



Mt. Harrison
Audiology

JUNE 2024



From the

DOCTOR'S DESK

I love June. There is a lot more sunshine, the hustle and bustle of the school year is paused, and I usually have some camping trips planned—lots of reasons to find some joy. This year has been particularly busy: our oldest son was recently married, our younger son is graduating from high school and our older daughter's wedding is coming up in August.

This month also marks 10 years since Mt. Harrison Audiology's grand opening! We've continued to increase our knowledge and services to provide the most comprehensive hearing and balance care in the Magic Valley. We will be doing some special things to commemorate this milestone, but with our hectic summer of two weddings, the celebration will happen in the fall.

I'm happy to report that we have a wonderful new audiology resident who has joined us. Her name is Tonya German, and she comes to us from Wichita State. We're thrilled to have her knowledge and skills and excited to have another opportunity to guide and train another clinician.

Thank you for sharing your lives and stories with us and for trusting us to care for your hearing health needs.

Christin Piday

LEARN MORE

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

HEARING HEALTH NEWS



Don't Get Caught Off-Balance This Summer With Vestibular Issues

Hiking, tennis, water sports—summer is the season to stay active outside! But if you or someone you love has a vestibular disorder, participating fully in all the summer fun may be a little more challenging.

What Is a Vestibular Disorder?

A vestibular disorder is a condition that affects the vestibular system, which is part of the inner ear and brain. This system helps control balance, spatial orientation and coordination.

When the vestibular system is not functioning correctly, it can lead to a variety of unpleasant symptoms and issues, including vertigo, dizziness, balance problems and an unsteady gait.

How to Manage a Balance Issue During Summer Activities

Savoring summer is so much easier when you follow these simple guidelines:

- Take vitamin D, which is known to help the vestibular system stay healthy.

- Wear sunglasses and a hat outdoors to avoid bright light, which can trigger balance problems.
- Use the buddy system by doing your favorite activities with a friend for extra security and safety.
- Bring a walking aid to use when you're on uneven ground or feeling unsteady.
- Have a cellphone handy in case of emergency.
- Use earplugs in noisy places, as loud noises may worsen vertigo, dizziness and balance issues.

The best way to manage any balance issue you may face? Get the right medical treatment for it as soon as possible.

If you're struggling to find balance in your life, don't wait. Give us a call today to schedule a consultation with one of our highly trained hearing and balance specialists.

Are Men Prone to **More Hearing Issues?**

June is Men's Health Month, a great time to learn more about an often overlooked health condition men may experience—hearing loss.

Hearing Loss Rate in Men

Research shows that men are twice as likely as women to have hearing loss.¹ However, the higher rate is likely due to lifestyle choices, not biology.

In general, men are statistically more likely than women to work in noisy environments like construction or manufacturing. Likewise, men are more prone to engage in loud activities such as hunting, using power tools or mowing the lawn.

Over time, this prolonged exposure to high decibel levels can lead to noise-induced hearing loss.

Type of Hearing Loss

Interestingly, the dominant type of hearing loss experienced by men tends to differ from that of women. Men are more likely to have high-frequency hearing loss, which affects their ability to hear higher-pitched sounds, while women tend to experience low-frequency hearing loss more often.²

Wondering what causes this difference between the sexes? Long-term noise exposure, which is more common in men, may explain their tendency to experience high-frequency hearing loss more

frequently.

Fortunately, noise-induced hearing loss is preventable. During too-loud occupational or recreational activities, everyone, including men, should consistently wear hearing protection to prevent hearing damage.

The Good News

While men may be more at risk for hearing loss, they are also more inclined to treat the condition. Among adults ages 45 and older, men are more likely to use a hearing aid than women.³

This higher rate of hearing aid use means that they may enjoy the full benefits of better hearing, including:⁴

- Improved relationships at home
- Enhanced work performance
- More self-confidence
- An increased sense of independence
- A better overall quality of life

1 National Institute on Deafness and Other Communication Disorders. (2016). Hearing loss prevalence declining in U.S. adults aged 20 to 69. <https://www.nidcd.nih.gov/news/2016/hearing-loss-prevalence-declining-us-adults-aged-20-69>

