

# COGNITIVE HEALTH

January 2019



## Working Memory Stores Seven Digits

It's no accident that telephone numbers in the United States are seven digits long. Our working memory, a very short-term form of memory which stores ideas just long enough for us to understand them, can hold on average a maximum of seven digits. This allows you to look up a phone number and remember it just long enough to dial.

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Compliments of



## 6 New Year's Resolutions to Help Reduce Your Risk of Dementia (and improve your overall wellness!)

Together, let's make our New Year's Resolutions good for our physical and mental health! Here are 6 simple steps to help reduce the risk of developing the mind-robbing disease of Dementia. These tips are especially important if you're in your 40s, 50s or 60s!

### 1. Stop saying 'huh?'

Untreated hearing loss can increase the risk of developing Dementia by as much as 200-500%. More importantly, the early treatment of hearing loss has been indicated to be the most effective means of preventing the disease. Treatment is simple, affordable, and very effective!

### 2. Get moving.

Another easy way to take care of yourself and to reduce the risk of dementia is taking part in regular physical exercise. It's good for your heart, circulation, weight and cognitive (your brain!) wellbeing.

### 3. Eat well.

A healthy, balanced diet is likely to reduce your risk of Dementia, as well as other conditions including cancer, type 2 diabetes, obesity, stroke and heart disease.

### 4. Quit smoking and cut down on alcohol.

If you smoke and/or drink, you're putting yourself at a much higher risk of developing Dementia. Quit smoking and aim to limit alcohol consumption to no more than 14 drinks per week.

### 5. Keep your mind active.

Years of research suggests that regularly challenging yourself mentally seems to build up the brain's ability to cope with disease. Find an activity you enjoy so you will be more likely to keep it up.

### 6. Look after your health.

Taking control of your health will help reduce your risk of Dementia. A visit to your primary care physician every year helps to reduce your risk of physical and cognitive decline.



## Ask One of the Clarity Specialists

**Q:** What in the heck is an invisible hearing aid?

**A:** I saved my favorite treatment topic for last...invisible hearing aids. Like Wonder Woman's invisible jet plane—you can't see it, but it kicks butt!

I get questions about this all the time from patients: "What is an invisible hearing aid?" and "Will my friends be able to see it?"

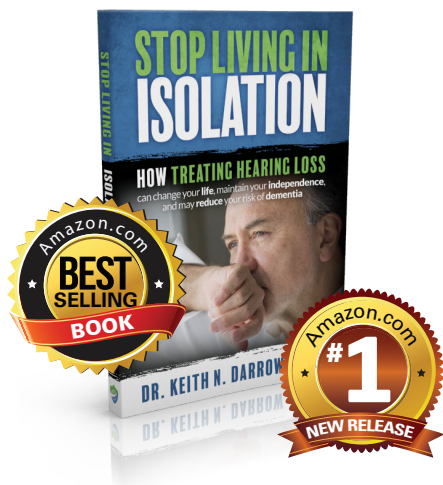
When treating hearing loss with NeuroTechnology™, I have two principles that I always follow:

1. Use the right NeuroTechnology™ to treat the patient's hearing loss and improve cognitive health.
2. Respect the patient's desire for NeuroTechnology™ that is physically and aesthetically comfortable for them.

BUT... Principle #2 can never override Principle #1. As a general rule of thumb in the tech world, the size of technology decreases over time. NeuroTechnology™ uses smaller, more powerful digital technology and processing to automatically adapt to the user's surroundings. I have always believed that treating hearing loss should require minimal effort from the patient. The hearing-impaired person needs to start using NeuroTechnology™ when he or she wakes up in the morning and then simply remove it before falling asleep—and do nothing in between! NeuroTechnology™ has ushered in the age of effortless hearing loss treatment.

## From the DOCTOR'S DESK

Patients frequently ask the same questions before, during, and even after treatment. These questions are very important to know and understand before seeking medical treatment for hearing loss. This summer, in between traveling to 13 cities speaking on Cognitive Aspects of Hearing Loss I wrote a book that answer these, and many other, questions for those who may be in need of a guide on choosing an audiologist and treatment. "Stop Living in Isolation" will thoroughly answer your questions and prepare you and your loved ones to make the best medical decision for you, your family, and your overall health.



## HEARING HEALTH CARE NEWS

Welcome to our January 2019 edition of Hearing Health Care News™!

It is that time of year again. A time for new beginnings. A time to start fresh and take control of our lives. A time to make positive changes to improve our health and make better decisions on how we live our lives.

Fortunately, there are many things we can do to improve our overall physical and cognitive (mental) health. It never makes sense to attempt dramatic change in our behaviors because we are likely to break our New Year's Resolutions if the challenge is too great.

Commitment, moderation and setting realistic goals are the most important keys to success in changing human behavior. Below are 6 easy, modifiable lifestyle factors that can have a major impact on both your physical and cognitive well-being.

### 6 New Year's Resolutions to Help Reduce Your Risk of Dementia (And improve your overall wellness!)

Like many people, you may have made some resolutions for 2019. Perhaps you're determined to improve your health by joining your local gym or drinking less alcohol. The good news is that making healthier choices can also help reduce your risk of Dementia. While some things that affect your risk of Dementia can't be changed, such as your age or genes, there are many things you can change.

