



MARKHAM HEARING CENTRE

Boxgrove Medical Arts Centre
110 Copper Creek Drive, Suite 105
905-471-4479



Making Sense of Sound

Did you know that we hear in our brains? Sure, our ears are responsible for sending information to the brain, but it is the brain that requires a complete and clear signal for the ears to focus, recognize, orient, and separate sounds in the environment. The fewer details of sound the brain receives, the harder it has to work to make sense of it. Today's hearing solutions allow the brain to receive proper information in all listening situations. The technology inside a modern hearing device allows you to: organize sounds; hear better in challenging environments, understand speech over other noises; and enjoy an enriched listening environment that is personalized to your particular needs.

Thus, we want to remind you it's important to have your hearing aid(s) checked and cleaned at our clinic annually. You may also want to talk to our audiologists about upgrading to the latest digital technology or maybe refer a friend who you think could benefit from having their hearing checked. Anyone who books an appointment during the month of **May, June, July and mention the promo code "NEWSLETTER"** will receive **\$200 off each hearing aid** over and beyond the ADP government grant of \$500 off each aid.

IN THIS ISSUE...

Keeping up with Technology

Frequently Asked Questions

Markham Hearing Centre's
Crossword Puzzle

Get to Know one of your
Audiologists – Vahideh Bosaghzadeh



MARKHAM HEARING CENTRE

Keeping up with Technology

A common complaint and struggle from those with hearing loss is their difficulty in hearing and following a conversation in a noisy restaurant.

Understandable, since even those with perfect hearing can struggle in a noisy restaurant. You may want to ask the hostess for a table in the corner and away from the kitchen or bar in an attempt to find a quieter section.

New technology has greatly improved hearing aids in recent years. Today's aids are virtually invisible, some are even waterproof or rechargeable.



Completely In The Canal (CIC)



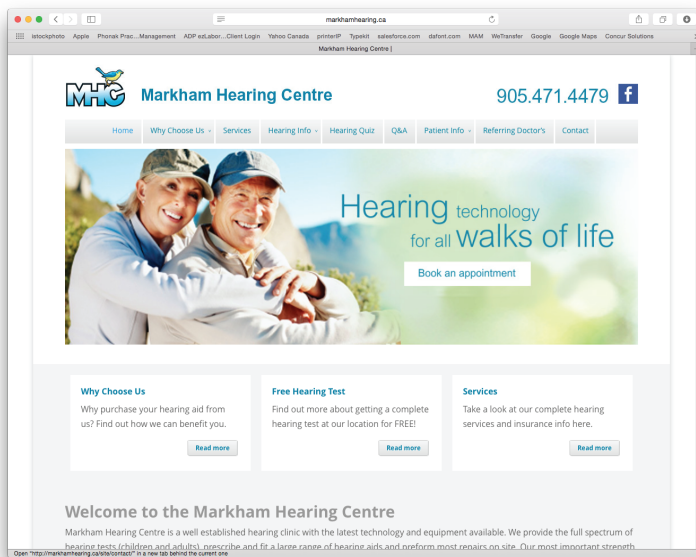
In The Canal (ITC)



Full Shell In The Ear (ITE)



Behind The Ear (BTE)



Most are automatically adjustable to all kinds of sound environments and filter out background noises. If your hearing aids are over 5 years old you may want to take some time and research what features new hearing aids can offer you.

In an attempt to keep up with changing technology our clinic is continually updating our office equipment and attending conferences on new hearing products and research.

In addition, we just revamped our website to include more information about: hearing loss and testing plus different hearing aids manufacturers, office hours and clinic directions. We also included several pages on frequently asked questions and general hearing aid maintenance.

You can now print off a Doctor's Referral Form and a Refer a Friend Coupon that you can bring to our office when needed.

Please visit us at www.markhamhearing.ca

We now have a Facebook page! Go ahead & "Like" Markham Hearing Centre



Frequently Asked Questions

What is Tinnitus?

Tinnitus is a condition characterized by ringing, swishing or other noises that appear to be originating in the ear or head. Tinnitus is usually a symptom of some other underlying condition and most often considered a nuisance. Tinnitus is most likely due to age-related hearing loss, an ear injury, foreign objects in the ear, overdose in caffeine/alcohol, circulatory system problems and certain medications like Aspirin.

How is Tinnitus treated?

If an underlying cause of Tinnitus is found a doctor will treat that condition and the Tinnitus usually subsides. This may include removing earwax, treating blood vessel conditions or changing medication regimens. In many cases, the underlying cause cannot be identified. There is no specific treatment for Tinnitus, a doctor may suggest other methods of suppressing the sound. White noise machines, hearing aids and masking devices, may be offered because of their ability to suppress sounds, making the Tinnitus less annoying.



Frequently Asked Questions (continued)

What is the difference between Dizziness and Vertigo?

If you are experiencing lightheadedness, a sensation of losing your balance, or a sense of feeling unsteady, you may be one of the millions who experience dizziness. Dizziness is one of the most common complaints and affects 20% to 30% of the general population. In fact, dizziness is a common reason that adults seek medical attention.

