



Mt. Harrison
Audiology

DECEMBER 2024



From the

DOCTOR'S DESK

December brings family celebrations and cold weather, as well as an opportunity to consider what you've learned in the past year. It's a time when family and friends gather to enjoy one another's company, listen to special music and share stories. Hearing plays an integral part in all of these things!

This year has brought a lot of change and growth to our clinic and the Pickup family. We are so thankful to be here for each of you through it all. We've increased our services and staff to better serve you and your family, and we continue to learn how to better care for the hearing health needs of our community.

Although it's the darkest part of the calendar year, we hope we can bring light and joy to your lives through better connections with your loved ones and better balance health.

Thank you for being a light in our lives, as well!

Christie Pickup

LEARN MORE

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

HEARING HEALTH NEWS



How the Flu Affects Your Hearing

The flu comes with an onslaught of symptoms, including fever, aches and pains, dry cough and congestion. As miserable as these can leave you feeling, there's another lesser-known side effect of the flu that is fairly common: temporary hearing loss.

FLU-INDUCED HEARING LOSS

When you're sick, fluid may build up in the middle ear and Eustachian tube, a thin canal in the back of the throat that connects the middle ear with the nasopharynx. This congestion hampers hearing in two ways: It inhibits sound waves from traveling through the ear and prevents the Eustachian tube from regulating air pressure in the middle ear. The result is muffled sounds that are difficult to hear. Tinnitus, a ringing in the ears, and balance issues may also accompany the flu.

In most cases, flu-induced hearing loss is temporary. Normal hearing should return once your symptoms have run their course. However, on rare occasions, nerve damage from fluid and pressure buildup can cause permanent hearing loss. If you have recovered from the flu but your hearing has not returned, it's crucial you see your audiologist as soon as possible.

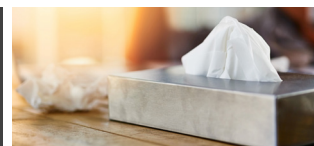
FLU PREVENTION TIPS

Take the following steps to minimize your odds of contracting the flu.

1. Get an annual flu shot. While not 100% effective, an influenza vaccine helps protect against infection.
2. Stick to a healthy diet and boost your immune system by taking plenty of vitamin C.
3. Wash your hands frequently with warm water and soap.
4. Stay away from others who are sick.
5. If you get the flu, take decongestants to help prevent the buildup of mucus and congestion. Your doctor might also be able to offer an antiviral prescription.

If you do get sick, there is light at the end of the tunnel: Summer, the traditional end of cold and flu season, is right around the corner!

Having trouble hearing? Schedule an appointment with us today!



PURDUE RESEARCH REVEALS



NEW CONNECTIONS BETWEEN HEARING LOSS, POSTURE AND BALANCE

While previous studies have shown that hearing loss affects balance, new research from Purdue University audiology professor Alexander Francis and his colleagues may help further explain the connection.

Their study found that postural sway is more noticeable in people with hearing loss, potentially contributing to imbalance and increasing their risk of falling.¹

What Is Postural Sway?

Postural sway describes the small movements your body makes around your center of gravity that help keep you balanced while standing.

Having some degree of postural sway is crucial to keep you from falling over, but too much can make taking a tumble more likely.

DETAILS ABOUT THE STUDY

As part of his research, Francis administered hearing tests to 36 study participants, aged 62–85, and separated them into three groups—those with hearing loss, those with hearing loss who wore a hearing aid and those with no hearing loss.

Each individual was instructed to stand still for one minute while researchers observed their postural sway in different

listening conditions. Participants were then asked to complete a daily diary about their balance over four months.

Although the study's final results are currently being written, Francis and his team have concluded that the group wearing hearing aids had less postural sway, were more stable and fell less frequently than those with hearing loss who didn't wear hearing aids.

