

COGNITIVE HEALTH

October 2019



Even Reptiles Yawn

Yawning is an age-old activity that occurs in reptiles, birds and, of course, mammals. This behavior is controlled by chemicals in the brain called neurotransmitters. Neurotransmitters, such as nitric oxide and dopamine, act in the hypothalamus to induce and control yawning.

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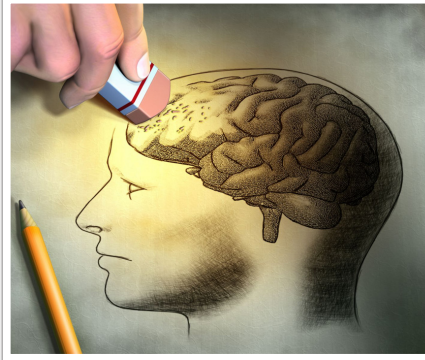
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The Stages of Dementia:

What You Need to Know.



Dementia is the mind-robbing, debilitating disease that can strip us of our memory and dignity. There are 7 known stages to this disease for those at risk and for those caring for a loved one. Dementia, the umbrella term used to describe memory loss and decline of cognitive function, includes Alzheimer's and many other forms. For most patients, there are 7 common stages that are ordered in severity from no dementia to early, mild, moderate and severe stages.

Stage One: No Cognitive Decline

People in this stage are mentally healthy and experience no memory loss.

Stage Two: Very Mild Cognitive Decline

Normal forgetfulness associated with aging -- people forget names, where they left something, etc. Symptoms are not obvious to the individual's family or a doctor.

Stage Three: Mild Cognitive Decline (2 to 7 years duration)

Stage three mirrors depression, with slight concentration difficulties, trouble finding words and increased forgetfulness. At this stage, symptoms may be noticeable to a person's loved ones.

Stage Four: Moderate Cognitive Decline (2-year duration)

Symptom severity is magnified, with increased difficulty concentrating, decreased short-term memory, difficulty travelling alone and managing finances. People may be in denial about their symptoms, have trouble with complex tasks and start to withdraw from family and friends. Cognitive issues will be visible during a doctor-patient exam.

Stage Five: Moderately Severe Cognitive Decline (1.5-year duration)

People experience memory deficiency to the point that they need help with daily tasks such as dressing and bathing. Memory loss may now include aspects of current life, and people may not remember their address or phone number.

Stage Six: Severe Cognitive Decline (2.5-year duration)

People now require extensive assistance to carry out their daily activities. Memory loss is also severe -- sufferers will have little memory of recent events and only remember few details from earlier life. Sufferers experience incontinence, personality changes and ability to speak declines.

Stage Seven: Very Severe Cognitive Decline (1.5 to 2.5-year duration)

Late stage patients have almost no ability to speak or communicate. They will also lose brain function, limiting their ability to walk and perform other basic actions. Sufferers will require assistance with most activities. If you are concerned about yourself or a loved one, speak to your primary care physician or seek out a certified dementia prevention educator in your community.



Ask One of the Clarity Specialists

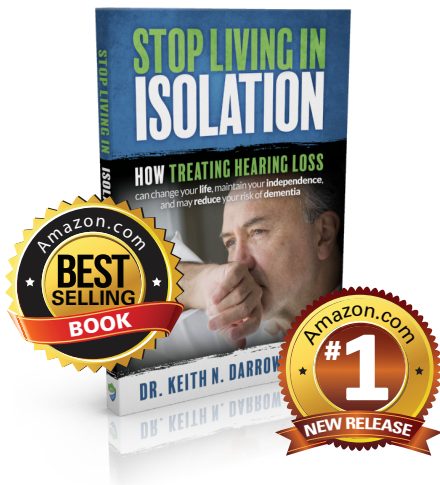
Q: What if I have "total hearing loss" in one of my ears? (And what is a CROS System?)

A: As a general rule of thumb, hearing ability in the two ears should be near equal to each other. After all, your ears are the same age. If you have a history of noise exposure it was likely the same in both ears, and if you were prescribed a medicine with a side-effect that could impact hearing, it would impact both ears similarly.

While the course of treatment for individuals with significantly poorer hearing in one ear is different than the patient with symmetrical hearing loss, NeuroTechnology™ can be used to significantly enhance hearing and understanding in all listening situations. Briefly, the most common NeuroTechnology™ used in these cases is referred to as a CROS System. CROS (Contralateral Routing of Signal) will take sound from the "dead" / worse side and route it over to the better side (even if there is some hearing loss in the "better" side). Using this technology allows the patient to access sound on the (otherwise) muted side of the body. While this patient may never perform as well as an individual treating equal levels of hearing loss in both ears, restoring perception of sound from the muted side of the body can offer significant relief in almost all listening situations.

