



Mt. Harrison
Audiology

APRIL 2024



From the

DOCTOR'S DESK

Hearing impacts every aspect of our lives. Communicating with one another is the most important, but the sounds we hear tell us so much about our environment—they help us stay balanced. Another crucial aspect of sound is musicality. People use music to communicate complicated emotions, celebrate joys and remember sorrows. Plus, there's another important source of sound: audiobooks! I often have a book playing as I work on reports or dig around in the garden.

In this month's newsletter, you will learn about a newer type of headphone that uses bone conduction. The benefit of this method is that your ear stays open, which is safer when jogging, keeping volumes at a safe level. You'll also read about the psychology of why many people like to listen to music loudly.

As always, we are grateful for the opportunity to serve the hearing health needs of our community. This year, we will be celebrating 10 years in business. We've had a lot of ups and downs, and we keep going because of each of you. Thank you for your ongoing support of our small, family-owned hearing care practice. I would never have guessed how things would grow!

Christin Piday

LEARN MORE

To learn more about our services, visit mtharrisonaudiology.com.



The Psychology Behind Why We Listen to Music Loudly

If you have kids, you've probably asked them to turn down their music because it's too loud. However, the apple rarely falls far from the tree; many of us have also enjoyed our share of loud music over the years, whether blasting Led Zeppelin, Jennifer Lopez or Garth Brooks. The genre doesn't matter so much as the fact that we LIKE IT LOUD!

If you've ever wondered why, a pair of University of Auckland researchers have some answers. David Welch and Guy Fremaux researched the issue by interviewing nightclub staff and patrons in Auckland and learned that loud music is associated with fun. Their theoretical model, called CAALM (Conditioning, Adaptation, Acculturation to Loud Music), helps explain this in more detail.¹

Conditioning refers to pairing loud music with having fun so that, eventually, the loud music itself elicits pleasure. Adaptation is the process of becoming acclimated to loud sounds, which might seem uncomfortably noisy at first, but we'll soon learn to tolerate them. Acculturation is our collective expectation that clubs, parties and similar events will inevitably play loud music.

CAALM also identifies four elements of loud music that stimulate us:

- **Music arouses and excites us;** our auditory systems evolved to warn us of dangers, and our ears are connected to parts of the brain associated with arousal.
- **Loud sounds offer refuge from the outside world,** acting as a sort of cocoon that allows us to drown out other sounds and even our own thoughts, masking our anxieties.
- **Loud music transports us to a more carefree place.**
- **Loud music offers us a new, stronger identity** based on power and toughness. Think of the anger and masculinity inherent in a lot of rock music.

Have you listened to a lot of music at loud volumes, either through headphones or at concerts? You could have noise-induced hearing loss. Call us now to schedule a hearing consultation.

¹ Welch, D et al. (2017). Why do people like loud sound? A qualitative study. *International Journal of Environmental Research and Public Health*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5580611/>

What Are Bone-Conducting Headphones?

Move over, earbuds. The next big thing in audio accessories is here—say hello to bone-conducting headphones, aka bonephones.

How Do Bonephones Work?

Bonephones are headphones that rest on your cheekbones instead of covering your ears. They let you listen to your favorite band by transmitting sound waves through your skull rather than piping sound into your ear canal.

When you use earbuds, sound must move through the outer ear, the eardrum and the cochlea. With bonephones, sound is delivered via your bones directly to the cochlea, bypassing your eardrum entirely. The cochlea then transforms that sound into electrical impulses that are sent along the auditory nerve to your brain, allowing you to hear.

