



Mt. Harrison
Audiology

JANUARY 2025



From the

DOCTOR'S DESK

2025 is going to be an exciting year for our clinic! Headed up by Dr. Cortney Mitchell, our balance clinic is continuing to grow as area physicians and dizzy patients are realizing we can provide strong insights into the balance system. Knowing where the problems are (and are not) allows rehabilitation to be more targeted and effective.

Starting this month, Dr. Pickup is completing advanced training for cochlear implants. Our clinic began offering cochlear implant services in 2018, starting with technology from Cochlear Americas. We added Advanced Bionics in 2022 and will now also be offering service and care to those with MedEl CI devices. One of the hallmarks of our clinic is that we are here to meet the hearing and balance needs of our community, and when we encounter a new type of concern, we do our best to be a resource.

As this new year begins, what will you make of it? Are you hoping to take a vacation? Spend more time with loved ones? How will better hearing help you enjoy these moments? How will feeling confident and healthy support your goals? We're excited to do our part to help you stay connected, more relaxed and balanced. Watch for our new patient education postcards—and see how many you can collect!

Christin Pickup

LEARN MORE

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

HEARING HEALTH NEWS



Cochlear Implants: Could You Be a Candidate?

Hearing loss occurs for many reasons—age, accident, infection, disease, medication or even genetics. Regardless of the cause, hearing loss impacts your life. Conversations become more difficult. Music can be less enjoyable. Talking on the phone can be frustrating or impossible.

If you are straining to hear even when using well-fit hearing aids or are unable to understand what is being said, a cochlear implant may be right for you.

What Exactly Is a Cochlear Implant?

A cochlear implant is a surgically implanted device that bypasses the normal acoustic process of hearing to directly stimulate the auditory nerve.

A cochlear implant involves two parts: a surgically implanted internal piece and an external piece worn behind the ear. The external device, called a sound processor, picks up sound and transmits it to the internal device by a magnetic connection.

A History of Cochlear Implant Candidacy

First introduced in 1985, patients have been using cochlear implants for over three decades, with more than 250,000 people utilizing the tech worldwide.

In the '80s, a patient was required to have bilateral profound sensorineural hearing loss and no aided speech recognition abilities to be considered a candidate for cochlear implants.

However, cochlear implant technology has dramatically changed since then, and we've developed a deeper understanding of how the brain processes sound. Today, patients with lesser degrees of hearing loss and higher speech recognition scores may be eligible for cochlear implants. In addition, the age requirement for pediatric patients has been lowered to 12 months.

So, Are You a Good Candidate for Cochlear Implants?

Cochlear implant candidacy depends on your level of hearing loss and your unique hearing profile. Generally, you should trend toward severe hearing loss or profound deafness and receive no improvement from hearing aids.

If you think you may be a candidate for cochlear implants, talk to Mt. Harrison today—(208) 312-0957.



STUDY REVEALS Parkinson's Connection to Hearing Loss in Veterans

According to a study published in *JAMA Neurology* in fall 2024, veterans with hearing loss could be at a greater risk for developing Parkinson's disease, a nerve disorder that impacts movement.¹

Approximately one million people in the U.S. have Parkinson's, with veterans disproportionately affected by the disease.¹

The Study Details

Researchers from the VA Portland Health Care System and Oregon Health & Science University (OHSU) used medical records from the Department of Veterans Affairs to take a closer look at the over seven million U.S. veterans who completed an audiogram between January 1, 1999, and December 30, 2022.

The researchers uncovered the following:

- Individuals with hearing loss have a much higher risk of experiencing Parkinson's as an older adult.
- Those with the most severe hearing loss appear to have the highest risk of developing Parkinson's.

The Impact of Hearing Aids

Researchers also examined whether wearing hearing aids could lower the risk of Parkinson's. They determined that people who started using a hearing aid within two years of their abnormal audiogram significantly lowered their risk of developing the disease—however, more research is needed.

"We still have much to learn about how hearing loss contributes to the disease and how hearing aids might work to lower one's risk for getting PD," said lead author Lee Neilson, MD, an assistant professor of neurology in the OHSU School of Medicine and a staff neurologist for the Portland VA.

