

# ON THE EAR WAVES

The Official Newsletter of London Audiology Consultants



387 BURWELL STREET  
LONDON, ONTARIO  
(519) 435-1899  
WWW.LONDONAUDIOLOGY.COM

## HEARING LOSS AND MEMORY

Recent medical research has shown a **direct connection between hearing loss and cognitive decline** and cognitive impairment in seniors. A study at the Johns Hopkins Center on Aging and Health found that older adults with hearing loss showed an acceleration in cognitive decline by 30 to 40 percent as compared to peers with normal hearing. There was also an increased risk of cognitive impairment (e.g., dementia) of 24 percent among seniors with hearing loss.

There are several possible reasons for this connection between hearing loss and reduced cognitive function. When compensating for a hearing loss an individual will use other parts of the brain normally reserved for working and short term memory. In addition hearing loss can lead to social isolation which increases the risk of dementia.

Do something for your brain and have your hearing tested. First time hearing assessments are complimentary at London Audiology Consultants. **Call 519 435-1899 for an appointment.**



**May is Hearing Awareness Month**



**Caring for Your Hearing Aids**



**Myths and Facts about Hearing aids**

## Myths and Facts About Hearing Aids

**Myth:** Hearing aids will restore my hearing to normal levels.

**Fact:** Hearing aids do not restore hearing to normal levels but they do help you hear more and make it easier to communicate.

**Myth:** Wearing two hearing aids is not necessary.

**Fact:** ; Most people with hearing loss in both ears will hear better with two hearing aids.

**Myth:** All hearing aids are very expensive.

**Fact:** Hearing aids are available at different price points.

**Myth:** Hearing aids do not help people with “nerve deafness”.

**Fact:** For the majority of people with hearing loss, it is in the inner ear or the nerve. Modern hearing aids are designed to help this type of hearing loss.

**Myth:** It is better not to use your hearing aids unless you go some place where you really need them.

**Fact:** The ears and the brain need to adjust to the sound of hearing aids. It is better to wear hearing aids daily to help with this adjustment process.

## Thank You from Barb Shier

Barb Shier retired from London Audiology Consultants in December 2012. She offered these words of thanks.

“I just wanted to thank all of my patients for their Best Wishes. It was a great opportunity for me to say Good Bye to many of you that made the effort to come to our annual open house in November to wish me well.

To all of you who gave me gifts and dropped off cards, I thank you from the bottom of my heart.

It would be great to keep in touch with many of you who I call friends today. Please feel free to drop me a line by email to [darrell9@rogers.com](mailto:darrell9@rogers.com) as I would love to hear from you.

It has been a pleasure to serve you over the years. May God Bless you and your families.”

Images from:  
Ohmega1982 and Sweetcrisis at  
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## May is Hearing Awareness Month

To help raise awareness about the importance of hearing health, professionals from London Audiology Consultants will be participating in events around London.

Marg will be speaking at the Hamilton Road Seniors' Center as part of their “Coffee and Conversation” program on May 13, 2013.

Cathy and Mary will be doing hearing screening with the Medicine Shoppe Pharmacy on King Street on May 22, 2013.



## Hearing Aid Enemy Number One: Earwax

When earwax enters the sound opening of a hearing aid, it can result in lowered sound or no sound at all. Earwax can also damage hearing aid components.

At London Audiology Consultants we recommend that you clean your hearing aids daily. If you are using a wax guard system, the wax guard needs to be changed routinely.

Speak to your audiologist or dispenser if you are unsure how to clean your hearing aid or how to change your wax guard.



## Hearing Aid Enemy Number Two: Moisture

Did you ever wonder why your hearing aids work perfectly at home but the minute you arrive in Florida they sound noisy or stop working all together? This is due to moisture getting into the hearing aid circuits. Moisture can come from humidity, rain, snow, bathing and perspiration.

We recommend the daily use of a Dri-Aid kit or electric hearing aid dryer to keep aids moisture free.

Kits are available in the office.



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