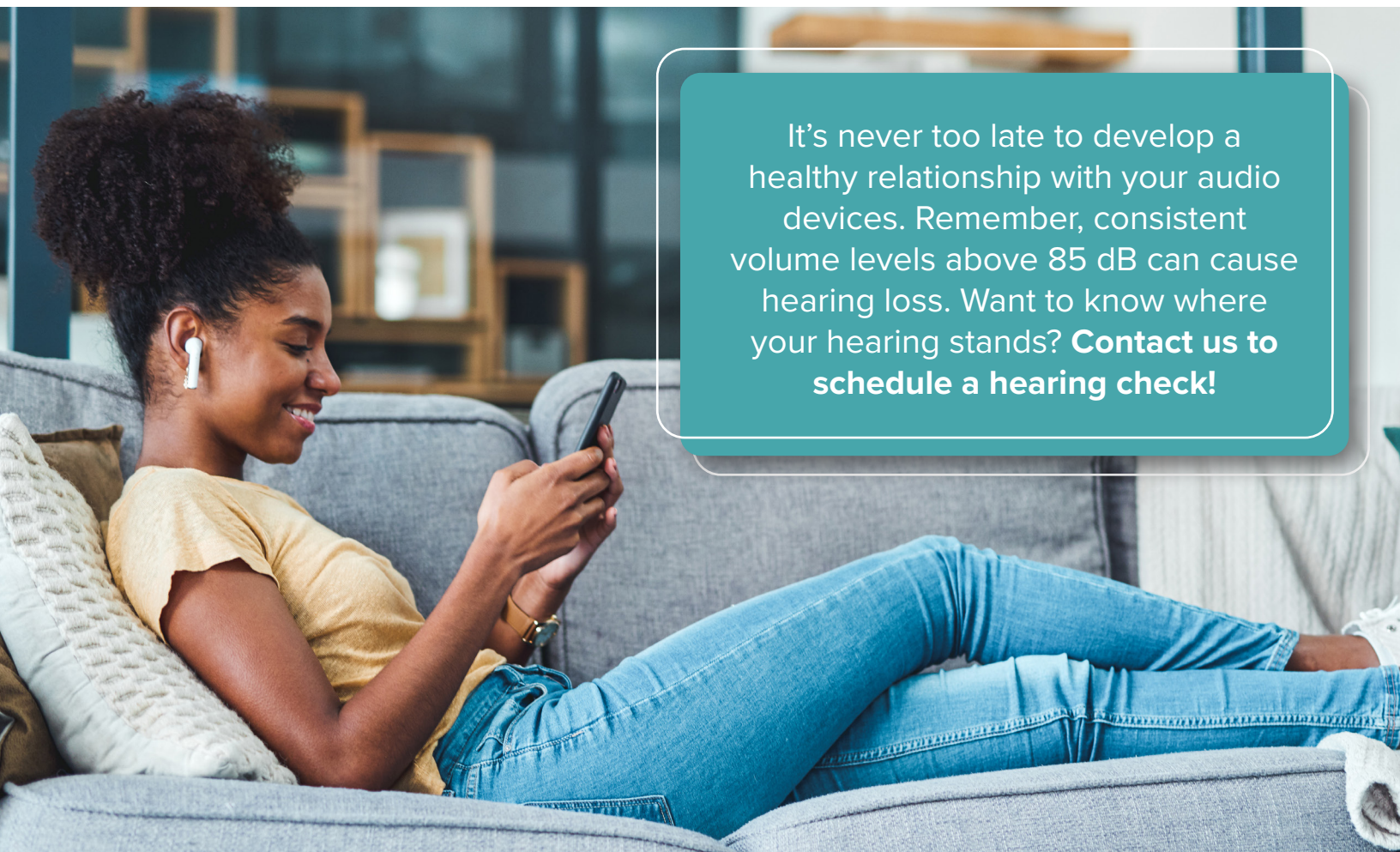
The use of bone conduction is nothing new. Eighteenth- and 19th-century composer and hearing loss sufferer Ludwig van Beethoven invented a primitive bone conducting device to help him hear while playing his piano. In the 1970s, bone-anchored hearing aids came on the scene. Fast forward a few decades, and voila—bonephones were born!