The Bottom Line

Based on this study, veterans should undergo regular hearing testing to identify hearing loss early and start using hearing aids as soon as possible if a loss is detected. Of course, this hearing health advice is a good idea for everyone, not just veterans.

"Considering there are few downsides to getting screened and fitted for a hearing aid, we would encourage everyone to do it," said Dr. Lee.

At Mt. Harrison, we're committed to providing high-quality hearing care to our whole community, including our veterans. Call (208) 312-0957 to schedule a hearing evaluation.

¹ Choy, N. (2024). Study finds link between hearing loss and Parkinson's disease in Veterans. U.S. Department of Veterans Affairs. <https://www.va.gov/portland-health-care/stories/study-finds-link-between-hearing-loss-and-parkinsons-disease-in-veterans/>





Monthly Recipe



Pasta With Garlicky Tomato Sauce & Bay Scallops

This scallop pasta is an easy yet elegant dish that delivers restaurant-quality flavor without the fuss. Sweet, tender bay scallops are lightly seared to perfection and combined with a fresh, garlicky tomato sauce simmered with zucchini to deepen the flavors. When buying scallops, look for ones that are dry-packed and don't feature artificial preservatives.

By Renu Anshie Dhar | Published on December 19, 2024

Active Time: 35 mins | Total Time: 35 mins | Servings: 4

Nutrition Profile: No Added Sugar Mediterranean Diet Sesame-Free Weight Loss Diabetes-Friendly Nut-Free Dairy-Free Soy-Free High-Protein Egg-Free

Ingredients

- 8 ounces thin whole-wheat spaghetti
- 2 tablespoons extra-virgin olive oil, divided
- 1 pound bay scallops, tough side muscle removed, patted dry
- 1 tablespoon finely chopped garlic
- 3 cups mixed cherry tomatoes (16 ounces)
- 1 teaspoon salt
- ¼ cup dry white wine
- 1 medium zucchini, chopped
- ¼ cup chopped fresh basil, plus more for garnish

Directions

Step 1

Bring a medium pot of water to a boil over high heat. Add 8 ounces spaghetti; cook according to package directions for al dente. Drain the pasta, reserving 1½ cups cooking water; return the pasta to the pot.

Step 2

Meanwhile, cook the scallops. Working in 2 batches, heat 1½ teaspoons oil in a large nonstick skillet over medium heat. Add half of the scallops; cook, undisturbed, until lightly browned on the bottoms, about 4 minutes. Flip and continue to cook, stirring often, until just cooked through, about 1 minute; transfer to a large plate. Repeat the process with 1½ teaspoons oil and the remaining scallops. Do not wipe the skillet clean.

Step 3

Add the remaining 1 tablespoon oil to the skillet; heat over medium-high heat. Add 1 tablespoon garlic; cook, stirring constantly, until fragrant, about 1 minute. Add 3 cups tomatoes and 1 teaspoon salt; cook, stirring occasionally, until the tomatoes are softened and begin to burst, about 6 minutes. Add ¼ cup pasta cooking water and ¼ cup wine. Lightly crush some of the tomatoes with the back of a spoon. Add the chopped zucchini; bring to a simmer. Simmer, stirring occasionally, until the sauce slightly thickens, about 3 minutes. Stir in the pasta and ¼ cup basil; cook, stirring and tossing constantly and adding more pasta water as needed, ¼ cup at a time, until the sauce thickens and coats the pasta, about 3 minutes.

Stir in the scallops. Garnish with additional basil, if desired.

Nutrition Facts

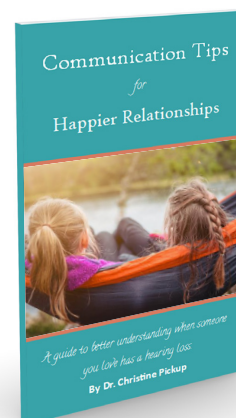
Per serving: 1¾ cups

Calories 392, Fat 9g, Saturated Fat 1g, Cholesterol 40mg, Carbohydrates 51g, Total Sugars 5g, Added Sugars 0g, Protein 29g, Fiber 7g, Sodium 775mg, Potassium 986mg

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.





Mt. Harrison
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1218 9th Street, Suite 2B
Rupert, ID 83350

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



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CALL TODAY FOR AN APPOINTMENT:
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