

Your Hearing Care Is Health Care

NEWSLETTER



A Health Care Publication from Dr. Keith N. Darrow, Ph.D., CCC-A

May 2025



CAUTION

LOUD NOISE MAY CAUSE HEARING LOSS.

Protect Your Hearing At All Times.

BETTER HEARING & SPEECH MONTH

No one should risk hearing loss from loud sounds!

May is the month that we observe better hearing and speech to increase awareness about hearing health and successful communication. The effect of loud noises on hearing loss is preventable. For more information, please visit www.excellenceinaudiology.com.

- Hearing loss affects a large percentage of the world's population, approximately 48 million people, both adults and children alike.
- Tens of millions of people between the age of 20 and 70 will likely experience hearing loss due to noise exposure.
- Approximately 10 to 20% of teens exhibit signs of noise-induced hearing loss.

- Hearing loss increases with age, especially if not put in check early on. Almost 40% of those over 50 years young begin experiencing hearing loss. For people over the age of 70, this number increases exponentially.
- Over 50% of individuals (especially teens) listen to music with their earphones/headphones at loud volumes. (Please keep the volume below 60%!)
- Loud noise is an important hearing health issue and a huge environmental risk in the world today.

Did you know that you are born with approximately 16,000 hair cells in your inner ear?

Watch Dr. Darrow's **NEW TINNITUS Seminar...**



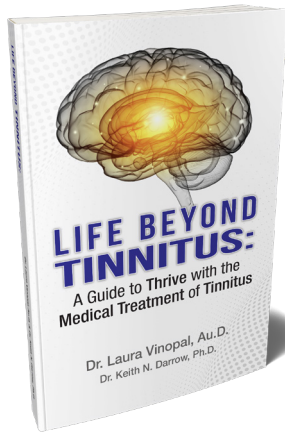
From the Safety and Comfort of Your Own Home.

FREE Educational Event Visit:

GetTinnitusTreatment.com

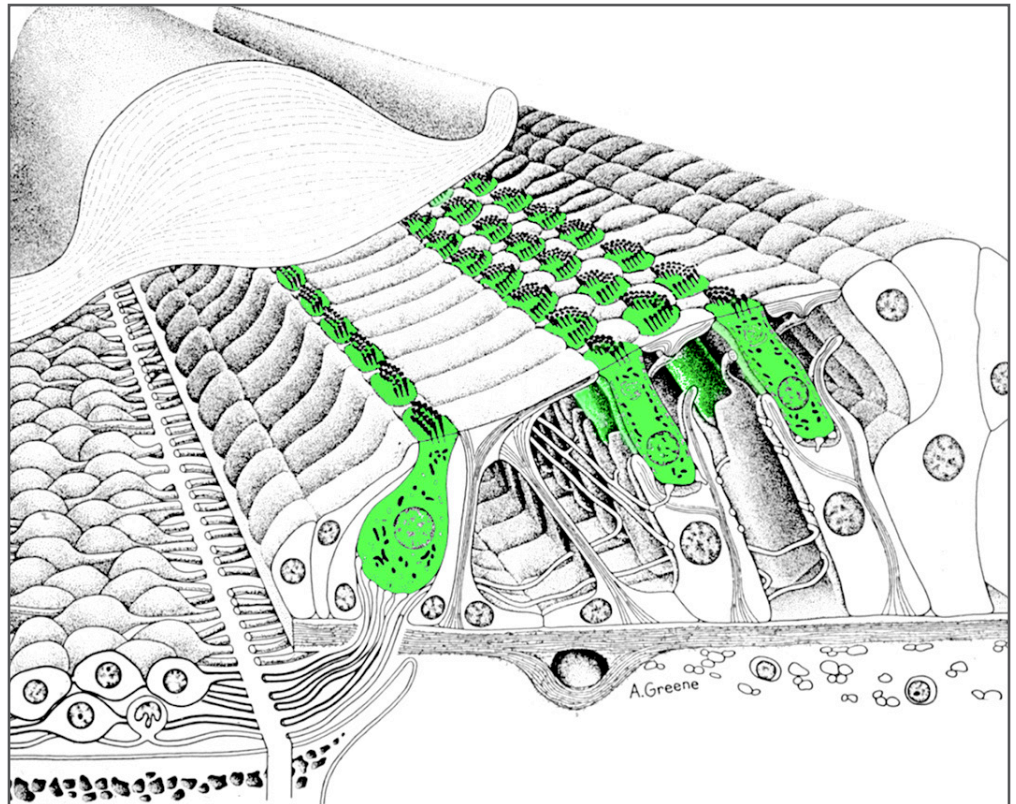
 *Professional*
HEARING CARE

FREE



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

Visit:
life-beyondtinnitus.com



Those hair cells permit your brain to detect sounds. When the cells are damaged or destroyed, they do not grow back. And you can lose up to 50% of hair cells before you even notice changes in your hearing. Loud noises can damage hair cells and the auditory nerve which transports information about sounds to your brain. Knowing what we now have learned about loud noises affecting your hearing, prevention is imminent.

