

Lyric Audiology

Bringing words and music to your ears



HEAR IT HERE!

MAY 1, 2015 VOL 1, ISSUE 4

MAY IS BETTER HEARING AND SPEECH MONTH

CELEBRATE BY GIVING YOURSELF THE GIFT OF HEARING

DID YOU KNOW....A recent study from Taiwan has found a link between osteoporosis and temporary hearing loss. Although the reason for the connection isn't clear, osteoporosis and sudden, temporary hearing loss often occur together, a new study from Taiwan finds. This type of hearing loss can occur all at once or over several days and is often temporary. According to background information from the researchers, about half of people who experience sudden hearing loss will regain their hearing, and about 85 percent of people who are treated for the condition recover some hearing. While the study couldn't prove cause-and-effect and the reasons for the link remain unclear, the study author theorized that heart risk factors, inflammation and bone demineralization may each contribute to the association between weakening bones and quick loss of hearing. According to the U.S. National Institute of Arthritis and Musculoskeletal and Skin Diseases, more than 40 million Americans have osteoporosis or are at risk for the condition. The study was published recently in the Journal of Clinical Endocrinology & Metabolism. — *nlm.nih.gov*

SPOTLIGHT ON OTOTOXIC MEDICATIONS

We all take them at some point in our lives. But, can those very medicines that keep us healthy be the cause of that horrible ringing in our ears? Or the balance problems we suddenly experience? Unfortunately, YES.

Ototoxic drugs damage the delicate structures of the cochlea (inner ear) and/or the vestibular (balance) system. How much damage is caused depends on several factors: the dose, the duration, other substances being used, individual health and age, etc. Signs of ototoxicity can include ringing (tinnitus) in one or both ears, fullness or pressure in the ears, decrease in hearing, and vertigo, dizziness, or balance problems. In many instances, the damage

is only temporary and can reverse once the medicine is discontinued or the dosage is lessened. However, many times the damage is permanent.

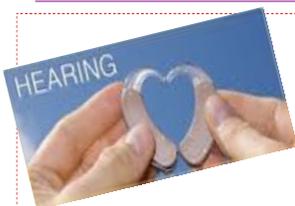
Some of the most common ototoxic drugs are aspirin, NSAIDS like advil, certain antibiotics, certain diuretics, quinine, anti-neoplastics, and anti-depressants.

When you begin taking a medication, be sure to ask your physician or pharmacist about possible side effects. And be especially careful to tell your physician of other medications you take or have taken.

If you find that you are taking one or

more of these medications, what can be done to lessen their effects? First, NEVER STOP OR CHANGE A MEDICATION WITHOUT CONSULTING YOUR PHYSICIAN. Next, talk with your physician and ask if there is a substitute that will work just as well without the ototoxic effects. Ask if a lower dose would be just as effective. And – very important – consult an audiologist and have your hearing monitored regularly to see if there is any change.

Hearing tests should be a regular part of your overall health care. Call 845-395-0300 for more information.



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Hearing Aids. Restrictions apply. Not to be used in combination with other offers, discounts, insurance. Full details in store. VALID May 1-31, 2015 Just mention this coupon. 1 coupon per person.



FREE
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PHONE
CALL 845-395-0300

Hearing Problem? Tinnitus?? Call now for a FREE consultation.

 Lyric Audiology is located in the Gateway Plaza, 371 Route 17M, Monroe. 845-395-0300

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