

HEARING HEALTH NEWS



Mt. Harrison
Audiology

FEBRUARY 2024



From the

DOCTOR'S DESK

As an audiology practice, our greatest concern and hope is to ensure our patients stay healthy and connected with their loved ones.

That's why, in this month's newsletter, we're excited to share an article about a new study released in January 2024, where researchers were surprised to find a correlation between wearing hearing aids and increased longevity. We're also sharing an article on how exercise helps your hearing, in addition to overall health.

Each day, you are faced with choices that can improve your overall well-being. Today's the day to start moving more, and make sure you are wearing your hearing aids!

Christin Piday

LEARN MORE

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



REGULARLY WEARING HEARING AIDS

●●● *May Help You Live Longer*

Want more time to enjoy the good things in life? According to a new study, hearing aids could boost your longevity—if you wear them consistently to treat hearing loss.

The study found that regular hearing aid users may experience a 24% lower mortality risk than those who never use them. It also revealed no significant differences in the mortality rates of people who never wear hearing aids and those who wear them sporadically.¹

Details About the Study

Led by Dr. Janet Choi, an otolaryngologist from Keck Medicine of USC, the study utilized National Health and Nutrition Examination Survey data from 1999–2012 to identify 10,000 adults who had hearing evaluations and completed questionnaires about their hearing aid use. Researchers tracked their mortality status for 10 years.

Of the 1,863 adults with hearing loss, 237 wore hearing aids regularly (defined as using them at least once a week, at least five hours a week or at least half the time), while 1,483 never used them. Individuals who wore their hearing aids once a month or less were considered non-regular users.

"We found that adults with hearing loss who regularly used hearing aids had a 24% lower risk of mortality than those who never wore them," said Dr. Choi. "These results are exciting because they suggest that hearing aids may play a protective role in people's health and prevent early death."¹

The link between regular hearing aid use and reduced mortality risk persisted even when adjusting for hearing loss severity, age, education, ethnicity and other factors.

The research isn't clear on how hearing aids may lead to greater longevity, but other studies have found that wearing hearing aids can contribute to more socializing and decrease the risk of depression and dementia, allowing people to live healthier lives.

As this study shows, consistent hearing aid use is best. Have hearing aids you aren't wearing because they don't help you hear well? Make an appointment with us —(208) 312-0957.

¹ Strom, K. (2024). Regular hearing aid use is associated with reduced mortality, says new study. Hearing Tracker. https://www.hearingtracker.com/news/regular-hearing-aid-use-may-help-you-live-longer-says-new-study?utm_source=hearingtracker.com

MOVE IT!

How Exercise Keeps Your Hearing in Shape

Need some extra motivation to stick with your exercise routine? Research shows regular activity can help your auditory system stay strong, delaying age-related hearing loss.

The best part? You don't have to be a gym rat to reap the benefits. Even moderate-intensity activities like brisk walking or cycling can help preserve your hearing health by increasing blood flow to the ears, keeping the inner ear functioning optimally.

The Research Doesn't Lie

Regularly breaking a sweat has its benefits. Studies reveal that people over 50 who are genetically disposed to hearing loss and complete 20–30 minutes of cardio five times a week have a better chance of keeping their hearing system healthy than people who don't exercise as frequently.¹

In addition, individuals over 50 who have moderate or high cardiovascular fitness levels maintain hearing sensitivity comparable to people in their 30s, keeping age-related hearing loss at bay.²

Adding Exercise to Your Day

Not getting the recommended 20–30 minutes of daily aerobic activity? No worries. It's easy to sneak exercise into your schedule.

- **Engage in short bursts of activity**—you need 20–30 minutes of total exercise daily, not all in one session, so break up those 30 minutes into two 15-minute chunks.
- **Pick types of cardio you enjoy**—if suffering through a step class is a slog, stop. Find activities you find fun and can commit to doing regularly.
- **Team up with a workout buddy**—having a friend or two to motivate and hold you accountable will keep you on track. Consider joining a hiking group, or ask your work pal to join you on a quick walk during lunch.

Stay Healthy, Happy and Hearing Well

If you are already experiencing signs of hearing loss, consider seeking help sooner rather than later. Untreated hearing loss can affect your overall well-being, putting you at risk for depression, cognitive decline and falls.

You deserve to live a life full of good health and happiness. Exercising regularly, getting hearing checkups and receiving hearing loss treatment if needed make it more likely that you can!

To schedule your hearing checkup, call our team today.



¹ Phan, Y. (2018). Get moving to preserve your hearing. Hearing Health Foundation. <https://hearinghealthfoundation.org/blogs/get-moving-to-preserve-your-hearing>

² The Hearing Review. (2008). Exercise promotes hearing health. <https://hearingreview.com/hearing-loss/hearing-loss-prevention/exercise-promotes-hearing-health>



Monthly Recipe



Rosemary & Garlic-Basted Sirloin Steak

Master the perfectly seared sirloin steak with this easy method while playing with fresh herbs to enhance the flavor. The key to success: letting the meat come to room temperature before adding it to the pan to ensure it cooks evenly. Rosemary and garlic give it an irresistible herby finish. For the best results, let the steak rest before serving.

By Adam Dolge | Updated on September 19, 2023

Active Time: 15 mins | Additional Time: 35 mins | Total Time: 50 mins

Nutrition Profile: Low-Carb Nut-Free Soy-Free High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

- 1 pound boneless top sirloin steak, trimmed
- 1/2 teaspoon ground pepper, divided
- 1 1/2 tablespoons butter
- 1 tablespoon extra-virgin olive oil
- 4 medium cloves garlic, minced
- 1 sprig fresh rosemary, plus more for garnish
- 3/4 teaspoon kosher salt, divided
- 2 medium shallots, sliced lengthwise

Directions

Step 1

Let the steak stand at room temperature for 30 minutes. Pat dry with paper towels. Brush with oil and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Step 2

Heat a large cast-iron skillet over medium-high heat. Add steak and cook for 1 minute. Add garlic, shallots, butter and rosemary; cook, tilting the pan slightly to pool the butter and drippings on one side, for 1 minute. Use a spoon to baste the steak with the butter mixture. Flip the steak and cook, basting occasionally, until

an instant-read thermometer registers 125°F for medium-rare, 2 minutes more. Transfer the steak to a clean cutting board and top with the shallots, garlic and rosemary. Cover loosely with foil; let stand for 10 minutes.

Step 3

Discard the rosemary sprig. Thinly slice the steak against the grain and transfer it to a serving platter. Spoon drippings from the pan and cutting board over the steak. Season with the remaining 1/4 teaspoon each salt and pepper and garnish with more rosemary, if desired.

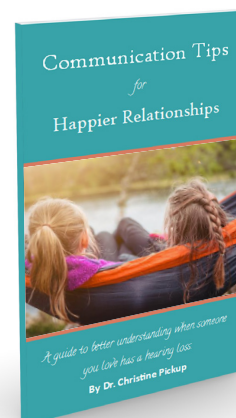
Nutrition Facts

Per serving: Serving Size 3 oz. 216 calories; total fat 12g ; saturated fat 5g ; cholesterol 71mg ; sodium 408mg ; total carbohydrate 3g ; dietary fiber 0g ; total sugars 0g ; protein 23g ; vitamin c 2mg ; calcium 26mg ; iron 2mg ; potassium 333mg

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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