Why Bonephones Rock for Rockin' Out

When you wear bonephones, you can:

- **Stay Safe While Staying Active**—Since bonephones don't cover the ear, you can listen to your tunes outdoors and stay completely aware of your surroundings. That makes it easier to hear cars, pedestrians and other potential hazards while walking, running or cycling.
- **Wear Your Hearing Devices at the Same Time**—Unlike earbuds or traditional headphones that can interfere with your hearing devices, bonephones rest above the ear, allowing you to keep your devices in when using them.
- **Enjoy a Comfortable, Stable Fit**—Bonephones feel lightweight and fit snugly, ensuring that you can move freely without missing a beat of your playlist.

You'll still want to keep the volume down while wearing bonephones, as they can cause noise-induced hearing damage to the cochlea. Just like you would when wearing earbuds, listen responsibly.



It's never too late to develop a healthy relationship with your audio devices. Remember, consistent volume levels above 85 dB can cause hearing loss. Want to know where your hearing stands? **Contact us to schedule a hearing check!**



Monthly Recipe



Lemon Chicken Piccata

This luscious, lemony sauce is an all-around winner in our book. It has a bright, briny flavor, is made from ingredients you likely have on hand and goes with everything from chicken to tofu to scallops. Bonus: It's lower in calories than a lot of other pan sauces.

By Adam Dolge | Updated on April 18, 2024

Active Time: 20 mins | Total Time: 20 | mins Servings: 4

Nutrition Profile: Low-Carb Nut-Free Soy-Free Egg-Free Low-Calorie

Ingredients

- 1 ¼ pounds boneless, skinless chicken breasts, trimmed
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil 1 medium shallot, minced
- 3 cloves garlic, minced
- 2 teaspoons all-purpose flour
- ½ cup low-sodium chicken broth
- ½ cup dry white wine
- 2 tablespoons lemon juice 1 tablespoon butter
- 1 tablespoon capers, rinsed
- 2 tablespoons chopped fresh parsley

Directions

Step 1

Remove tenders from chicken and reserve for another use. Place the chicken breasts between 2 pieces of plastic wrap and gently pound with a meat mallet, rolling pin or small skillet to an even thickness of about ½ inch. Pat the chicken dry and sprinkle with salt and pepper.

Step 2

Heat oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until well browned on both sides, 6 to 8 minutes. Continue to cook, flipping often, until an instant-read thermometer inserted in the thickest part

registers 165°F, about 3 minutes more. Transfer to a clean cutting board and tent with foil to keep warm.

Step 3

Reduce heat to medium and add shallot to the pan. Cook, stirring often, until softened, 1 to 2 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Sprinkle with flour and cook, stirring, for 1 minute. Stir in broth and wine, scraping up any browned bits. Simmer until reduced by half, 3 to 5 minutes. Remove from heat and stir in lemon juice, butter, capers and parsley. Serve the chicken with the sauce.

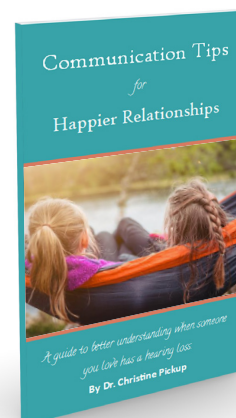
Nutrition Facts

Per serving: Serving Size 3 oz. chicken & 3 Tbsp. sauce 264 calories; total fat 13g ; saturated fat 4g ; cholesterol 70mg ; sodium 382mg ; total carbohydrate 7g ; total sugars 1g ; protein 24g

From the DOCTOR'S DESK



Dr. Pickup recently finished a book that describes how hearing loss affects relationships and communication and explains how to communicate more effectively. This book is perfect for you if you suspect a loved one has hearing loss or if you want to help your family understand how to better communicate with you. Our clinic has copies available for **FREE**. Call to order one, visit our website or stop by to pick one up.





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We are so grateful to be able to
serve you and our community.



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