



Mt. Harrison
Audiology

SEPTEMBER 2024



From the
DOCTOR'S DESK

Fall is my favorite season of the year. The sunlight is gentler, temperatures are cooling off, and the harvest is nearing completion. I love the warm colors and leaves changing. My husband loves college football and cheering on his favorite teams. After a busy summer, I feel like the change of seasons invites us to slow down and enjoy life a bit more.

In this month's newsletter, we're focusing on the importance of support systems in our lives. You'll also learn some techniques for protecting your hearing during noisy activities this fall.

Make sure you schedule an appointment for a checkup on your hearing and hearing technology so you are ready to enjoy all this lovely time of year has to offer. We are so thankful to be a part of your lives and appreciate the goodness you share with each of us at Mt. Harrison Audiology.

Christin Piday

LEARN MORE

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

HEARING HEALTH NEWS

TIPS FOR PROTECTING YOUR HEARING THIS FALL

This season, it's not just the leaves that are changing; our activities are, too. As we get back to our favorite fall hobbies and pastimes, be sure you're taking care of your hearing health by following these tips below.

→ Listen at a Safe Volume

If you pass the time commuting to work by listening to music, audiobooks or the radio, be sure to listen at a safe volume.

We recommend following the 60/60 rule:

Listen at no more than 60% of your device's maximum volume for no more than 60 minutes at a time.

→ Leave Leaf Blowing to the Professionals

Leaf blowers can create noise ranging from 95 to 115 decibels—well past the threshold that is considered safe. We recommend hiring a professional to take care of your leaf piles. If you're a do-it-yourselfer, invest in a leaf blower with a low decibel output, and always wear hearing protection.

→ Realize the Risks of Football Season

When watching your favorite football team

play on TV, set the volume at a reasonable level so you can still enjoy a conversation over the audio. If you're lucky enough to score tickets, pack a pair of earplugs before heading to the stadium.

→ Take Breaks From Talking on the Phone

You may love chatting with your friends on the phone on a nice fall evening, but excessive phone use can put your hearing at risk. Try to keep conversations brief and switch the phone between both ears to minimize the risk of developing single-sided hearing loss.

→ Invest in Hearing Protection

No matter what noisy activities you enjoy, you'll want to keep your ears safe. We offer custom hearing protection for maximum comfort and protection.

Call us today to book an appointment to discuss your hearing protection options.

The Power of a Support System in Hearing Health



Living with hearing loss can be hard at times, but having a strong support system makes it easier.

Your support system may include family, found family, friends, neighbors, members of your church or religious community—it's anyone you can count on to be there for you throughout your hearing loss journey!

WHAT THE RESEARCH SAYS

When a trusted pal or devoted loved one shows up for you, your overall hearing health experience can get a boost.

According to research:

- People with hearing loss who have higher levels of social support report lower levels of anxiety, depression and stress.¹
- Patients with hearing loss who bring a significant other to their audiology appointments are more likely to obtain a hearing aid than those who don't.²
- Hearing aid users with positive support from significant others experience improved outcomes with their devices.³

EASY WAYS TO INCLUDE YOUR SUPPORT SYSTEM

Sometimes, people want to help you but don't know how. Here are a few ideas on what they can do to support you.

- **Teach effective communication strategies:** Ask them to face you while talking and speak clearly and at a moderate pace.
- **Attend appointments together:** Suggest that loved ones attend your audiologist appointments to better understand your condition and treatment options.
- **Engage in hearing-friendly activities:** Choose activities such as watching movies with subtitles or attending events with assistive listening devices.
- **Be open about feelings:** Encourage discussions about the emotional impact of hearing loss and how it affects daily life for you both.

Is someone in your life living with untreated hearing loss?
Be a positive part of their support system—suggest they take the first step to better hearing by scheduling an evaluation with us!

¹ Vegia, S. et al. (2015). Living with hearing loss: psychosocial impact and the role of social support. *Journal of Otolaryngology-ENT Research*. <https://medcraveonline.com/JOENTR/living-with-hearing-loss-psychosocial-impact-and-the-role-of-social-support.html>

² Singh, G. et al. (2016). Social context and hearing aid adoption. *Trends in Hearing*. <https://journals.sagepub.com/doi/epdf/10.1177/2331216516673833?src=getfr>

³ Hickson, L. et al. (2014). Factors associated with success with hearing aids in older adults. *International Journal of Audiology*. <https://www.tandfonline.com/doi/full/10.3109/14992027.2013.860488#abstract>



Monthly Recipe



Creamy Lemon & Spinach Pasta Bake

This creamy and comforting vegetarian pasta bake is perfect when you want a pasta dinner that is light, bright and flavorful. While this easy pasta bake is packed with spinach, feel free to swap it out for another green like kale if you have it on hand. Just be sure to remove the tough stems and chop the green into smaller pieces before cooking. Depending on your green, you may have to cook it a little bit longer so it's nice and tender before baking.

By Catherine Jessee | Updated on April 12, 2024

Active Time: 30 mins | Total Time: 1 hr | Servings: 6

Nutrition Profile: Sesame-Free Nut-Free Healthy Pregnancy Soy-Free Vegetarian High-Protein Egg-Free

Ingredients

- 12 ounces whole-wheat penne or rotini
- 4 ounces reduced-fat cream cheese, softened
- 1 tablespoon whole-grain mustard
- 1 teaspoon grated lemon zest, plus more for garnish
- 1 teaspoon onion powder
- ¼ teaspoon ground pepper, plus more for garnish
- ¼ teaspoon salt, divided 2 ¼ cups half-and-half
- 2 tablespoons extra-virgin olive oil
- ¼ cup chopped scallions
- 10 cups packed fresh spinach (about 10 ounces)
- 1 teaspoon grated garlic
- 1 cup shredded fontina cheese, divided
- 3 tablespoons lemon juice

Directions

Step 1

Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray. Bring a large pot of water to a boil over high heat. Cook pasta according to package directions. Drain well in a colander. Wipe the pot clean.

Step 2

Meanwhile, whisk cream cheese, mustard, lemon zest, onion powder, pepper and 1/8 teaspoon salt in a medium bowl. Gradually whisk in half-and-half.

Step 3

Heat oil in the pot over medium-high heat. Add scallions and the remaining 1/8 teaspoon salt; cook, stirring constantly, until softened, about 3 minutes. Add spinach and garlic; cook, stirring constantly, until the spinach is bright green and wilted, 1 to 2 minutes. Remove from heat. Add the pasta, the cream cheese mixture and 1/2 cup fontina; stir to combine. Gently stir in lemon juice. Transfer to the prepared baking dish; top with the remaining 1/2 cup fontina. Cover tightly with foil. Bake until warmed through and slightly bubbling around the edges, 15 to 20 minutes. Garnish with additional pepper and lemon zest, if desired.

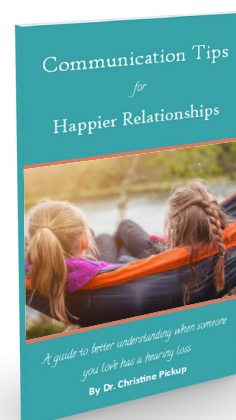
Nutrition Facts

Per serving: Serving Size 1 1/2 cups 504 calories; total fat 27g ; saturated fat 14g ; cholesterol 69mg ; sodium 457mg ; total carbohydrate 50g ; dietary fiber 7g; total sugars 3g ; protein 18g ; vitamin c 19mg ; calcium 282mg ; iron 4mg ; potassium 288mg

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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