



Heard It Through The Grapevine Audiology, PC

Heard It Through The Grapevine Audiology, PC
2200 Pool Rd., Suite 102, Grapevine, TX 76051
(817) 488-1637 • Fax (817) 488-2854
info@grapevineaudiology.com
www.grapevineaudiology.com

Say No to Hearing Loss with Folates – Part 1

Part 1 of a 2-part series about health and hearing loss

We've all heard about the importance of good health. A healthy lifestyle contributes to a healthy heart (important), improved blood flow (very important), and a lowered likelihood of heart attack or stroke (very, very important). We've heard about the health value of:

- a good diet
- regular exercise (cardio-vascular, in particular)
- nutritional supplements
- self-examinations
- regular visits to the doctor or dentist

Routinely, we hear in the news the results of the latest study on the use of alcohol, eating eggs, not eating eggs, eat eggs again, no potatoes, yes potatoes – it can all get a little confusing (maybe you're not getting enough vitamin D), but the facts are pretty simple.

You should also listen to them – with your ears! That's right, we've all heard about the importance of good health to longevity, to a healthy heart and strong bones, to a good, rich life. However, one thing you don't hear a lot about: your ability to hear is related to a healthy diet.

Okay, so you're thinking, "great, one more thing to worry about" but, the fact is, people who lead active, healthy lives, people who eat a well-balanced diet and take a walk around the block three times a week, hear better longer.

Hearing Loss and Life's Quality

It's estimated over 30 million Americans (10% of us) experience hearing loss to some degree. And the simple fact is, hearing loss is preventable in most cases even though your ears are running 24/7/365. They never shut down – even when you hit the sheets.

Our ears are always on, doing all kinds of things, many of which we don't even notice. But when you experience hearing loss, the things we enjoy through hearing have a noticeable impact on the quality of life.

First, there's the ability to interact with others – mostly humans. The ability to hear is related to the ability to communicate which is related to the ability to interact with others. Humans are, by nature, social creatures. We like being around and interacting with others. And your ability to hear (or lack of ability) has an obvious affect on your ability to interact with others.

Hearing is also involved in the formation of memories. So, hearing creates the ability to learn to speak, leading to the ability to communicate, the formation of memories and leading to the ability to interact with others.

Second, hearing creates something called spatial

orientation – our place in the space we occupy. Sounds provide the brain with information to let us know where we stand...or walk, run, swim or simply move from room to room.

Footsteps tell us there's someone behind us. The sound of a car tells us to pull to the right on a blind curve. A warning bell or honking horn tells us there's danger nearby.

So, in addition to giving us the ability to communicate and share our lives with others, the ability to hear lets us know where we are in relation to other people and things.

Third, "intangibles" like hearing music or the tweeting of the birds in spring bring richness and fullness to life. Yet, most of us take these things for granted. Because the ability to hear is such a part of everyday life, we don't recognize how important hearing is to life's quality. Just ask someone who experiences severe hearing loss how important the ability to hear is.

Like the song says, "You don't know what you got 'til it's gone." With hearing, that goes double – one for each ear.

www.healthyhearing.com, January 25, 2010



FREE HEARING SCREENINGS DURING MAY

Since 1927, the American Speech-Language-Hearing Association celebrates Better Hearing and Speech Month each May. This month of awareness is a good time to analyze your own hearing and determine if you are one of the estimated 28 million

Americans who have a hearing loss that can be treated.



To promote hearing health, Heard It Through The Grapevine Audiology is offering free hearing screenings to new patients the entire month of May. Call us at (817) 488-1637 to schedule yours.

PRODUCT CORNER Kidzsafe™ Earbuds

It's normal for kids to listen to loud music, but experts say that hearing damage can begin when listening to sounds above the 85dB threshold. Now you can protect your children's ears, no matter how high they turn up the volume, with KidzSafe® earbuds. The earbuds, designed specifically for children, contain volume technology that allows the listener to experience an increase in volume but keep it from going above 85 decibels.



KidzSafe® earbuds are compatible with any audio device. They feature a rubberized earbud casing as well as premium-gauge cord to prevent tangling and increase durability. A convenient storage pouch is included.

The earbuds are priced at \$19.95 and come in pink, green, and blue. Call us at (817) 488-1637 to order.

PATIENT SUPPORT

Heard It Through The Grapevine Audiology is still accepting new patients, so if you know anyone who has hearing questions, please have them call us.

We thank you for all the referrals you have sent our way to date. Your support is greatly appreciated!

A Little Story

Jack was an avid runner. He was a little hard of hearing, but was reluctant to wear a hearing aid. As a result, it was necessary to talk in a loud voice whenever speaking to him.

In April, Jack was due to fly with other members of his running club to compete in the famed Boston Marathon. The club trainer had promised to bring a particular muscle liniment called Miracle Balm that he found to be very effective.

When Jack saw the trainer at the airport he called out to him, "Did you bring the balm?" Remembering that Jack was HOH, the trainer responded in a loud voice, "Yes, I put the balm in my luggage!"

At that point, the security guards descended on Jack and the trainer...

HEARING LOSS SUPPORT GROUPS

Hearing Loss Association of America

Local chapters within DFW metroplex
www.hearingloss.org/chapters

SayWhatClub (SWC)

Non-profit internet based organization run by volunteers for people with hearing loss or interested in hearing loss issues.
www.saywhatclub.com

Meet Our Staff



Tara Wheeler, Au.D. – Dr. Wheeler received her Doctorate of Audiology from the University of Texas at Dallas. She resides in Grapevine with her husband and daughter. Dr. Wheeler enjoys knitting and traveling in her spare time.



Margie Swoyer, Business Manager – Margie received her B.S. degree in Industrial Administration from Iowa State University in Ames. She lives in Southlake with her husband and two teenage sons. Margie enjoys reading and sewing.