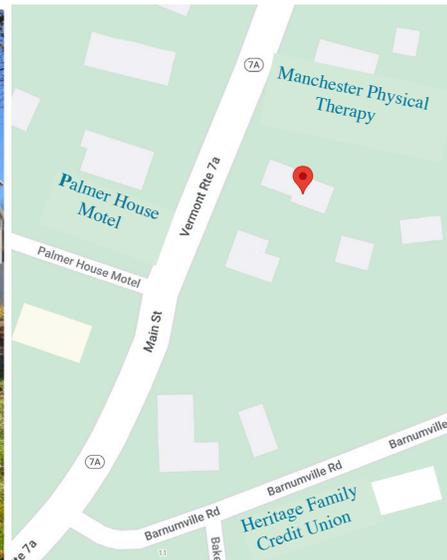




# DID YOU HEAR?

## We Are Moving to a New Office!

We are **EXCITED** to announce that we will be moving to a new, nearby location in Manchester in December 2023. Our new and improved location will be located at 5420 Main Street/Vermont Route 7A. There may be a very minor interruption to our services during this time. We realize that change can be difficult, but we hope to make this transition as smooth as possible for you. We look forward to seeing you at our new location!



Our phone and fax number will remain the same but our mailing address will change.

<p><b>Phone</b> 802-366-8020</p> <p><b>Fax</b> 802-366-8030</p> <p><b>New Mailing Address</b> 5420 Main St. Manchester, VT 05255</p> <p><b>Email</b> info@svtaudiology.com</p>
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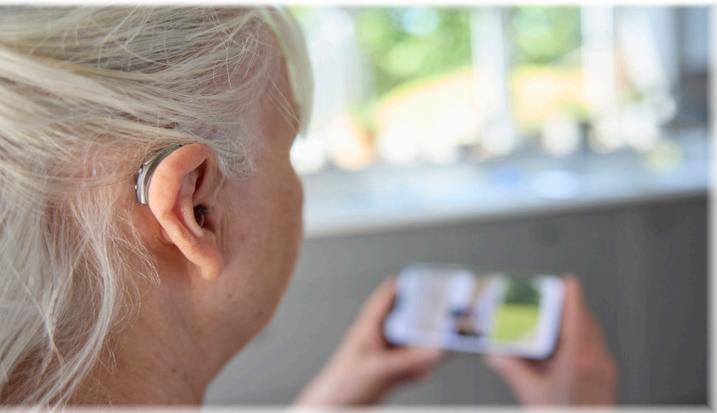
**October is Protect Your Hearing Month so take steps now to protect your hearing and the hearing of your loved ones.**

## SIX TIPS TO PROTECT YOUR HEARING

1. When possible, avoid loud or noisy activities and places.
2. If you cannot avoid them, use hearing protection. Foam earplugs are an economical solution, but custom-fit hearing protection products are even better.
3. Limit your time exposed to noises above 85 dB HL. There are many decible sound meter apps available that you can download to your cell phone to measure sound levels.
4. Turn down the volume on the TV, radio, or when listening to headphones. When in a noisy environment (like concerts, sports events, fitness classes, etc.), take breaks from the noise.
5. Keep moving! Exercise keeps the blood pumping throughout the body, including the ears. Having good circulation keeps oxygen levels up and keeps the internal parts of the ears healthy.
6. Eat a healthy diet! Avoid or consume less of vegetable oils, margines, high fat meats, processed cheeses, sugar and artificial sweetners. Research has shown that nutrition does affect your hearing.



## What to Expect From Bluetooth Hearing Aids



Today's wireless technology has made it possible for hearing aid users to stay connected to iOS and Android cellphones, televisions, tablets, GPS and more. These personal electronic devices can stream signals directly to your hearing aids.

Bluetooth technology is most commonly used with cell phones. The sound from the phone is sent directly into your ears, through the hearing aids, without having to hold the phone up to the ear. This not only allows for a hands-free solution, but produces a clear crisp sound as well.

There is no longer a need for TV ears. The same Bluetooth technology with an adaptor will also send the sound from the television directly through the hearing aids into the ears. This will allow others in the room to listen to the television at a volume level that is comfortable for them.