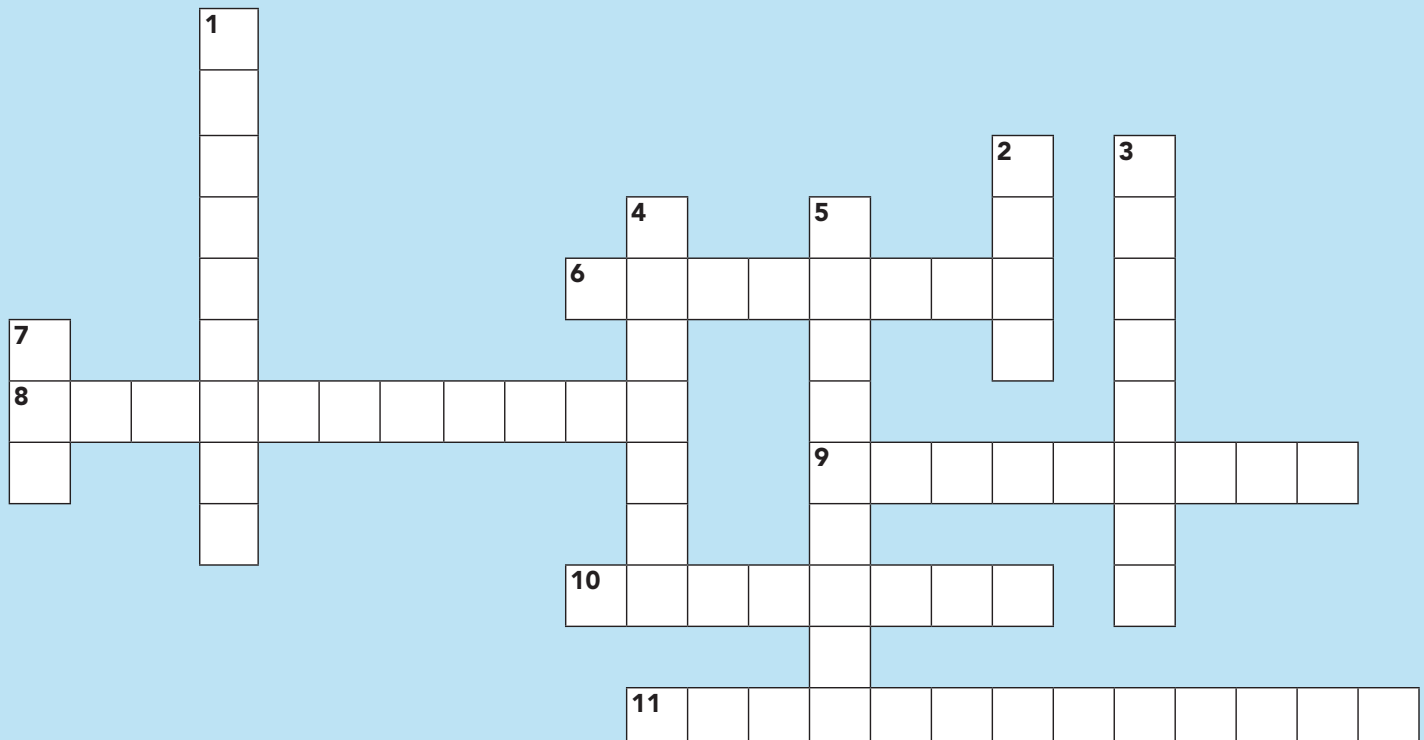
When your balance is impaired, you may feel unsteady or disoriented. You may have blurred vision or experience a sensation of movement. It may seem that the room is spinning (Vertigo). You may not be able to walk without staggering, or even be able to get up. Sometimes nausea, vomiting, diarrhea, faintness, changes in heart rate and blood pressure, fear, and anxiety accompany the dizziness and balance problems.

Vertigo is a type of dizziness where there is a sense of movement or spinning. Changing position, such as sitting up in bed, can make it seem worse. Nausea and vomiting may accompany the Vertigo at times.

We now have an Audiologist who specializes in Balance Testing for those who suffer from Vertigo.



Markham Hearing Centre's Crossword Puzzle



ACROSS

- 6 what is the term for ringing in your ears
- 8 what is the title of a hearing care professional that must have at least a master's degree
- 9 using this machine in your yard without earplugs can be harmful to your hearing
- 10 ITE stands for a style of hearing device
- 11 if you have hearing loss and need to hear better, get a

DOWN

- 1 hearing devices are powered by
- 2 50% of people over 85 experience hearing...
- 3 Markham Hearing Centre now has a _____page.
- 4 stats show that ____% of all adults have trouble hearing someone talking
- 5 what part of the ear takes sound waves and turns them into vibrations (two words)
- 7 what substance is found in the ears



Get to Know your Audiologist – Vahideh Bosaghzadeh

Vahideh Bosaghzadeh is a licensed clinical audiologist and a registered member of CASLPO and CASLPA. She completed her Bachelor's degree in Audiology and graduated from The University of British Columbia Audiology Master's program as well as the research program in Audiology. After graduation, she joined the professional team of Markham hearing centre. Vahideh has experience working with adults and children in many clinical settings. She enjoys working with hard of hearing people, listening to the clients with patience, educating them about their hearing loss and helping them hear better in order to increase their quality of life.

"It is hard to follow what's being said and to get through the day with hearing loss. This can lead into isolation and depression. Your hearing is a system in which your ears receive sounds and your brain translate those sounds into meaning. Today's hearing aid technology will not only help you hear sounds louder but they also help you hear better with less effort and more comfort."



Celebrating Hearing Better The Markham Hearing Centre Staff



Crossword Puzzle Answers

Across

- 6. Tinnitus
- 8. Audiologist
- 9. Lawnmower
- 10. In The Ear
- 11. Hearing Device

Down

- 1. Batteries
- 2. Loss
- 3. Facebook
- 4. Sixteen
- 5. Middle Ear
- 7. Wax

Markham Hearing Centre
Box Grove Medical Arts Centre
110 Copper Creek Drive, Suite 105
Markham, Ontario L6B 0P9
905-471-4479



MARKHAM HEARING CENTRE