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please rsvp...



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to our Lunch and Listen!

Join us for our upcoming Hearing
Aid Lunch & Listen Event with
Widex on Wednesday, March
28th!

Call **540-371-1263** to
schedule your appointment.

Poor Heart Health May Lead To Hearing Loss



Hearing loss can isolate you from family and friends, so if **you or a loved one** have a history of heart-related illness contact our office **540-371-1263** and schedule a hearing evaluation.

If you don't watch what you eat and fail to exercise regularly, poor cardiovascular health is only one risk you'll face. New evidence shows a link between poor heart health and hearing loss. The reason for this surprising correlation? The inner ear is extremely sensitive to blood flow, so obstructions in the arteries and veins - symptoms of impaired cardiovascular health - can impact the peripheral and central auditory systems, leading to hearing impairment. Conversely, when the heart is healthy and the flow of blood is unimpeded, hearing problems are fewer.

A study of 1,600 patients with a history of cardiovascular disease showed they were 54 percent more likely to experience impaired cochlear function, further evidence of how essential blood flow is to hearing.

Maintaining a healthy lifestyle will not only add years to your lifespan but will **reduce your odds** of developing hearing loss. Doctors recommend taking preventative measures such as eating healthier, losing weight and maintaining a healthy blood pressure.

Individuals with hearing loss are encouraged to undergo cardiovascular screening to determine whether there is an increased health risk. Patients already diagnosed with heart disease should receive regular hearing evaluations by an audiologist.

Love Your Hearing Aids

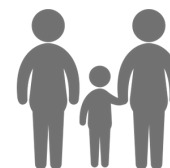
Many scientific studies in the past have confirmed the negative impacts associated with hearing loss, but there are **positive impacts associated with hearing solutions**, as well. Studies have supplied overwhelming data about how much of a difference hearing devices can make.

In a recent survey,* hearing device users reported the following improvements:

36% improved in mental health



51% improved in social life



43% improved in sense of safety

40% improved in relationships with grandchildren

22% improved in physical health



39% improved in sense of independence

43% improved in sense of self confidence

90% reported a better quality of life



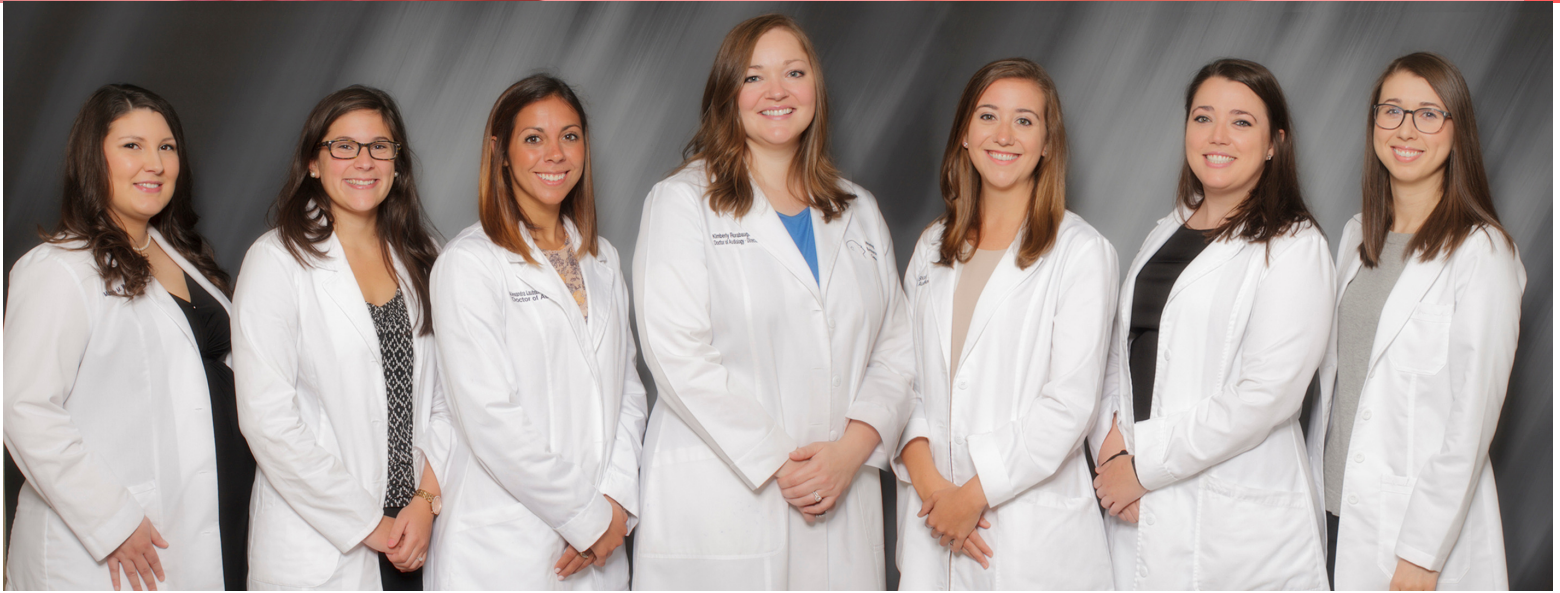
*Marke Trak VIII Patients report improved quality of life with hearing aid usage By Sergei Kochkin, PhD



The foundation of any healthy relationship is communication, and communication is contingent upon healthy hearing. Wearing hearing aids contributes to all of the things that have been found to make us happier including healthier relationships. Visit Hearing Resource Center with your loved one today!

A Team of Doctors That You Will Love

Key components in hearing device user satisfaction



Hearing devices are not just electronic devices, but rather a rehabilitative treatment, requiring long-term commitment to their use. **The audiologist who fits you is often times more important than the hearing device itself.** Understanding this, along with the importance of routine follow up care, will go a long way toward increasing your satisfaction with your purchase.

Fitting: Most people believe they only need their hearing devices fit and programmed when they first buy them. This is untrue - because our ears and hearing constantly change. **This is why regular hearing tests and reprogramming are essential.**



Call us today to schedule an appointment and learn about our new technology!

Follow Up: Most patients need to return every **3-6 months** for a clean and check to make sure earwax and other debris aren't building up on the devices, which can cause damage, or at the very least, worsen your hearing experience.

Are you due for a hearing aid reprogramming or routine follow up visit? If so, call 540-371-1263 to schedule your appointment!

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