Your smartphone can be turned into a discreet remote control that allows you to conveniently change hearing aid programs and adjust the volume on your hearing aids. Hearing aid apps are free to download from the App Store on your phone. Some apps even allow you to check battery life, find a lost hearing aid and even adjust tinnitus features.

Bluetooth technology in hearing aids has greatly elevated the hearing aid wearing experience and enable hearing aids to double as highly-personalized, custom audio devices.

In a perfect world, your Bluetooth compatible hearing aids would never have connectivity issues. The reality is that Bluetooth connectivity can have glitches. Every time a cell phone manufacturer pushes a new update, there is the potential for your hearing aids to have issues with connectivity. Our office staff is always happy to help with any connectivity issues.

# Hearing Aids May Reduce Your Risk of Dementia by Half



**A large clinical trial found that for older adults at risk of cognitive issues, using hearing aids for three years cut their rates of cognitive decline in half.**

Cognitive decline is a reduction in abilities that can range from mild impairment to dementia, according to the US Centers for Disease Control and Prevention, and dementia is a big problem across the globe.

Over the past decade, research has established that hearing loss is one of the biggest risk factors for developing dementia, but it wasn't clear whether intervening with hearing aids would reduce the risk. The Aging and Cognitive Health Evaluation in Elders (ACHIEVE) was the first randomized, controlled clinical trial to assess the effect of intervening with hearing aids. This was the largest study ever to investigate the impact of hearing intervention on cognitive decline. Results from the study were published in the Lancet in July 2023, and simultaneously reported at the Alzheimer's Association International Conference.

Nearly 1,000 participants were recruited from two study populations: 231 adults participating in the Atherosclerosis Risk in Communities (ARIC) study and 739 healthy community volunteers. At the start of the trial, all study participants had mild to moderate hearing loss typical of older adults but no substantial cognitive impairment. The three-year intervention included the use of hearing aids, a hearing "toolkit" to assist with self-management and ongoing instruction and counseling with an audiologist.

In the total study group, hearing aids did not reduce cognitive decline. ***However, the hearing intervention slowed cognitive decline in older adults with mild to moderate hearing loss by 48% in people participating in the ARIC study, an ongoing observational study of heart health.***

David Knopman, MD, a Mayo Clinic neurologist and study co-investigator, says the study shows positive benefits in delaying cognitive decline for people roughly age 75 and older with hearing loss. He also states that hearing aids do improve the quality of life for people with hearing loss at any age. "Hearing loss is a disability that interferes with their quality of life and they ought to think about getting a hearing aid if it would benefit them in their daily lives, regardless of whether it has this additional long-term benefit of delaying cognitive decline," he says.

Hearing and memory are separate but strongly interrelated brain processes that help control people's daily functioning and communication, Dr. Knopman says. "If I don't quite hear what you say, but I have a good memory, I might be able to play it back in my head, so to speak, and figure it out because I have intact short-term memory," he says. "On the other hand, if I have impaired short-term memory and my hearing isn't as good, that function is going to be lost."

Almost two-thirds of the adults over 60 have hearing loss, according to researchers in the ACHIEVE study. The results from this study will hopefully create policy changes because in many parts of the world we need improved affordable access and insurance for hearing treatment and intervention.

## Patient Corner



Southern Vermont Audiology gave me my full hearing back. One doesn't always acknowledge hearing loss even when you deep-down know it. Why do people talk so quickly and why are they whispering? SVA turned defeat into victory.

It was professional and human at the same time. Hearing aids are nothing like a pack of cigarettes in the breast pocket wired to an ear. Look carefully at my picture.

Do you see them?

Ed W.



## Why is it so Important to Protect Your Hearing?

- Most sensorineural hearing loss is irreversible.
- Hearing loss can be associated with depression.
- Hearing loss can lead to loss of enjoyment, when all the sounds we want to hear, like music or the voices of loved ones, become muted and lack quality.
- Ringing in the ears (tinnitus), which often occurs along with hearing loss, can disrupt sleep and concentration.
- Hearing loss can impact safety at home and on the job.



FOR MORE INFORMATION OR TO  
SCHEDULE YOUR APPOINTMENT  
TODAY, CALL 802-366-8020 OR VISIT US  
ONLINE AT [WWW.SVTAUDIOLOGY.COM](http://WWW.SVTAUDIOLOGY.COM)



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