may have some hearing loss, the chances are that you do. People wait, on average, seven years to get their hearing checked after noticing symptoms like asking others to repeat or turning the TV up or ringing in the ears or feeling like others are mumbling. Hearing is one of our most valuable senses....don't delay another day. Choose better hearing...because you're worth it!

Looking forward to a beautiful Michigan summer & to improving the lives of others through better hearing, Dr. Karissa Jagacki



Technology to support your brain all day long

You actually don't hear with your ears. It's your brain that processes sound. BrainHearing™ technology in **Oticon Opn S** scans the environment 100 times per second and provides a constant 360° soundscape that supports the way your brain naturally interprets sound. Empowering you to take an active part in difficult listening situations, similar to people with normal hearing. (Jenson, Oticon 2018.)



BrainHearing Benefits include:
Reduces your listening effort----Helps you remember more of what is being said----
Gives you better speech understanding----
Improves your ability to follow conversations with multiple speakers

This technology also comes in a new rechargeable lithium-ion battery that lets you enjoy a whole day of power on a single three-hour charge.

Call us today for a FREE demonstration of this breakthrough technology.

Ask the Audiologist: Why does feedback occur?

Feedback whistling can be annoying but it is a normal part of hearing aid function. Acoustic feedback occurs when amplified sound exiting the hearing aid from the speaker (receiver) gets picked up again by the device's microphone in what becomes an acoustic loop. It sounds like a squeal or whistle, and it can be embarrassing and annoying for wearers as well as those around them.

Almost all hearing aids will create feedback when something is placed next to the microphone. For example, when wearers cup their hands over their hearing aids while they are in the ears, they will usually whistle. Properly fitted hearing aids should not whistle during ordinary wear when there is nothing near the microphone.

Causes of feedback whistling include:

- hearing aids that are not seated properly in the ear.
- loose-fitting hearing aids.
- blockage in the ear canal such as earwax.
- excessive jaw movement with chewing, smiling.

Any time there are gaps between the hearing aid case and your ear, sound from the end of the hearing aid can leak out of the ear canal and find its way back into the microphone.



Attn: UAW Members

Effective May 1, 2019: There will be a change to certain UAW Members hearing benefits from Audionet to TruHearing. Good news!! Personalized Hearing Care, Inc. is also a *preferred* **TruHearing Provider**. Your benefit of two (2) mid-level digital hearing aids covered in full, once every 36 months *stays* the same; you just need to go to a TruHearing provider and **that's us!!** The following plans have changed to TruHearing:

- Blue Cross Blue Shield Enhanced PPO (ECP)
- Blue Cross Blue Shield Traditional Care Network (TCN)
- Blue Cross Blue Shield Medicare Advantage PPO
- Aetna Medicare Advantage PPO

If you have any questions, please do not hesitate to contact one of our offices. We can answer your questions because we know insurances!

WHY SHOULD YOU CHOOSE PERSONALIZED HEARING CARE INSTEAD OF ANOTHER COMPANY!

- Our professionals know their stuff! With over **28 years of experience** in the hearing wellness industry, our patients receive the best possible treatment and care.
- We are the example to others. We set the **benchmark for practices** in both patient care and patient satisfaction.
- **We love what we do!** We have a passion for serving people and helping patients improve their quality of life.
- We love to spoil our patients! We do so by **exceeding all expectations.**
- We are committed to **total patient satisfaction** and we will settle for nothing less.
- You will receive the **most comprehensive testing**, allowing us to understand your unique level of hearing loss.
- **We care**, and we show that by being involved in the communities in which we live and work.

**BEST
OF THE
BEST**



Ziggy says: "Life is better when you can hear your loved ones!"



(cont'd from page 1)

- **Put the phone away.** We suggest you avoid speaking on the phone entirely while driving to allow you to put all of your focus on driving. However, if you must have a phone conversation, you may want to use your hearing aids' hands-free Bluetooth option, if available. Talk to your hearing care professional about this.
- If you are stopped by law enforcement while driving, you may wish to respectfully inform them right away that you have hearing loss and are wearing hearing aids so that they can more effectively communicate with you. (*Healthy Hearing.com*)

RECIPE CORNER:

Green Goddess Dressing



One cup mayonnaise; 1/2 cup plain yogurt; 1/2 cup fresh parsley; 1/2 cup baby spinach leaves; 1/4 cup fresh tarragon; 2 green onions sliced; 1 Tbsp lemon juice; 2 anchovies; 1 clove of garlic, minced; salt and pepper to taste.

Combine all ingredients in a blender and puree. Chill before serving and refrigerate leftovers. Serve with vegetables, as a salad dressing, toss with shrimp/crabmeat for a salad, or use on burgers as a more healthy replacement for mayonnaise. Enjoy!!

Did you know?

- OLDER ADULTS with impaired hearing may have a shorter lifespan than their peers with hearing problems.
- 1 in 4 older adults FALL EACH YEAR, but less than 50% tell their doctor.
- 18-69 year olds with untreated hearing loss had significantly higher instances of moderate to severe DEPRESSION.
- An older adult falls every second of every day. FALLS are the leading cause of hip fractures.
- OVER 360 million of the world's population have disabling hearing loss.
- Adults with moderate to severe hearing loss are THREE TO FIVE times more likely to develop dementia.
- Treating hearing loss can contribute to better mental health, IMPROVED BALANCE, and greater overall wellbeing.



Walk: Saturday May 19, 2019 at Kensington Metropark,
West Boat Launch: Registration: 10 am, walk at 11 am

To learn more go to the Walk4Hearing website. The HLAA Walk4Hearing is a national program that reaches out to the more than 48 million people with hearing loss, their families, friends, and hearing health professionals to raise awareness about hearing loss, good hearing health, and communication access.





Personalized Hearing Care, Inc.

Audiology and Hearing Aids

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U.S. Postage
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185

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Ph: 248.437.5505

Share Your Newsletter with a Friend!!



MULTI-YEAR BEST AUDIOLOGISTS WINNER VOTED BY THE OBSERVER & ECCENTRIC!!

Check out our website at : www.PersonalizedHearingCare.com



Patient Appreciation Days!!

Please join us as we celebrate YOU as we kick off Better Speech & Hearing Month!. We appreciate you, your referrals, and all of the kind comments we have received over the past 28 years. Our open house is from 9am to noon on the following days:



**Tuesday., April 30th (Westland) &
Wednesday, May 1st (South Lyon)**

We'll have snacks, complimentary clean & checks on your hearing aids and a chance to win exciting door prizes!!

Please call to let us know you are coming so we can plan accordingly.

Insurance Hearing Benefits

We accept nearly all insurances for hearing aids. Some offer a monetary benefit towards hearing aids while others offer a discount towards hearing aids. Some even provide binaural hearing aids at NO COST to you, the subscriber. We have been working with insurance companies for many years. **We are in-network providers for Audionet, TruHearing, HearUSA, Nations Hearing, Your Hearing Network, and many more.** Don't worry if your benefits have changed, we most likely accept your new policy. If you have any questions regarding your hearing benefits, please do not hesitate to contact us.

Office Hours

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

Fridays 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, Practice Manager
Chelsea Bear, Office Administrator
Deanne Sabin, Office Administrator
Dr. Kerri Hudson, Audiologist VES/QTC