



Preserve Your Hearing from Hidden Dangers

We're born with one set of eyes and one set of ears. It's crucial to take the best care of yourself as possible, so below are some potentially damaging sounds hiding in right out in your everyday life – and how to protect your hearing.

SOUND

HOW TO PROTECT YOUR HEARING

Loud Sirens



Place your hand over your ear as the siren passes. If this isn't possible, at least turn your ear opening away from the offending sound.

Concerts or Loud Music



Wear earplugs. While it's not entirely fashionable, it will help save your hearing.

Leaf Blowers, Chainsaws or Lawn Mowers



Wear over the ear muffs (aka headphones). This will prevent both sound and debris from entering your ears.

Loud Cars or Motorcycles in Traffic



Roll up your windows if possible. Cover the ear closest to the sound with your hand if safe to do so.

Vacuums, Mixers, Washing Machines other motors.



Avoid prolonged use. Move away from the sound if possible. Consider hearing and protection if the noise is bothersome or leaves you with ringing in your ears.

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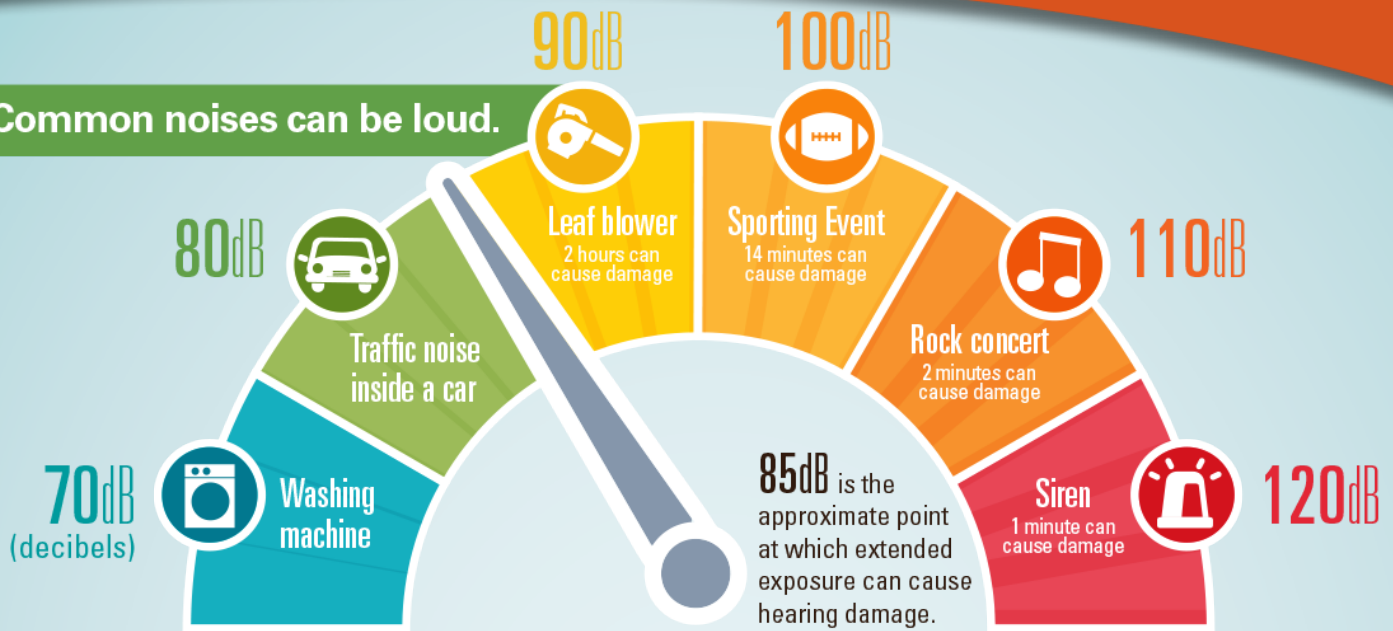
4. Recipe

Save a trip! Ask about scheduling your hearing appointment on the same day as your eye appointment!