2 Powers, T. (n.d.). Hearing loss: does gender play a role? Hearing Industries Association. <https://betterhearing.org/newsroom/blogs/hearing-loss-does-gender-play-a-role/>

3 Centers for Disease Control and Prevention. (2023). Morbidity and mortality weekly report. <https://www.cdc.gov/mmwr/volumes/72/wr/mm7206a5.htm>

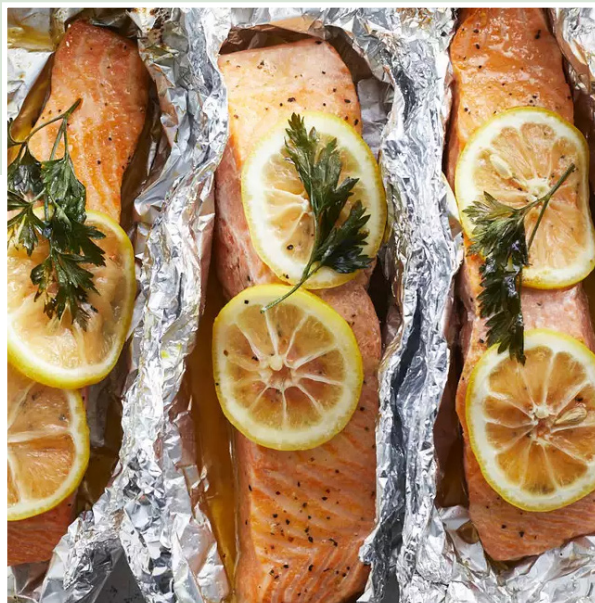
4 Carr, K et al. (2022). MarkeTrak—tracking the pulse of the hearing aid market. Seminars in Hearing. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9715310/#>

Men's Health Month or not—**staying proactive about hearing health is always a great idea. Get on top of hearing health issues today with help from our expert audiology team. Contact us to schedule an appointment.**





Monthly Recipe



Grilled Lemon-Pepper Salmon in Foil

We're willing to bet that this easy grilled salmon-in-foil recipe will become a regular in your weeknight dinner rotation. Cooking fish in foil keeps it super moist, plus you don't have to worry about the fish sticking to the grill. Butter, lemon pepper and fresh parsley perk up the flavors for this versatile main course. Cook some vegetables, such as asparagus, zucchini and corn, alongside the fish packets for a healthy dinner that's ready in less than 30 minutes.

By Robby Melvin | Updated on April 19, 2024

Prep Time: 15 mins | Additional Time: 10 mins | Total Time: 25 mins
Servings: 4 | Yield: 4 fillets

Nutrition Profile: Low-Carb Nut-Free Healthy Pregnancy Healthy Aging Low-Sodium Soy-Free Egg-Free Gluten-Free Low-Calorie

Ingredients

- 4 (6 ounce) skin-on salmon fillets
- 2 tablespoons unsalted butter
- 1 teaspoon lemon pepper
- ½ teaspoon salt
- 8 thin slices of lemon (from 1 lemon)
- 4 sprigs flat-leaf parsley

Directions

Step 1

Preheat grill to medium-high (400–450 F). Place 4 (12-inch) foil squares in a single layer on a work surface; coat with cooking spray. Place 1 salmon fillet, skin-side down, in the center of each. Top each fillet with 1 1/2 teaspoons butter, 1/4 teaspoon lemon pepper, 1/8 teaspoon salt, 2 lemon slices and 1 parsley sprig.

Crimp the sides of each foil packet together to tightly seal. Place the packets on the grill; cover and grill until the fish flakes easily with a fork, 8 to 10 minutes.

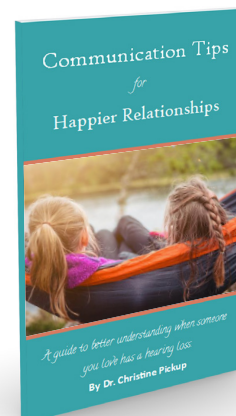
Nutrition Facts

Per serving: Serving Size 1 salmon fillet 256 calories; total fat 12g ; saturated fat 5g ; cholesterol 95mg ; sodium 165mg ; total carbohydrate 1g ; dietary fiber 1g ; total sugars 1g ; protein 34g ; vitamin c 9mg ; calcium 73mg ; iron 1mg ; potassium 653mg

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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