

# Markham Hearing Centre

SPRING NEWSLETTER



**Happy Better  
Speech & Hearing  
Month!**

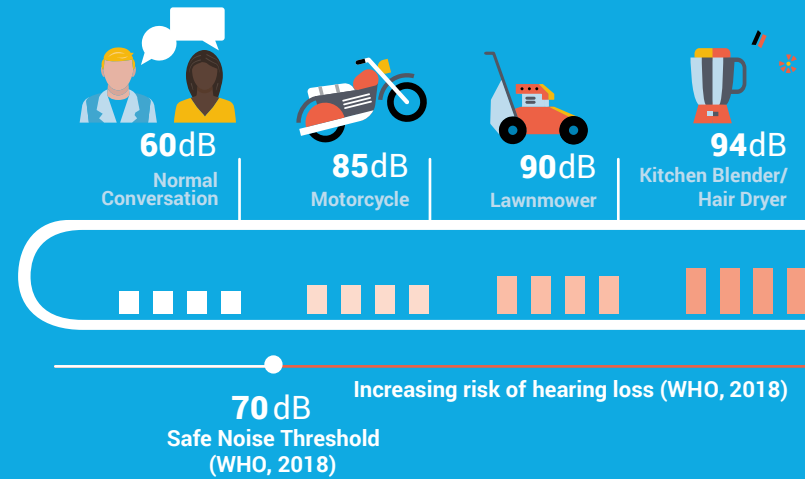
As May is Better Speech & Hearing Month, we are providing you this newsletter with information to help you achieve better hearing. For additional information on your hearing health and hearing aids please refer to our website [www.markhamhearing.ca](http://www.markhamhearing.ca) or call our clinic at (905)-471-4479.

## Toronto's Top 7 Otolaryngologist 2022!



We're proud to share that our very own Dr. Werger was listed as one of Toronto's Top Seven Otolaryngologist in 2022 by the The Post Magazine. You can see all the winners at [streetsoftoronto.com/top-doctors](https://streetsoftoronto.com/top-doctors).

## Scale of Noise Exposure



## Why Refer to Us

<b>1</b> <b>EXPERIENCED AUDIOLOGIST</b> Our two Audiologists have over <b>40 YEARS</b> of combined experience servicing both children and adults. We focus on patient satisfaction which includes a wide range of products and the newest technology.	<b>2</b>  <b>ENT DOCTORS ON-SITE</b> Our hearing clinic is supervised by two ENT doctors allowing us direct access to specialized care few clinics can offer.
<b>3</b>  <b>SUDDEN HEARING LOSS</b> Any patient suffering from sudden on set of hearing loss will be seen immediately.	<b>4</b> <b>90 DAY</b> <b>FREE HEARING AID TRIAL</b> Our 90 day free hearing aid trial makes achieving better hearing risk free.
<b>5</b>  <b>HEARING TESTS - FREE TO YOUR PATIENTS</b> With a doctor referral hearing tests are done at no charge to the patient. A consult letter with the hearing test results and recommendations will be sent to the referring doctor.	<b>6</b>  <b>TINNITUS AND DIZZINESS TREATMENTS</b> We are a full service clinic dealing with general hearing loss, sudden loss of hearing, tinnitus and dizziness issues.

## Signs of Noise-Induced Hearing Loss?

Noise-induced hearing loss (NIHL) can be difficult to detect early on as it often happens gradually. In some cases, the damage to our ears from noise exposure is temporary. However, left unaddressed, noise exposure can lead to more serious and permanent hearing loss.

### Signs of NIHL Include:

- Ringing in your ears, known as tinnitus
- Difficulty understanding someone who is talking from 3 feet away
- Difficulty understanding speech in background noise
- Speech sounding muffled after leaving a noisy area
- A feeling of pain or fullness in your ears