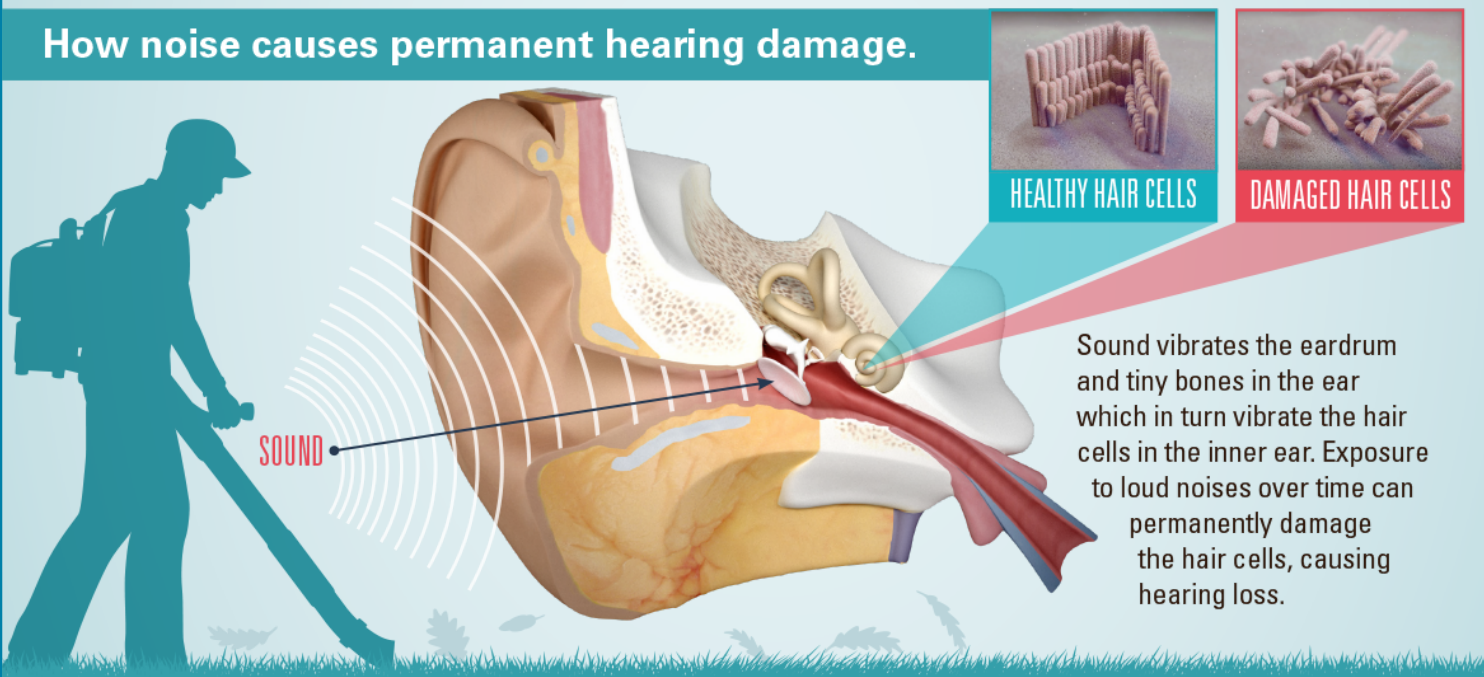


How hearing loss occurs.

Common noises can be loud.



How noise causes permanent hearing damage.



Hearing trouble muffles other people's speech.



SOURCE: CDC Vital Signs, February 2017

ASK DR. DECELLES: Dr. Decelles, how do I approach a loved one hearing loss?

Hearing loss can be a difficult subject to discuss with some friends or family members. Some people are shy about their condition, while others don't believe they have any hearing loss. Others may know they're not hearing as well as they used to, but are a bit put off by the notion of using a device to assist them.



Getting a hearing test is never something we want to strong-arm someone into doing. Below is a point of view you can use when broaching the subject with your loved one.

An annual health examination is recommended for most adults. As we age, doctors will often add certain areas and conditions to your yearly exam.