So, how can you start protecting yourself immediately?

Protect your hearing by first having it checked by a professional and also taking the following steps to avoid hearing loss from loud sounds:

- **Headphones.** When wearing headphones, keep track of how long you have them on, keep the volume down, and take breaks from the noise periodically.
- **Be Conscientious of Noise Levels.** Whether you are working at a noisy job site, at a concert, or at

any place where you must shout to be heard, then consider the noise level too high. If you are in these places often, use noise-cancelling earmuffs or earplugs.

- **Shooting a Firearm.** Another area of concern when it comes to noise is whenever you are shooting a firearm. Always use hearing protection when shooting recreationally.
- **Turn the TV Down.** Try to keep the volume on the TV down as low as possible. The same with the radio in your car.
- **Recover.** Sometimes it is inevitable that you will be exposed to loud environments. Give yourself time to recover after being exposed.
- **Be Careful What You Put In Your Ear!** This one may seem obvious, but it isn't always. Never use anything to scratch inside of your ears. When using a Q-tip, clean only around the very tip of your ear and do not reach down to the eardrum.



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

The wax will lift itself out to the opening naturally.

- **Keep Moving.** Exercise helps to keep the blood pumping, including in your ears and will keep the internal parts of your ears healthier.
- **Get Tested.** Whether you experience hearing loss, ringing or fullness in your ears, get tested. Also, anyone over 50 should be tested even without symptoms.

Loud noise can cause hearing loss and also tinnitus (ringing or buzzing in the ear), and hyperacusis (heightened sensitivity to sound). Frequent contact to loud environments over the years will undoubtedly have an effect on how well you hear later in life, even after exposure has ceased. Be vigilant now to protect your hearing later.

It's important to know that those who live with untreated hearing loss are at risk of becoming isolated from their family and friends and suffering from depression and anxiety. There is increased risks of falls, higher healthcare costs, dementia, and cognitive decline, together with an overall lower quality of life.

This May, we urge you to not only have a hearing test done but also to spread the word to others. Noise-induced hearing loss IS preventable! And encourage your children to adopt healthy hearing habits before it's too late!

Please visit on www.excellenceinaudiology.org for more information and tips to help you on your healthy hearing journey.

AVOID HEALTHCARE INFLATION...

Lock in Your
Hearing Care
Treatment Plan
At Today's
Monthly
Payment!



Brain Healthy Recipe

Almond Orange Salmon



Ingredients

- 4 salmon fillets (6 oz each)
- Zest and juice of 1 orange
- 2/3 cup almonds, chopped
- 1 tablespoon flat leaf parsley, chopped finely (can use a different herb if you prefer)
- Olive oil
- Salt and pepper

Directions

1. Bring salmon to room temperature by leaving it out on the counter for approximately 30 minutes.
2. Preheat oven to 275 degrees F. Place a baking rack in a sheet pan.
3. Combine orange zest, orange juice, almonds, parsley, ½ teaspoon of salt, and ½ teaspoon of pepper in a small bowl. Set aside.
4. Put salmon filets skin side down on the rack.
5. Drizzle each fillet with about 1 teaspoon of olive oil and sprinkle with salt and pepper. Place pan in oven and cook for 20 minutes.
6. Pat almond mixture onto salmon and return to oven for an additional 5 minutes, until nuts are toasted.
7. Salmon will be cooked through, although color will remain vibrant and flesh will be soft.



PERIPHERAL NIGHT VISION

At night, our peripheral vision is better than our foveal (straight on) vision. Hikers at night do better when they look slightly above the trail, and airplane pilots are taught to look for traffic out of the sides of their eyes. This is because our rod cells, photoreceptors that respond best to dim light, are located mostly in the periphery of the retina.



509 N Union St,
Mauston, WI 53948

1521 Losey Blvd S,
La Crosse, WI 54601

110 N Main St,
Westby, WI 54667

5957 McKee Road, Suite 101B,
Fitchburg, WI 53719

3313 Ste. B S. Packerland Drive,
De Pere, WI 54115



What's Inside

Better Hearing and Speech Month.....	1
Benefits of Subscription Based Hearing Healthcare	3
Brain HQ Facts.....	3
Brain Healthy Recipe.....	3
Brain Game	4

Scan Below



(866) 878-5772
www.profhearingcare.com

Brain Game Maze > Instructions: Find your way through the maze.

