



Mt. Harrison  
*Audiology*

OCTOBER 2024



From the

## DOCTOR'S DESK

F. Scott Fitzgerald wrote in "The Great Gatsby," "Life starts all over again when it gets crisp in the fall." Autumn is my favorite time of year. I love watching harvest come to completion, enjoying the cool mornings and taking in the gorgeous colors.

October is also Audiology Awareness Month, a time when we're extra happy to share with our patients and community all that hearing health care can do to improve lives. Audiologists are experts at assessing hearing ability, identifying hearing/processing disorders, diagnosing balance concerns, treating hearing loss with hearing aids or implants and providing lifelong support for connection and communication.

As a rural hearing health care clinic, we are privileged to provide a wide range of services to our community and beyond. Audiology changes lives for the better, and we are thankful to be a source of help and support to those who need us.


*Christie Priday*

## LEARN MORE

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

# HEARING HEALTH NEWS

## COCHLEAR IMPLANTS: WHAT TO KNOW



**Cochlear implants treat severe to profound hearing loss in patients with sensorineural (inner ear-related) hearing loss that can't be treated with hearing aids. The devices are surgically implanted and are able to bypass the problematic areas in the ear by directly stimulating the auditory nerve and sending signals straight to the brain. Cochlear implants must be surgically placed by a trained physician.**

### HOW DO THEY WORK?

Cochlear implants work differently than hearing aids. Hearing aids amplify sounds so that a person with nerve damage can hear more clearly. Cochlear implants generate an electrical signal that the brain interprets as sound. While a cochlear implant does not cure deafness or restore hearing loss, it does allow a patient to perceive sound and can help them better understand speech.

### WHO CAN GET COCHLEAR IMPLANTS?

To determine whether you are a candidate for cochlear implants, you'll have to meet a specified list of criteria. If you are experiencing severe to profound sensorineural hearing loss (the result of nerve damage to the inner ear) and can't benefit from conventional

hearing aids, you are a prime candidate for cochlear implants.

### WHAT ARE THE BENEFITS?

These implants are most helpful in patients with solid language and communication skills and hearing loss that occurs later in life. Younger children (typically between the ages of two and six) also benefit since a cochlear implant exposes them to sounds during their formative learning years, a time when they are developing speech and language skills. Postimplantation therapy is a crucial component in the success of cochlear implants; learning to use them correctly takes time and effort.

**If you are interested in finding out if you're a candidate for cochlear implants, ask your primary care physician for a referral to our expert team.**

# Caption This:

## *Our Top-Rated Conversation-Captioning Apps*

**Do you have hearing loss and want to make communicating with others go more smoothly?** Download one of our recommended captioning service apps to your smartphone or other device to easily turn your phone calls and social conversations into text.

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### TOP THREE CAPTIONING APPS

All these apps are for Android™ or Apple® iOS operating systems; some are free for anyone with hearing loss, thanks to funding from the Federal Communications Commission (FCC).

#### 1. CaptionMate

Cost: **Free**

This app is ideal for people with multiple devices—you can use CaptionMate on your smartphone, tablet, landline or computer to transcribe both sides of a phone call in real time. Other pluses? It can caption 100+ languages and saves conversations so that you can reread them later!

#### 2. Ava

Cost: **The basic plan is free; payment plans are available for additional usage.**

Need a handy way to caption a video conference or in-person work meeting? Ava converts the microphone on your smartphone into a captioning service that turns speech into text displayed on your screen. Just share a QR code with your other meeting participants to add them to the conversation.

#### 3. InnoCaption

Cost: **Free**

InnoCaption is known for its top-notch automated captioning. But it's also the only call captioning app using highly trained, live stenographers, available 24/7, to provide more accurate real-time captioning of phone calls. Choose the mode (human or automated) of captioning that's right for you.

