



Mt. Harrison
Audiology

AUGUST 2024



From the

DOCTOR'S DESK

August is always busy for our family. County fairs are happening, harvest has begun and school starts this month. This month is even more exciting than usual for the Pickup family as we celebrate the marriage of our daughter, Addie.

What activities are on your schedule this August? Whether you're attending a concert, working in the garden or enjoying dinner on the patio with friends, protecting and preserving your hearing is crucial. Here's an easy way to care for your auditory system: Keep a pair of earplugs in your pocket or purse—and encourage others to do the same. Plus, when scheduling back-to-school checkups, remember to include hearing health in that wellness conversation.

In this month's newsletter, you'll learn about hearing loops, which are becoming more available in our area. This option is already available in many hearing aids but must be activated with a special program. We're also sharing information on earwax, a common issue we see every day in our clinic.

We're so grateful for the opportunity to care for our community's hearing needs and for your ongoing support!

Christin Pickup

LEARN MORE

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

HEARING HEALTH NEWS



LOOPING TECHNOLOGY Enhances Sound Clarity for People With Hearing Devices

Hearing loops, a popular hearing loss solution used in public places in Northern Europe for decades, is gaining traction in the United States.

WHAT'S A HEARING LOOP?

While today's digital hearing aids effectively enhance hearing in conversational settings, the sound can become unclear when speakers are at a distance (such as in an auditorium), when the context is noisy or when room acoustics reverberate sound.

A hearing loop, a loop of cable around a designated area (usually a room or a building), generates a magnetic field that a hearing aid or cochlear implant can pick up. The loop transfers the microphone or sound signal to the t-coil, a thin strand of copper wire found in most hearing devices and cochlear implants. The t-coil delivers the audio content directly to the hearing device and allows the person to hear the content without background noise.

Typical places to find hearing loops include concert halls, ticket kiosks, high-traffic buildings (for PA announcements), auditoriums, places of worship and homes.

HEARING LOOPS IMPROVE LIVES

Many hearing advocacy groups are pushing for a complete renovation of all public spaces to enhance the benefits of hearing devices in loud environments. Some say the installation of the hearing loops is about disability rights and good customer service, specifically pointing to the cost of installation, which is extremely affordable. Costs range from a couple of hundred dollars for self-installed home TV loops up to a few thousand dollars for professional installation in a public place.

As more and more cases of hearing loss are diagnosed and hearing devices with a t-coil switch become standard, businesses will become more motivated to jump on the hearing loop bandwagon. That's good news for those with hearing loss—as looping installation becomes more prevalent, hearing device users will experience an entirely new level of ease in everyday life.



Earwax: When Too Much of a Good Thing Causes Problems

Sometimes mistakenly viewed as a sign of poor hygiene, earwax (cerumen) is produced naturally by glands in the outer ear and plays a vital role in hearing health. It should not be viewed as something dirty that needs to be eliminated. In fact, the complete absence of earwax will result in a very itchy, dry ear!

When present in normal amounts, earwax protects the lining of the ear canal and prevents dirt and dust from reaching the eardrum. Old earwax is constantly transported away to the outer ear through the regular jaw motions of chewing and talking.

However, trouble can occur when earwax is pushed down into the ear canal and becomes impacted, usually by a foreign object such as an ear swab or a hearing device. A blocked ear canal can cause hearing loss, vertigo, ringing in the ears, earaches and infections. Earwax can also accumulate in hearing devices, resulting in problems with performance.

How to Deal With Earwax

When cleaning the ears, wash the external ear with a cloth, but do not insert anything into the ear canal. To remove excess earwax that's causing a blockage, try placing a few drops of mineral or baby oil into the ear or using commercial earwax removal drops. However, if earwax buildup is preventing normal hearing, don't try to remove it yourself. Instead, contact a hearing professional—they will use the proper instruments or employ suction to remove the earwax.

Earwax buildup on a hearing device not only damages the instrument; it can also block sound and cause the hearing device to not fit into the ear canal properly, leading to feedback. To remove earwax from your hearing aids, use a hearing aid cleaning kit that includes a wax pick and brush, and follow the directions carefully. You should also routinely visit your hearing professional for clean-and-check appointments.

Need to make a clean-and-check appointment or get professional help for excess earwax? **Contact Mt. Harrison today!**



Monthly Recipe



Grilled Beef & Vegetable Kebabs

These easy grilled beef & vegetable kebabs are not only delicious—they're economical too. Tri-tip is an inexpensive and flavorful cut of beef that takes beautifully to cooking over an open flame. Thread it onto skewers with colorful veggies and marinate for up to eight hours before cooking on the grill or over your campfire. Either way, it's a healthy and tasty summer meal.

By Carolyn Casner | Updated on April 22, 2024

Prep Time: 25 mins | Additional Time: 8 hrs 5 mins | Total Time: 8 hrs 30 mins
Servings: 4 | Yield: 8 kebabs

Nutrition Profile: Low-Carb Diabetes-Friendly Nut-Free Dairy-Free Healthy Aging
Healthy Immunity Low-Sodium High-Blood Pressure Soy-Free Heart-Healthy
High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

- ¾ cup balsamic vinegar
- ¾ cup extra-virgin olive oil
- 2 tablespoons whole-grain mustard 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 2 cloves garlic, sliced
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 pound tri-tip sirloin steak, trimmed and cut into 32 chunks 16 button mushrooms
- 16 cherry tomatoes
- 1 small bell pepper (any color), cut into 16 pieces 16 (1 inch) chunks red onion

Directions

Step 1

Whisk vinegar, oil, mustard, oregano, rosemary, garlic, salt and pepper together in a small bowl.

Step 2

Skewer beef, mushrooms, tomatoes, bell pepper pieces and onion chunks, alternating evenly, on 8 metal or wooden skewers. Place the kebabs in a 9-by-13-inch baking dish and pour the marinade over them. Refrigerate (or store in a cooler packed with ice) for at least 2 hours and up to 8 hours.

Step 3

Preheat grill to medium-high. Remove the kebabs from the dish; discard the marinade. Grill the kebabs, turning once, to desired doneness, 6 to 8 minutes total. To grill over your campfire, hold the skewers over the flames (but do not let the flames touch the food), turning regularly, until the meat is cooked to your liking, about 15 minutes for medium.

TIPS

Equipment: 8 metal or wooden skewers
To make ahead: Marinate kebabs (Step 2) for up to 8 hours.

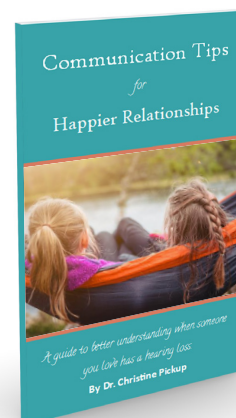
Nutrition Facts

Per serving: Serving Size 2 kebabs 237 calories; total fat 10g ; saturated fat 2g ; cholesterol 59mg ; sodium 95mg ; total carbohydrate 12g ; dietary fiber 3g ; total sugars 6g ; protein 25g ; vitamin c 34mg ; calcium 31mg ; iron 2mg ; potassium 747mg

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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