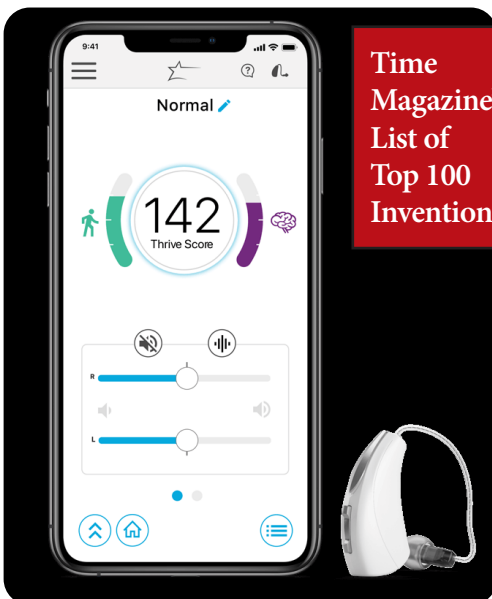
A hearing evaluation should be part of that list. This helps the doctor determine a baseline for when hearing may need to be addressed.



Then the hearing test becomes more about overall healthcare instead of accusatory hearing loss.

Kristen Decelles, Au.D.

Ask your Audiologist if the Livio is right for you.



Livio AI is the world's first hearing aid to provide both superior sound quality and the ability to track body and brain health. Featuring integrated sensors and artificial intelligence, Livio AI can detect if you've fallen and act as an assistant.

Other benefits:

- Customizable Tinnitus Relief
- A Great Solution for Single Sided Hearing Loss
- Highly Durable
- Rechargeable Batteries
- Adjustments on the Go



Welcome Dr. Carol Clingerman Board Certified Audiologist

Dr. Carol Clingerman joined St. Luke's in 2019. She has been a practicing audiologist since 1989, specializing in digital signal processing of hearing aid technology.

“As an Audiologist I am afforded the opportunity to positively impact the lives of my patients through careful testing, diagnosis and affordable hearing aid technology. It is so rewarding for me when a patient tells me they feel they've gotten their life back after getting hearing aids. St. Luke's is a good match for me because I share their philosophy of changing lives by serving others to the best of our abilities.”

RECIPE

Enchilada Casser-Ole!

YIELD: 6 servings

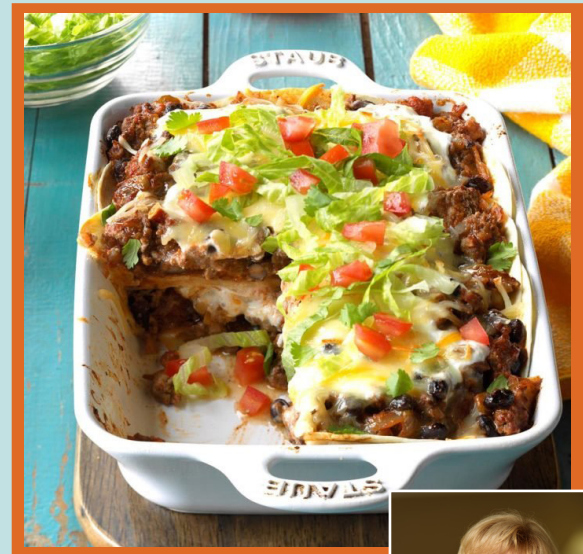
TOTAL TIME: 25 minutes

INGREDIENTS:

- 1 pound lean ground beef (90% lean)
- 1 large onion, chopped
- 2 cups salsa
- 1 can (15 ounces) black beans, rinsed & drained
- 1/4 cup reduced-fat Italian salad dressing
- 2 tablespoons reduced-sodium taco seasoning
- 1/4 teaspoon ground cumin
- 6 flour tortillas (8 inches)
- 3/4 cup reduced-fat sour cream
- 1 cup shredded reduced-fat Mexican cheese blend
- 1 cup shredded lettuce
- 1 medium tomato, chopped
- 1/4 cup minced fresh cilantro

PREPARATION: In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the salsa, beans, dressing, taco seasoning and cumin. Place 3 tortillas in an 11x7-in. baking dish coated with cooking spray. Layer with half of the meat mixture, sour cream and cheese. Repeat layers.

Cover and bake at 400° for 25 minutes. Uncover; bake until heated through, 5-10 minutes longer. Let stand for 5 minutes; top with lettuce, tomato and cilantro. Optional: serve with Mexican chips.



A favorite
recipe of Hearing
Aid Specialist
Rhonda Kuhle

