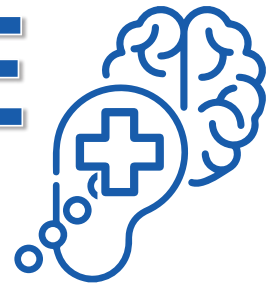


YOUR HEARING CARE IS HEALTH CARE



tin-ni-tus

/ˈtɪnədəs/

noun **MEDICINE**

ringing or buzzing in the ears.

Tinnitus (pronounced tin-NY-tus) is a common condition that can cause you to hear a ringing, rushing, or buzzing in your ears. Tinnitus is present in approximately 75% of all people with some form of hearing loss. While it will not cause you to lose your hearing, tinnitus is a leading indicator of hearing loss – even mild hearing loss.

While tinnitus is different for each person, it can affect your daily activities and quality of life. Our experienced, compassionate hearing health care professionals can help recommend a course of action to deal with this persistent problem. While there is no cure for tinnitus, our providers work with FDA-approved tinnitus therapy options to treat and reduce your tinnitus.

Don't Miss Out On The Sounds Of The Season Holiday Tips For Loved Ones With Hearing Loss

While the holidays are a time filled with joy and anticipation, they can be a struggle for people with hearing loss. For them, it can be difficult to distinguish voices, hard to follow conversations, and stressful and lonely when others are enjoying holiday music and laughter.

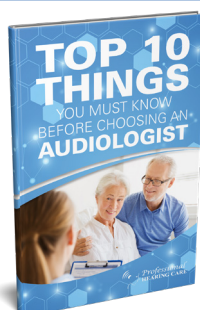
But it doesn't have to be that way because there are things you can do to help your loved ones hear better and ease the tension of the hustle and bustle of family dinners and holiday parties. Below are some helpful tips to create that same joy you experience with your loved ones who suffer from hearing loss:

- 1. Be Alert.** Keep an eye out during dinners and parties. If you notice that your loved one is struggling to hear conversation, help them to "hear" what is going on by repeating what they seem to be missing. Or, in the interim, pull them aside quietly and have a chat to make sure they are okay and ask if there is anything you can do.
- 2. Turn The Volume Down.** A loud television or loud background music makes it even harder for a person with hearing loss to follow conversation. Be vigilant in recognizing this and turning down the volume or turning it off altogether.
- 3. Don't Keep The Lights Down.** While dim lights can sometimes create a relaxing ambiance, it makes it hard for a person with hearing loss to read lips and see facial expressions. Turn the lights up for them.
- 4. Seat Your Loved One At The Head Of The Table.** When you seat someone with hearing loss at the head of the table, it becomes easier for them to see everyone around the table without struggling to look around from voice to voice.
- 5. Speak Clearly.** Speak clearly and slowly and rephrase if needed. Do your best to project your voice without yelling. Also, don't interrupt others while speaking, it just makes it more difficult for your loved ones with hearing loss to follow.

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**TOP 10 THINGS YOU MUST
KNOW BEFORE CHOOSING
AN AUDIOLOGIST**

Visit: www.phcreports.com

FREE

BENEFITS OF SUBSCRIPTION BASED HEARING HEALTHCARE:

- ✓ Avoid the Large Upfront Cost of Traditional Hearing Aids.
- ✓ Low Monthly Subscription Plans for the Medical Treatment of Hearing Loss and Tinnitus
- ✓ All-Inclusive Coverage for your Hearing and Tinnitus Treatment Needs
- ✓ Price Lock Guarantee so Your Treatment Costs Won't Increase Over Time
- ✓ No Patient is Denied the Care they Need due to Bad Credit/No Credit



Holiday time is also the perfect time to take note of those who don't have hearing aids but are struggling to stay in the conversation. Once the parties and dinners are over, it's a great time to have the discussion with them that it's time for a hearing healthcare checkup. Ask them gently and encourage them to go see a hearing healthcare specialist. For more information, please go to www.ExcellenceInAudiology.com.