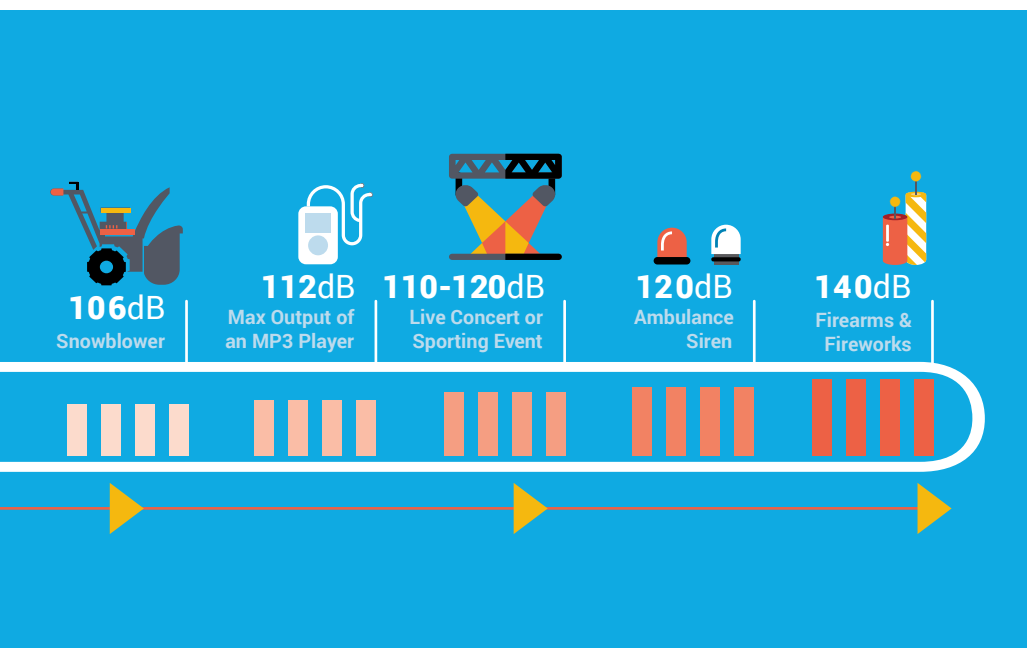
## Preventing Noise-Induced Hearing Loss

Most noise-induced hearing loss is preventable. By taking precautions to minimize your exposure to loud noise, you can significantly reduce your risk.

- Be aware of sources of harmful noise
- Wear ear protection when exposed to harmful noise
- Distance yourself from the source of the noise
- Reduce the volume and length of time spent using personal listening devices
- Give your ears a break in quiet spaces whenever possible

Source: Speech-Language & Audiology Canada, 2019.  
 Website: <https://speechandhearing.ca/>





## 2. Only Older People Are Affected By Hearing Loss

Hearing loss can affect people of all ages, ranging from newborns to the elderly. According to the World Health Organization, 34 million children worldwide suffer from disabling hearing loss and over 1 billion young adults are at risk of permanent, avoidable hearing loss due to unsafe listening practices.

## 3. Hearing Aids Are Too Expensive

If you're diagnosed with a loss of hearing and your insurance won't cover your hearing aids, don't give up! Talk to your audiologist and they can point out resources to help.

## 4. Hearing Aids Are Only for Severe Hearing Loss

Audio waves have a broad spectrum of frequencies which an undamaged ear can easily pick up. However, just a mild hearing loss can cause you to miss out on higher and lower frequencies that are essential for helping you interpret people's intonation during a conversation. So yes, hearing aids are beneficial for mild hearing loss as well as severe hearing loss.

## 5. Hearing Aids Are Obvious and Ugly

Audio waves have a broad spectrum of frequencies. Meaning even a mild hearing loss means you can miss out on the higher or lower frequencies that are essential for helping you interpret people's intonation during conversations, hearing children laughter and even birds singing. Hearing aids can help with mild as well as severe hearing loss!