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. Last 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

October, and the change it brings, is a good time to focus on the changes in our lives; the changes from day to day, month to month, and year to year. We cannot stop change. There is no way to re-write the past, but only the ability to prepare for the future, and the change it brings to us.

One of the biggest changes that I have experienced, professionally, is how health care and hearing loss have become integrated into one. While I'm not that old, I do remember the days of 'deaf and dumb' and the thought that 'hearing loss was a natural part of aging'. Fortunately, science has made clear to everybody in the medical field that proper hearing health care is a critical component to overall physical and cognitive wellness.

The American Academy of Audiology, the country's largest group of hearing health care providers, has dedicated the month of October to National Audiology Awareness Month. To celebrate this month, and all of the Audiologists and Hearing Care Specialists across the country, we will take this month to better understand the importance of Audiology, and help you understand the importance of great hearing health care.

Perhaps the most common question I get as I travel the country speaking to hundreds of patients at symposiums, or providing one-on-one patient care, is:

'When is the right time to get my first hearing test?'

The American Speech Language Hearing Association, the American Academy of Audiology, and the American Medical Association have all considered the recommendation of including "hearing evaluation / screening" between the ages of fifty to sixty years young. I often use the catch phrase **"Ears and Rears"** as my way of getting people to remember to have their hearing checked when they turn fifty (and of course, have

a colon cancer screening too!). Regardless of age, if you are noticing any of the symptoms of hearing loss, or if your family is encouraging you to seek assistance with your hearing, then it is time to take your first step to have a hearing test and learn about treatment options.

Hearing loss is a progressive degenerative disorder that significantly compromises the neural integrity of the auditory system, and the brain. As a result, the most common symptoms of hearing loss that result from this neural dysfunction are:

- Difficulty following a conversation in background noise
- Tinnitus (ringing or buzzing in your ears)
- Hearing people speak but not understanding everything they say (i.e. a loss of clarity)

In the past decade, science has helped clinicians and their patients understand the connections of hearing loss to overall health care. We now understand that diabetes can affect hearing, as well as cardiovascular disease and kidney disease. We also know that nutrition and diet can impact hearing. Perhaps the most alarming statistic is that hearing loss can increase the risk of developing cognitive decline, memory loss and Dementia by as much as 200-500%. This study, led by Dr. Frank Lin at Johns Hopkins Medical Center, has highlighted the importance of maintaining healthy hearing to maintain a healthy brain.

Please encourage your family, friends and neighbors in your community, especially during the month of October, that *'Hearing Care Is Health Care'* and that the key to successful treatment of hearing loss, and reducing risk of cognitive decline and Dementia, is to start treatment as early as possible.

COGNITIVE GAME OF THE MONTH

Cryptogram

Instructions: Fill in the missing letters and discover the hidden message.

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
				10										21					8						

T	E	E	O	E	E	T	:	E	E	T	O																
8	6	10	22	26	24	10	5	21	24	19	10	25	10	3	8	23	1	12	24	10	14	10	3	8	23	21	3



Arctic Char with Yogurt Sauce

Arctic Char is a fish that falls somewhere between salmon and trout in both flavor and texture. It's a terrific source of Omega-3 fatty acids!



■ INGREDIENTS

- 1/2 cup plain Greek yogurt
- 1/4 cup peeled and finely chopped cucumber
- 2 Tablespoons chopped fresh cilantro
- juice of 1 lime
- 2 teaspoons olive oil
- 4 arctic char fillets, about 5-6 oz each
- lime wedges for serving
- salt and pepper

■ DIRECTIONS

STEP 1

In a small bowl, combine yogurt, cucumber, cilantro, and lime juice. Season with one or two large pinches of salt.

STEP 2

Heat olive oil in a nonstick saute pan over medium high heat. Season fish fillets with salt and pepper on both sides. When oil is hot, add fillets to pan in a single layer.

STEP 3

Cook about 3-4 minutes per side, until cooked through.

STEP 4

Remove fillets to serving plate and drizzle sauce over the top. Garnish plate with lime wedges.

NOTE

If you can't find arctic char, you can substitute salmon or red snapper in the recipe.



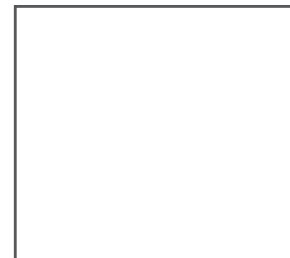
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Savings That You Want To **HEAR ABOUT!**

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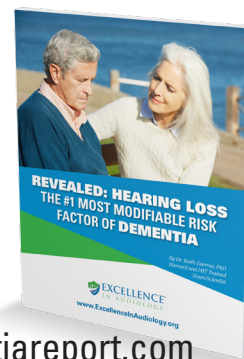
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