



THE HEARING AID CENTER

News Corner

MENTAL HEALTH

January is Mental Wellness month and we would like to extend our gratitude to all of our clients and those in our community who, through their positive attitude, kind gestures, and warm smiles brighten our world.

Positive mental wellness can be improved through many avenues. If you need a good reason to get out and socialize, consider heading over to Auburn's Senior Center or Auburn's Library and check out what great activities or events that might suit you. There are wonderful exercise classes, classic movies, games, you name it; stay positive and stay connected.

Auburn Senior Center:

www.auburnseniorcenter.com

Auburn Library:

www.placer.ca.gov/departments/library/events

David Gibson - Hearing Specialist
Anna Gibson - Patient Care Coordinator
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UNTREATED HEARING LOSS LINKED TO DEPRESSION, SOCIAL ISOLATION IN SENIORS

Contributed by American Academy of Audiology



Untreated hearing loss has serious emotional and social consequences for older persons, according to a major new study by The National Council on the Aging (NCOA). The study was conducted by the Seniors Research Group, an alliance between NCOA and Market Strategies, Inc.

"This study debunks the myth that untreated hearing loss in older persons is a harmless condition," said James Firman, EdD, president and CEO of The National Council on the Aging. The survey of 2,300 hearing impaired adults age 50 and older found that those with untreated hearing loss were more likely to report depression, anxiety, and paranoia and were less likely to participate in organized social activities, compared to those who wear hearing aids.

Hearing loss is one of the most prevalent chronic conditions in the United States, affecting more than nine million Americans over the age of 65 and 10 million Americans age 45 to 64. But about

three out of five older Americans with hearing loss and six out of seven middle-aged Americans with hearing loss do not use hearing aids.

Consequences of Untreated Hearing Loss

The survey found that significantly more of the seniors with untreated hearing loss (those who do not wear hearing aids) reported feelings of sadness or depression that lasted two or more weeks during the previous years. Among respondents with more severe hearing loss, 30 percent of non-users of hearing aids reported these sad feelings, compared to 22 percent of hearing aid users.

Another measure of emotional distress is the perception that "other people get angry at me for no reason," which psychologists often identify as an indicator of paranoia.

Older non-users were more likely to agree with the statement "people get angry with me usually for no reason" (14 percent of users vs. 23 percent of non-users). Among those with more severe hearing loss, the difference was even greater—14 percent for users vs. 36 percent for non-users.

Because social isolation is a serious problem for some older people, the study also examined social behavior and found that people who don't use hearing aids are considerably less likely to participate in social activities. Among respondents with more severe hearing loss, 42 percent of hearing aid users participate regularly

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in social activities compared to just 32 percent of non-users.

Carolyn Holmes, PhD, of the Seniors Research Group said, "This survey is groundbreaking not only in the large size of the sample but also in the inclusion of 2,090 close family members or friends of the hearing-impaired respondents who were asked a parallel set of questions."

Benefits of Treatment

Hearing aid users reported significant improvements in many areas of their lives, ranging from their relationships at home and sense of independence to their social life and their sex life. In virtually every dimension measured, the families of hearing aid users also noted the improvements but were even more likely than the users to report improvements.

Improvement Area	Improvement Reported by Hearing Aid User (%)	Improvement Reported by User's Family (%)
Relations at home	56	66
Feelings about self	50	60
Life overall	48	62
Relations with children, grandchildren	40	52
Mental health	36	39
Self-confidence	39	46
Social life	34	41

THE PHONAK MARVEL



I'm excited to share with you a new product that we've had released by Phonak called the Marvel. The Marvel hearing aid is the first ever hearing aid to have complete

Bluetooth connectivity with all Bluetooth enabled devices. What that means is the Marvel can connect to any Bluetooth device you may have at home, whether that be your cell phone, your Kindle, your Bluetooth enabled Smart TV, your computer, your laptop; these devices can all pair directly to the Marvel and allow for streaming of video and audio and phone calls and everything else through these little mini computers, that you wear on your ears. This is a big advancement for hearing aid users that use Samsung or Google smartphones versus the common iPhone. The Marvel can stream voice or music from your smartphone or TV directly to your hearing aids

making for a very clear sound.

The other really cool thing about the Marvel includes rechargeability as an option, with a built-in lithium ion battery that lasts all day. These rechargeable hearing aids are some of the best on the market. Because the battery door has been removed this makes the device more water resistant; it will last up to 30 minutes submerged in 4 feet of water without harming the device! A brand-new speaker set is also a new feature. This has made for an improvement in sound quality, particularly with music; and also better processing for environments with background noise for improved understanding of speech. This new Marvel device really is unique and one of a kind. It's very new to the market and something you will only find at your hearing healthcare providers office. As always if you would like to demo these for a week at no cost, or any other hearing aid, please give us a call!

OUR DEMO PROGRAM

Our office provides free demos of the latest technology from Every Major Manufacturer.

Call us today if you would like to do a test drive. We encourage you to try before you buy!

ANNA'S RECIPE HEALTHY MINESTRONE



To me, nothing feels more nourishing to the body than a homemade bowl of warm winter soup with tons of vegetables. This soup is ultimately nutritious and delicious. Serve this soup with a nice loaf of bread and you are in for a treat.

Bon Appétit!

Ingredients

- 1 tsp olive oil
- 1/2 cup chopped onion chopped
- 4 cloves garlic chopped
- 1/2 cup chopped celery
- 3/4 cup chopped carrots
- 28 oz can diced tomato
- 15 oz can cannellini beans
- 1 cup chopped zucchini
- 3 cups water
- 1/2 tsp salt
- 1/2 tsp oregano
- 1/4 tsp thyme
- 1/4 tsp black pepper
- 1/2 cup elbows or other pasta use gluten-free if needed
- 1 cup baby spinach
- 3 tbsp chopped basil

Directions:

Step 1: Heat oil in a large saucepan over medium heat. Add onion and garlic and cook until translucent.

Step 2: Add celery, carrots and tomato and bring to a boil.

Step 3: Add the beans, zucchini, water, salt and spices and cook for 15 to 18 minutes.

Step 4: Add 1/2 cup pasta and simmer for 12 or more minutes.

Step 5: Fold in spinach and 2 tbsp chopped basil and simmer for another minute. Serve hot garnished with fresh basil!

Thank you for voting us 2018 Best of the Best!