



Mt. Harrison
Audiology

NOVEMBER 2024



From the

DOCTOR'S DESK

November is Diabetes Awareness Month. On November 14, 1891, Sir Frederick Banting was born. Sir Banting was the discoverer of insulin and thereby provided a way for type 1 diabetics to survive what had previously been a death sentence. Insulin is a hormone that allows your body to metabolize all forms of sugars. Without it, sugar builds up in the blood and causes terrible damage to nerves and blood vessels. This is where diabetes and hearing are linked. Most people know if someone has diabetes, they should have their eyes and feet checked on a regular basis, thanks to public awareness campaigns. Most people don't know that the same damage also happens to the inner ear. Anyone diagnosed with any form of diabetes should have their hearing checked annually to monitor for nerve damage to the hearing system.

November also means Thanksgiving, my husband's favorite holiday. As you gather with family, remember to think about the sound scene and how you can optimize hearing each other at the dinner table. Consider lighting, background noise and where to best seat those who need better access to conversation.

We're so grateful to be able to care for the hearing and balance health of our community. We appreciate your support and trust.

Christie Priday

LEARN MORE

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

HEARING HEALTH NEWS



How to Communicate Your Hearing Needs this holiday season.

While the holidays are full of magical, memory-making get-togethers, they can also include plenty of background noise, dim lighting and large groups, making communication challenging for people with hearing loss.

Want to make it easier? Reach out to your support system (family, friends, whoever's got your back) via email, letter or in person before the season is in full swing and let them know how best to help you during this special time.

You can use this template as a guide:

Dear [insert name(s)]—

The holidays are almost here, and as you may know, communicating at festive gatherings can be a bit challenging for me due to my hearing loss.

That's why I want to share some thoughts and communication tips on how we can make our get-togethers even more comfortable and enjoyable for everyone.

- **Good Lighting for Lip-Reading:** Proper lighting is crucial for me to read lips, so it would be helpful to have gatherings in well-lit rooms so that I can easily see everyone's faces.
- **Smaller Group Conversations:** Organizing activities or chats in smaller circles rather than large ones helps me connect better with others.
- **Ideal Seating Arrangements:** Consider putting me in a seat where I can see as many faces as possible and participate in conversations fully.
- **Minimal Background Noise:** Holiday celebrations can get quite lively, but minimizing background noise, such as music or the TV, can make conversations much easier to follow.
- **Clear Communication:** Get my attention before speaking by gently tapping my shoulder or waving, then speak clearly and directly.
- **Regular Check-Ins:** I love it when people check in with me to see if I'm comfortable and keeping up with the conversation. Your efforts to include me mean a lot.

Thank you for your understanding. With your support, I know we'll all have a wonderful holiday season filled with joy!

Love,

[insert your name]

As always, if you're having hearing trouble, please don't hesitate to schedule an appointment with us!



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 (208) 312-0957 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



Garlic Mashed Red Potatoes

These garlic mashed red potatoes use the cooking liquid to impart a rich garlic flavor. The starch from the potatoes helps make these mashed potatoes creamy without having to use milk or heavy cream.

By Liv Dansky | Updated on June 29, 2024

Active Time: 15 mins | Total Time: 45 mins | Servings: 10

Nutrition Profile: Nut-Free Soy-Free Vegetarian Egg-Free Gluten-Free

Ingredients

- 4 pounds new or baby red potatoes, scrubbed and cut into 2-inch pieces
- 8 large cloves garlic, peeled and smashed
- ¼ cup unsalted butter 1 ¼ teaspoons salt
- 1 teaspoon ground pepper, plus more for serving
Chopped fresh chives for garnish

Directions

Step 1

Place potatoes and garlic in a large pot or Dutch oven and cover with water. Cover and bring to a boil over medium-high heat; uncover, reduce heat to medium and cook until the potatoes are tender, 20 to 25 minutes. Reserve 1 1/2 cups of the cooking liquid, then drain. Return the vegetables to the pot. Cook over medium-high heat, stirring occasionally, until the potatoes are dry, about 1 minute. Remove from heat.

Step 2

Mash the potatoes and garlic with a potato masher. Stir in butter, salt, pepper and 3/4 cup of the reserved cooking liquid. Add additional cooking liquid, if needed, to reach desired consistency. Garnish with chives and/or pepper, if desired.

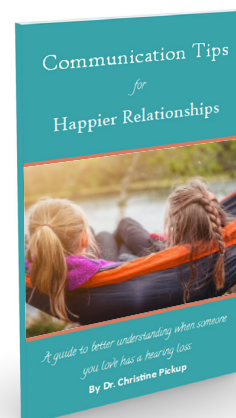
Nutrition Facts

Per serving: Serving Size about 3/4 cup 172 calories; total fat 5g ; saturated fat 3g ; cholesterol 12mg ; sodium 324mg ; total carbohydrate 30g ; dietary fiber 3g ; total sugars 2g ; protein 4g ; vitamin c 16mg ; calcium 25mg ; iron 1mg ; potassium 840mg

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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