# 5 Common Hearing Loss Myths That You Can Overcome

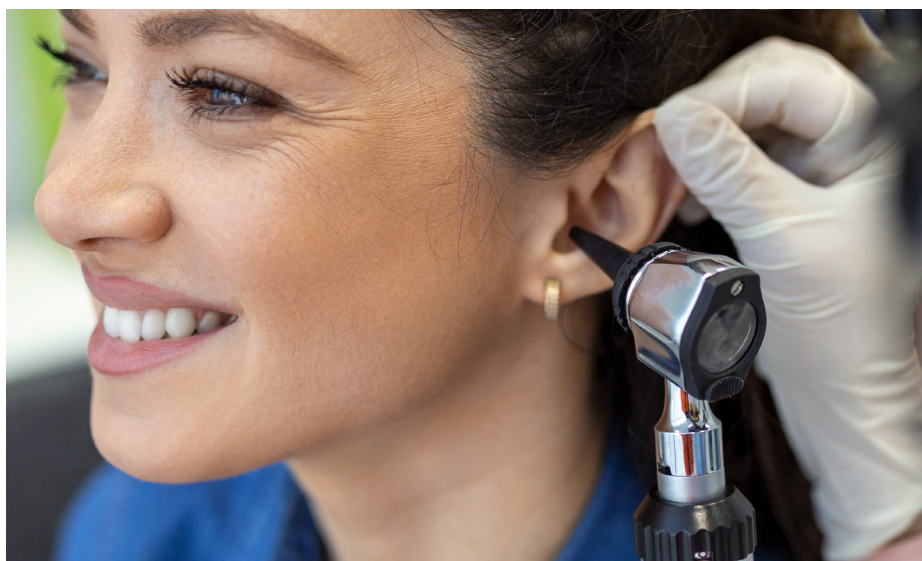
*Hearing loss is a common problem that gets worse over time. Surprisingly, 80% of people who can benefit from hearing aids aren't using them. This includes the 1.1 billion people in the world who are affected by hearing loss, as well as 1 in every 3 people over 60 years old!*

**Here are the top 5 common hearing loss myths and why they are not as true as you may have thought:**

### 1. You Can Repair Your Hearing with Medicine or Surgery

While we don't have a "cure" for hearing loss yet, there are many studies and research projects that

are showing promise. People with severe hearing loss can opt for cochlear implant surgery, which may reduce their hearing loss, but for less severe conditions, hearing aids are still the most effective devices to help!



**Markham Hearing Centre**

# Hearing Aids Could Slow Cognitive Decline In Later Life

*Dementia is the greatest global challenge for health and social care in the 21st century. We know that the number one risk factor for dementia is aging; however, dementia is not an inevitable consequence of aging. In fact, there are risk factors for dementia where midlife hearing impairment is one of them.*

In fact, hearing loss is associated with a 24% increased risk of cognitive impairment compared to normal hearing<sup>1</sup> and compared to those with normal hearing, individuals with a mild, moderate, and severe hearing loss have a 2-, 3-, and 5-fold increased risk of dementia.<sup>2</sup>

Approximately 32% of individuals aged 55 years or older have a significant hearing impairment. The intriguing possibility is whether it might be possible to reduce the number of cases of dementia by treating hearing impairment. We at Markham Hearing Centre understand that hearing aids are very effective in improving quality of life and communication. The finding of a reduction in rate of cognitive decline following hearing aid use suggests that effective identification and treatment of age-related hearing impairment early may have a significant impact on age-associated cognitive trajectories and possibly reduce the incidence of dementia.<sup>3</sup>

It is Markham Hearing Centre's conviction that improved hearing can improve the quality of life. Research is starting to note that hearing loss is not the inability to hear (a sensory failure) but the inability to assign accurate and correct meaning to sound (which is a cognitive



process). We believe that hearing aids can improve mood and increase social interactions, quality of life, daily function and so much more.<sup>4</sup> Thus, if you have a family member, friend or you yourself are concerned about hearing loss, please do not hesitate to make an appointment with one of our experienced Audiologists for a free consultation.<sup>5</sup> We at Markham Hearing Centre believe that addressing hearing loss should not be an afterthought but rather if treated more proactively it can deter inherent effects it has on cognition. All adults over the age of 55 years should be referred for a diagnostic Audiological Evaluation. The earlier a hearing loss is diagnosed, the earlier it can be treated. Anyone suffering from dementia should be encouraged to be screened for hearing loss as part of any assessment of cognitive function. If a hearing loss is found, assistive technology such as hearing aids can make a big difference in improving the essential cognitive functions, and overall quality of life.

1. Lin FR et al. JAMA Intern Med 2013; 173:293-9; 2. Lin FR et al. Arch Neurol. 2011; 68(2): 214- 220; 3. See Hearing Review 2019, issue 1; 4. Sarampalis A et al. J Speech Lang Hear Res. 2009; 52(5): 1230-1240; 5. See Journal of American Geriatrics Society, Vol. 65, Issue 9, 2017.



Let's keep in touch. **Markham Hearing Centre** focuses on exceptional customer service so reach out anytime with issues or questions.

110 Copper Creek Drive, # 105,  
Markham, ON L6B 0P9  
**(905) 471-4479**  
[markhamhearing.ca](http://markhamhearing.ca)  
[info@markhamhearing.ca](mailto:info@markhamhearing.ca)



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