#### Honorable Mention

Our audiology team also recommends Live Transcribe & Sound Notification for Android, which is brought to you by Google in conjunction with Gallaudet University. In addition to free conversation captioning, this app delivers notifications for at-home sounds, such as a ringing doorbell or smoke alarm, to your phone.

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**If you're having trouble hearing phone calls or speech in person while wearing your hearing aids, our audiology team can help. Book an appointment now so that we can examine your aids for any issues and check your hearing to see if it's changed.**

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# Monthly Recipe



## Skillet Chicken Potpie

A store-bought pie crust, frozen veggies and precooked chicken simplify the prep for this easy potpie. This healthy dinner recipe is comfort food at its best!

By Andrea Kirkland, M.S., RD | Updated on September 19, 2023

Prep Time: 35 minutes | Additional Time: 25 minutes | Total Time: 1 hour

Servings: 6

Yield: 1 potpie

**Nutrition Profile:** Diabetes-Friendly Nut-Free Dairy-Free Healthy Aging Healthy Immunity Low-Sodium Soy-Free Heart-Healthy High-Protein Egg-Free Low-Calorie

### Ingredients

- 1 ½ cups low-sodium chicken broth, divided
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1 (8 ounce) package sliced cremini mushrooms
- 1 cup chopped onion
- 6 cloves garlic, minced
- 1 ½ cups frozen carrots and peas (7 oz.)
- 1 tablespoon chopped fresh sage
- 1 tablespoon fresh thyme leaves, plus sprigs for garnish
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 pound shredded cooked chicken (about 3 cups; see Tip)
- 1 (7 to 8 ounce) prepared pie crust, thawed if frozen
- 1 egg white, lightly beaten

### Directions

#### Step 1

Preheat oven to 425 degrees F.

#### Step 2

Whisk 1 ¼ cups broth and flour in a medium bowl; set aside.

#### Step 3

Heat oil in a 10-inch cast-iron or oven-safe nonstick skillet over medium-high heat. Add mushrooms; cook until browned, 6 to 8 minutes. Reduce heat to medium. Add onion and garlic; cook until tender, 4 to 6 minutes.

#### Step 4

Stir in the remaining ¼ cup broth, scraping up any browned bits. Stir in the reserved broth-flour mixture, peas and carrots, sage, thyme, salt and pepper. Bring to a boil, stirring constantly. Reduce heat and cook, stirring occasionally, until the vegetables are tender, about 10 minutes. Remove from heat; stir in chicken.

#### Step 5

Lay pie crust over the chicken mixture, folding the edges over as needed. Cut four 4-inch slits in the crust to allow steam to escape. Brush with egg white.

#### Step 6

Bake until the crust is golden and the filling is bubbly, 20 to 25 minutes. Let cool for 10 minutes before serving. Garnish with thyme sprigs, if desired.

**Tip:** To poach chicken: Place 4 small boneless, skinless chicken thighs or 2 small boneless, skinless chicken breasts (12 oz. total) in a medium saucepan; cover with cold water. Bring to a boil over medium-high heat. Reduce heat to low, partially cover and cook until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 12 to 15 minutes. Transfer to a plate and shred into small pieces. Reserve broth for use in another recipe—it will keep in the fridge for up to 4 days or in the freezer for up to 3 months.

**Equipment:** 10-inch nonstick oven-safe skillet

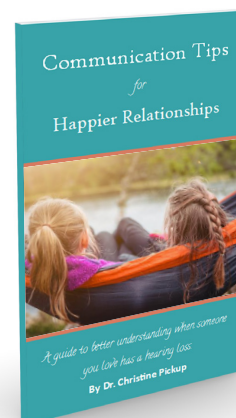
### Nutrition Facts

**Per serving:** Serving Size 1/6 potpie 336 calories; total fat 13 g; saturated fat 4 g; cholesterol 64 mg; sodium 426 mg; total carbohydrate 26 g; dietary fiber 3 g; total sugars 3 g; protein 29 g; vitamin c 8 mg; calcium 50 mg; iron 3 mg; potassium 528 mg

## 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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