Holiday Gift Ideas For Loved Ones With Hearing Loss

There are plenty of gift ideas that will thrill a family member or friend who suffers from hearing loss. Here are a few:

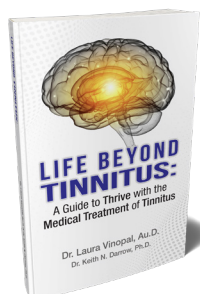
- Pick up some hearing aid supplies from your loved one's hearing healthcare practice. The team may also be able to suggest some essentials to surprise them with!
- Grab some phone accessories, including Bluetooth and amplified phone systems.
- Give the gift of a TV adapter and/or amplifying system.

This month, we leave you with a better understanding of the struggles of hearing loss at holiday time and throughout the year but also wish you and your loved ones a happy holiday season filled with *"the sounds of the season"*.



Looking Through A Small Hole

Nearsighted people can often read the lettering on distant signs by looking through a small hole with one eye. The hole focuses the light entering the eye and replaces the function of the eye's own lens.



Dr. Laura Vinopal's New Book
LIFE BEYOND TINNITUS:
A Guide to Thrive with the
Medical Treatment of Tinnitus

Visit: life-beyondtinnitus.com

FREE



And a quote from Dr. Keith N. Darrow, our veteran Clinical Audiologist and Neuroscientist:

“The challenge is helping adults recognize their hearing loss early so that they have the best prognosis for treatment and to help them avoid the pitfalls of living life without proper hearing. Unfortunately, too many people don’t understand that the value in treating hearing loss includes not only helping people to hear their best, but it also includes reducing their experience of tinnitus, helping them be more confident and remain independent, and helps them have fewer ‘senior moments’ by preventing significant decline and dementia.”



Dr. Keith Darrow, PhD, CCC-A
M.I.T. and Harvard Medical Trained
Neuroscientist and Clinical Audiologist

Dr. Darrow is a Harvard Medical School and M.I.T. trained neuroscientist and clinical audiologist. He is a professor at Worcester State University and Certified Alzheimer’s Disease and Dementia Care Trainer. His book, *Preventing Decline*, is an Amazon.com #1 New Release and Best Seller.

Learn More at
www.WatchDrDarrow.com

BRAIN HEALTHY RECIPE

Pistachio Parsley Pesto



Ingredients

- 1 bunch Italian parsley
- 1/2 cup shelled unsalted pistachios
- 1 large or 2 small cloves of garlic, peeled
- Zest and juice of 1 large lemon
- 1 large pinch of chili flakes (optional)
- About 1/2 cup olive oil
- Salt to taste

Directions

1. Grasp the parsley leaves in one hand and use scissors to cut the stems off just below the lowest leaves. Discard the stems. Rinse and dry the leafy parts thoroughly and set aside.
2. Put pistachios in a dry saute pan and toast over medium heat until warm and fragrant, about 3-5 minutes. Set aside.
3. In a food processor or blender, combine garlic, lemon zest, lemon juice, and chili flakes. Add a few pinches of salt. Pulse mixture to chop garlic.
4. Add parsley and pulse until finely chopped.
5. Add 1/4 cup olive oil and the warm nuts and pulse until well-mixed. Continue adding olive oil, 1 tablespoon at a time, until mixture is creamy but not oily. Taste and add more salt or chili flakes. This will keep in the fridge for a few days, and won’t become brown like basil pesto.



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 Green Bay, WI 54311



WHAT'S INSIDE

Don't Miss Out On The Sounds Of The Season 1
 Affordable Membership Plans 2
 Brain HQ Facts 2
 Brain Healthy Recipe 3
 Cognitive Game 4

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COGNITIVE GAME

Cryptogram > Decode the message. Each letter in the phrase has been replaced with a random letter or number.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				16									18						5						

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