Here are six simple things you can do to help yourself, and your loved ones, lower the chances of developing the mind-robbing disease of Dementia. **They're especially important if you're in your 40s, 50s or 60s** – although they are certainly relevant to everyone.

#### 1. Stop saying 'huh?' and 'what?'

It's true, one of the best ways to reduce your risk of Dementia is taking part in regular audiology exams and to treat a hearing condition at the first

signs of loss.

#### 2. Get moving.

Another easy way to take care of yourself and to reduce the risk of Dementia is taking part in regular physical exercise. It's good for your heart, circulation, weight and cognitive (your brain!) wellbeing.

#### 3. Eat well.

A healthy, balanced diet is likely to reduce your risk of Dementia, as well as other conditions including cancer, type 2 diabetes, obesity, stroke and heart disease.

#### 4. Quit smoking and cut down on alcohol.

If you smoke, you're putting yourself at a much higher risk of developing Dementia later in life, as well as other conditions such as cancer and stroke. But you likely already knew that. Let's make 2019 the year you quit or helped your loved one get over their nicotine addiction.

#### 5. Keep your mind active.

Much like exercising your body, it is important to work out the brain as well – and doing so can also help reduce your risk of Dementia! Years of research suggests that regularly challenging yourself mentally seems to build up the brain's ability to cope with disease. Find an activity you enjoy, because you'll be more likely to keep it up.

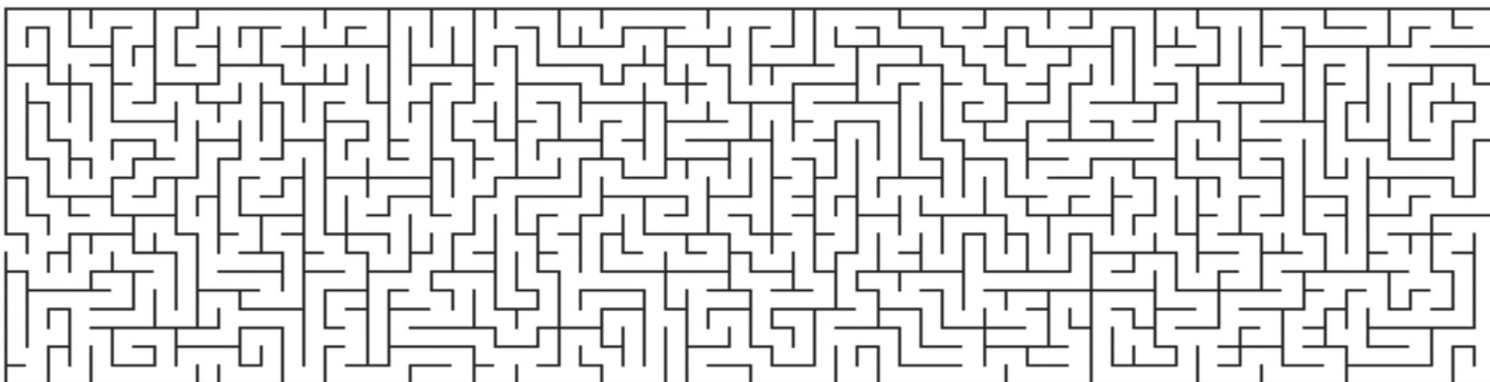
#### 6. Look after your health.

Taking control of your health will help reduce your risk of Dementia. Following through with the simple task of visiting your primary care physician every year helps to reduce your risk of physical and cognitive decline.

To learn more about how to reduce your risk of cognitive decline and the disease of Dementia, including Alzheimer's, please visit [www.HearingUnlimitedReports.com](http://www.HearingUnlimitedReports.com) to download our free reports.

## COGNITIVE GAME OF THE MONTH

### Maze Instructions: Find your way through the maze.





### Cranberry Muffins

Cranberries are an excellent source of high-quality antioxidants, which help maintain a healthy brain.



#### ■ INGREDIENTS

- ½ cup + 2 Tbsps all-purpose flour
- ½ cup + 2 Tbsps whole wheat flour
- 1 Tbsp baking powder
- 1/3 cup superfine sugar  
also known as caster sugar)
- ¼ cup pecans, roughly chopped
- Zest of ½ orange
- 1 egg
- ¾ cup milk
- ½ stick butter, melted
- 2 tsp orange juice
- ½ cup cranberries

#### ■ DIRECTIONS

##### STEP 1

Preheat oven to 425 degrees F. Line a 12 cup muffin pan with paper liners.

##### STEP 2

Sift the two flours and baking powder into a large mixing bowl, then stir in sugar, pecans, and orange zest.

##### STEP 3

In a small mixing bowl, beat together the egg, milk, melted butter, and orange juice.

##### STEP 4

Add the wet ingredients to the dry and beat with a wooden spoon until just combined.

##### STEP 5

Add the cranberries and stir briefly. (Do not overmix or the muffins will be tough.)

##### STEP 6

Spoon the batter into the prepared muffin liners, filling to around 2/3 full. Bake in the oven for 20 minutes or until the domes are lightly golden and firm to the touch.

##### STEP 7

Remove muffins from the oven. Allow to cool slightly, and serve while still warm





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