



Mt. Harrison
Audiology

JULY 2024



From the DOCTOR'S DESK

It's the heart of summer, which means there are plenty of fun outdoor activities to enjoy right now! However, they come with some risks to your hearing and ear health that you'll want to mitigate.

Hearing protection is a great idea at any time, but especially when using outside tools and toys. Our office is pleased to provide many different options for custom and non-custom hearing protection. We even offer custom swim earplugs that are made while you wait!

In this month's newsletter, you will read about how your Apple® AirPods Pro® 2 can work as a hearing protection option. We're also sharing tips for better balance—with some recent updates to our balance clinic, we're here to help you figure out why you are having dizziness or vertigo.

As always, we are grateful to be of service to each of you. Thank you for your support!

Christin Piday

LEARN MORE

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

HEARING HEALTH NEWS

Feeling Off-Balance?

TRY THESE EXERCISES

As you age, staying steady on your feet can become more difficult. Over one in four people aged 65 and older falls every year, leading to three million emergency room visits and one million fall-related hospitalizations per year.¹

While age-related changes such as less muscle strength and flexibility are factors in falls, so is a poorly functioning hearing system. People with untreated hearing loss are three times more likely to fall than those with normal hearing.²

The Connection Between Hearing and Balance

The vestibular system, which helps you maintain your balance, includes tiny organs in your inner ear. The inner ear is also home to the cochlea, which helps you hear. If you have damage to the inner ear, your balance and hearing could be negatively affected.

Best Balance-Strengthening Exercises

No matter the severity of your balance issues, you can benefit from these daily exercises.

Toe Lifts:

- » Stand near a chair or counter for support.
- » Raise your heels as high as comfortably possible so that you're standing on the tips of your toes.
- » Hold this position for a few seconds, then lower your heels down.
- » Repeat 20 times.

Chair Stands:

- » Sit in a chair without armrests.
- » Cross your arms over your chest.
- » Slowly stand up without using your hands, then slowly sit back down.
- » Repeat 10–15 times.

Side Leg Raises:

- » Stand behind a chair and hold onto it for support.
- » Carefully lift one leg out to the side, keeping it straight and your back upright.
- » Hold for three to five seconds, then lower your leg.
- » Perform 10–15 repetitions on one leg, then repeat on the other side.

Marching in Place:

- » While standing up straight, place your feet hip-width apart.
- » Lift one knee as high as comfortable and then lower it back down.
- » Repeat with the other leg as if you are marching in place.
- » Continue for one to two minutes, gradually increasing the height of your knees.



If you're having issues with your hearing or balance, schedule a consultation with our experts by calling (208) 312-0957.

¹ CDC. (2024). Older adult fall prevention. <https://www.cdc.gov/falls/about/>

² Hearing Health Foundation. (2024). Hearing loss & tinnitus statistics. <https://hearinghealthfoundation.org/hearing-loss-tinnitus-statistics#>

RECENT STUDY SUGGESTS



Apple® AirPods Pro® 2 as Surprising Hearing Protection Solution

Good news, Apple AirPods Pro 2 users! Evidence shows that these earbuds not only provide you with high-quality sound when you're listening to your favorite music or podcast—they may also help keep your hearing safe.

A recent study published in *The Hearing Review* found that Apple AirPods Pro 2 earbuds' active noise-canceling (ANC) feature reduced ambient noise levels by an average of 27 dB, reducing the risk of noise-induced hearing loss.¹

Why ANC Matters

ANC utilizes small microphones along the ear cup to detect low-frequency external sounds to generate a “fingerprint” of the sound wave and create an inverted “anti”-sound wave of the same frequency and amplitude, effectively canceling out the ambient sound. This allows users to enjoy music at lower volumes.

According to the study, the ANC technology in AirPods Pro 2 significantly reduced ambient noise and showed a substantial improvement in low-frequency attenuation compared to AirPods Pro.

AirPods Pro garnered criticism from some in the hearing industry because its design allowed ambient sounds to seep in, causing the user to turn up the volume to drown out the noise, potentially contributing to hearing loss.

The ANC in AirPods Pro 2 allows for low-level ambient noises to be “completely imperceptible” and louder environmental noises to be “greatly diminished,”¹ resulting in a clearer and more ear-friendly experience for the listener.

Despite the study's results, there is no better solution than custom hearing protection for preventing noise-induced hearing damage in loud environments. To learn more about our custom hearing protection options, which offer a comfortable, snug, effective fit, contact us, today!

¹Chong-White, N et al. (2023). Evaluating Apple AirPods Pro 2 hearing protection and listening. *The Hearing Review*. <https://hearingreview.com/inside-hearing/research/evaluating-apple-airpods-pro-2-for-hearing-protection-and-listening>



Monthly Recipe



Grilled Skirt Steak With Corn-Tomato Relish

Corn, tomato and basil scream summer, but simplicity makes this easy dinner recipe perfect for the season. Serve the grilled skirt steak and relish with salad greens for a quick and healthy dinner you'll want to make over and over.

By Robin Bashinsky | Updated on September 19, 2023

Prep Time: 25 mins | Total Time: 25 mins | Servings: 4 | Yield: 4 servings

Nutrition Profile: Low-Carb Nut-Free Dairy-Free Healthy Aging Healthy Immunity Low Added Sugar Soy-Free Egg-Free Gluten-Free Low-Calorie

Ingredients

- 1 pound skirt steak or sirloin steak
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon ground pepper, divided
- 1 ear corn, husked
- 3 tablespoons extra-virgin olive oil, divided
- 1/2 cup halved cherry tomatoes
- 1/4 cup thinly sliced red onion
- 2 tablespoons torn fresh basil
- 1/2 tablespoons rice vinegar
- 1 serrano chile, seeded and minced

Directions

Step 1

Preheat grill to medium-high.

Step 2

Sprinkle steak with 1/2 teaspoon each salt and pepper. Brush the steak and corn with 1 tablespoon oil.

Step 3

Oil the grill rack (see Tip). Grill the corn, turning occasionally, until lightly charred and tender, 8 to 10 minutes. Grill the steak, turning occasionally, to desired doneness, 6 to 8 minutes for medium-rare. Transfer the steak to a clean cutting board and let rest for 10 minutes.

Step 4

Cut the kernels from the cob. Combine in a medium bowl with tomatoes, onion, basil, vinegar, chile, the remaining 2 tablespoons oil and 1/4 teaspoon each salt and pepper.

Step 5

Slice the steak thinly against the grain. Serve with the relish.

TIP

To oil your hot grill rack, soak a paper towel with vegetable oil and hold it with tongs to rub it over the rack. (Do not use cooking spray on a hot grill.)

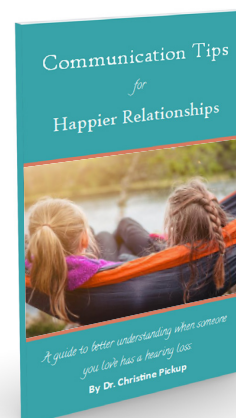
Nutrition Facts

Per serving: Per serving: Serving Size 3 ounces steak and 1/2 cup relish 311 calories; total fat 20g ; saturated fat 5g ; cholesterol 74mg ; sodium 441mg ; total carbohydrate 7g ; dietary fiber 1g ; total sugars 3g ; protein 25g ; vitamin c 6mg ; calcium 18mg ; iron 3mg ; potassium 556mg

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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