



Mt. Harrison  
*Audiology*

MAY 2024



From the

## DOCTOR'S DESK

May is National Speech-Language-Hearing Month! It's a great time to think about how your hearing affects many different aspects of your life and how you might encourage a loved one to seek hearing health care. Remember, hearing also affects balance. We're still getting the word out on how our balance testing protocols can help our local providers better diagnose and treat your dizziness symptoms.

May 2024 is a busy one for Dr. Pickup. Her oldest son was married on May 4, and her younger son is graduating from high school! We're also excited to announce that our amazing resident, Danielle Johnson, is graduating from the University of North Texas at Dallas and moving to South Carolina to begin her audiology career in Greenville. She has been a joy to work with, and we will miss her work ethic, positive attitude and caring manner. She has gained incredible skills and will serve the people in her new position well.

With all these changes, May and June will be especially busy for our clinic. Please be patient with Dr. Pickup—she has to manage her schedule, absorb Danielle's schedule and plan for wedding and graduation celebrations. Family is always first, but the clinic is a close second.

As always, we are honored to be a resource for hearing health in our community. Next month marks 10 years since our grand opening. It's a wonder and privilege to serve your hearing and balance needs.

*Christin Pickup*

## LEARN MORE

To learn more about our services, visit [mtharrisonaudiology.com](http://mtharrisonaudiology.com).

# HEARING HEALTH NEWS

## *Celebrate National Speech-Language-Hearing Month*



## *With an Audiologist Visit*

Along with enjoying nature's soundtrack as we spend more time outdoors, there's another reason to care for your hearing this May. It's been designated as National Speech-Language-Hearing Month, previously known as Better Hearing and Speech Month. Organized by the American Speech-Language-Hearing Association, this month encourages people to seek treatment for hearing loss—particularly the 37.5 million adults who report some trouble hearing.<sup>1</sup>

Audiologists play a pivotal role in diagnosing, managing and treating hearing and balance disorders. They use a medical model approach to hearing health care, which not only ensures that any potential issues you may have are identified early but also opens the door to effective management strategies and treatments that can significantly improve your quality of life. Our team is here to provide everything from comprehensive hearing evaluations to fitting hearing aids and counseling you and your family.

In addition to missed conversations with loved ones, untreated hearing loss can also lead to several serious health issues, including:

- Cognitive decline
- Depression, anxiety and loneliness
- Increased risk of falls

Don't put your well-being at risk. Scheduling regular hearing evaluations with an audiologist is a simple yet critical way to ensure optimal hearing health and overall well-being, allowing you to stay connected to the world and savor life's special moments to the fullest.

**If you or someone you know could benefit from a hearing consultation, we can help with the next steps. This May and beyond, you can request an appointment with one of our Mt. Harrison's audiologists by calling XXX.XXX.XXXX.**

<sup>1</sup> National Institute on Deafness and Other Communication Disorders. (2024). Quick statistics about hearing, balance and dizziness. <https://www.nidcd.nih.gov/health/statistics/quick-statistics-hearing#>:



# Are People Born With Good Balance?

Balance isn't an inherent trait—think of a baby's first steps. Instead, balance is a skill you develop over time that relies on three distinct body systems working in harmony.

## Three Systems That Govern Balance

- **Visual system:** This system consists of the eyes, the optic nerves that connect your eyes to your brain and the visual cortex of your brain. A typical baby is born nearsighted, but as their visual system develops, their brain becomes better at balancing.
- **Somatosensory system:** This system registers sensations from your joints, muscles, skin and fascia and transfers these feelings to your brain, which processes them to keep you balanced.
- **Vestibular system:** This system is responsible for hearing and balance and includes five organs in your ear. These organs contain fluid that moves when your body and head do. When the fluid moves, it sends signals to your brain, making you aware of your position in space and helping you stay balanced.

Based on information from all three systems, the central nervous system sends signals to the appropriate muscles to maintain good balance. If one of the three balance systems doesn't work properly, the body learns to rely more on the two unaffected systems to help compensate.

## The Effect of Aging on Balance

Age-related changes to vision and muscle strength can cause older individuals to experience a decline in their balance ability, increasing their risk of falling.

Taking a tumble as a senior is common (nearly one in four older adults report falling), and falls are the leading cause of fatal and nonfatal injuries for adults 65 and up.<sup>1</sup>

Like balance, ear health can also be affected by getting older—aging is one of the top causes of hearing loss. The signs of hearing loss can be subtle, so it's crucial to get regular hearing checkups as you age.

At Mt. Harrison, our expert team offers balance and hearing testing and treatment that works—contact us today for a consultation.

<sup>1</sup> Centers for Disease Control and Prevention. (2023). Older adult falls data. <https://www.cdc.gov/falls/data/index.html#>





# Monthly Recipe



## Classic Sesame Noodles With Chicken

Sesame noodles become a satisfying meal with lean chicken and tons of veggies in this quick, healthy noodle recipe. Be sure to rinse the spaghetti until it's cold, then give it a good shake in the colander until it's well drained. Are you a spiralizing pro? Swap 5 cups of raw zucchini, carrot or other veggie "noodles" for the cooked pasta.

By Breana Lai Killeen, M.P.H., RD | Updated on April 18, 2024

Active Time: 20 mins | Total Time: 20 | mins Servings: 4

**Nutrition Profile:** Diabetes-Appropriate Nut-Free Dairy-Free Healthy Pregnancy Healthy Aging Healthy Immunity Low-Sodium Low Added Sugar High-Fiber Heart-Healthy High-Protein Egg-Free Low-Calorie

### Ingredients

- 8 ounces whole-wheat spaghetti
- 3 tablespoons toasted (dark) sesame oil
- 2 scallions, chopped
- 1 tablespoon minced garlic
- 2 teaspoons minced fresh ginger
- 1 teaspoon brown sugar
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons ketchup
- 8 ounces cooked boneless, skinless chicken breast, shredded
- 1 cup julienned carrots
- 1 cup sliced snap peas
- 3 tablespoons toasted sesame seeds

### Directions

#### Step 1

Cook spaghetti in a pot of boiling water according to package directions. Drain, rinse and transfer to a large bowl.

#### Step 2

Combine sesame oil, scallions, garlic, ginger and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle. Cook for 15 seconds. Remove from heat and stir in soy sauce and ketchup. Add to the noodles along with chicken, carrots, snap peas and sesame seeds; gently toss to combine.

### Tips

#### Make-Ahead Tip:

Refrigerate sauce and noodle mixture separately for up to 1 day; toss together before serving.

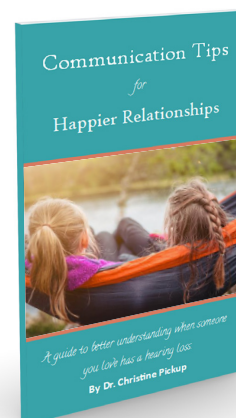
### Nutrition Facts

**Per serving:** Serving Size 1 3/4 cups 460 calories; total fat 17g ; saturated fat 3g ; cholesterol 48mg ; sodium 407mg ; total carbohydrate 53g ; dietary fiber 9g ; total sugars 7g ; added sugars 2g ; protein 29g ; vitamin c 16mg ; calcium 126mg ; iron 5mg ; potassium 478mg

## 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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