HEARING LOSS AND FALLS

Researchers have known that hearing loss increases the likelihood of falling for a while. According to one study published in 2013, having even mild hearing loss triples an individual's fall risk—and the risk increases by 140% for each additional 10 dB increase in hearing loss.²

1 Brouk, T. (2024). New Purdue study explores correlation between postural sway, balance and hearing loss. Purdue University. <https://www.purdue.edu/hhs/news/2024/09/new-purdue-study-explores-correlation-between-postural-sway-balance-and-hearing-loss/>

2 Lin, F et al. (2013). Hearing loss and falls among older adults in the United States. Archives of Internal Medicine. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3518403/>

If hearing loss is affecting your life in any way, including making you feel off-balance, our hearing and balance team is here for you. Call us today to make an appointment.



Monthly Recipe



Al Roker's Christmas Morning Cinnamon Rolls

While my dad didn't feel the need to limit cinnamon rolls to special occasions, he made them every Christmas without fail. When I became a father, I decided to follow in his floury footsteps and learn to make them myself. Thanks to the miracle of instant yeast, they can go into the oven right after I've whipped them together, and they start emitting their irresistible, better-than-Cinnabon aroma in the middle of our gift exchange. By the time we've opened presents, they're ready to be frosted, and we sit down to eat them, as jolly as Christmas elves.

By Al Roker and Courtney Roker Laga | Published on December 10, 2024

Active Time: 25 mins | Total Time: 50 mins | Servings: 9

Nutrition Profile: Sesame-Free Nut-Free Soy-Free Vegetarian

Ingredients

Filling

- ½ cup firmly packed dark brown sugar
- ¼ cup granulated sugar
- 2 teaspoons ground cinnamon

Rolls

- ½ cup half-and-half, warmed (110°F to 115°F)
- 1 tablespoon granulated sugar

- 1 teaspoon rapid-rise instant yeast
- 2 cups all-purpose flour, plus more for dusting
- 2 large eggs, at room temperature
- 7 tablespoons unsalted butter, melted and cooled, divided
- ¼ teaspoon kosher salt
- ½ cup heavy cream, at room temperature

Frosting

- 4 ounces cream cheese, at room temperature
- ½ cup powdered sugar
- 2 tablespoons heavy cream, at room temperature
- 1 teaspoon vanilla extract

Directions

Step 1: Preheat the oven to 375°F. Lightly grease a 9-inch square baking pan with cooking spray.

Step 2: For the filling: Mix the sugars and cinnamon in a small bowl.

Step 3: For the rolls: Mix the half-and-half, granulated sugar and yeast in the bowl of a stand mixer fitted with the dough hook. Add the flour, eggs, 4 tablespoons of melted butter and salt. Mix the dough on low speed for 5 minutes, scraping the sides of the bowl with a silicone spatula occasionally.

Step 4: Transfer the dough to a lightly floured workspace. Roll it out into a 12x16-inch rectangle. With a pastry brush, brush the remaining 3 tablespoons melted butter all over the dough. Sprinkle the filling all over the dough, pressing it in. Roll up the dough tightly into a log and cut crosswise into 1½-inch-thick pieces.

Step 5: Place the rolls next to each other in the prepared pan, with the cut sides up. Press down on each roll to make it slightly wider. Pour the cream on top of the rolls and bake for about 25 minutes, until the rolls are light golden brown.

Step 6: Meanwhile, for the frosting: Stir together the cream cheese, powdered sugar, cream and vanilla in a small bowl.

Step 7: Spread the rolls with half of the frosting. Let sit for 5 minutes. Spread the remaining frosting on top and serve.

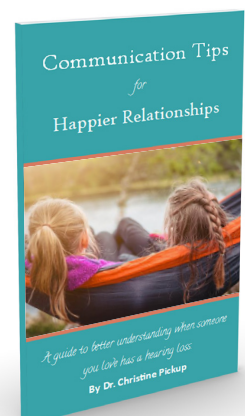
Nutrition Facts

Per serving: Serving Size 1 roll 406 calories; total fat 22g; saturated fat 13g; cholesterol 101mg; sodium 108mg; total carbohydrate 47g; dietary fiber 1g; total sugars 24g; protein 6g; vitamin c 0mg; calcium 65mg; iron 2mg; potassium 119mg

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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