

Hearing Loss and Cognition

When counseling patients about their hearing loss, I like to discuss two aspects: The noted or tangible communicative difficulties and the less noticeable potential cognitive issues associated with untreated hearing loss. It is a common assumption that as an individual experiences a reduction in hearing, he or she will have greater difficulty communicating with others. In this article, we will be looking at the “behind the scenes” issues of how untreated hearing loss can have more than communicative implications on overall cognition and brain health.

Lack of Auditory Stimulation

Auditory information is processed in specific portions of our brain and when a hearing loss is present those portions of the brain are not being stimulated as they should. Frank Lin, M.D., Ph.D. of Johns Hopkins University School of Medicine has conducted significant research on the correlation between hearing loss and cognition. In Dr. Lin’s research, he looks at the difference in brain structure changes between individuals with normal hearing and those with hearing loss. Dr. Lin indicates that the lack of auditory stimulation can cause the brain to atrophy at increased rates.

Changes in Cognition

The effects of these changes to the brain are often seen in respect to a patient’s Word Recognition testing. Word Recognition testing measures a patient’s ability to correctly identify and repeat an open set word list. It is common to see a patient’s score drop over time even if his hearing loss remains stable. Patients who are consistent with their use of hearing aids give themselves the best opportunity to prolong such a decline. Hearing aids are not intended to “fix” a hearing loss but rather to help patients compensate as best as possible and to help maintain stimulation to the brain.

In his research on the changes hearing loss may have on the structures of the brain, Dr. Lin concluded, “If you want to address hearing loss well, you want to do it sooner rather than later. If hearing loss is potentially contributing to these differences we’re seeing on MRI, you want to treat it before these brain structural changes take place.” These underlying effects of hearing loss are often overlooked when discussing recommendations for hearing help. I encourage patients to talk with their audiologist or other healthcare professionals about the relationship between hearing loss and cognition.

<http://www.reporternews.com/story/sponsor-story/ent-specialists-of-abilene/2017/06/20/ent-hearing-loss-and-cognition/412204001/>

Consultant of the Month

Curtis Spevak



Curtis grew up in Burley, ID and moved to Boise in 1997 where he attended Boise State University graduating in 2001. He married that same year and has two children, ages thirteen and one. He has been practicing as a hearing instrument specialist in the Boise office for the last year and a half. Helping his patients bring joy to their life from hearing again is a very rewarding career and he couldn’t imagine doing anything else. When he is not helping people hear better, he also works as an adjunct professor at BSU. For fun he enjoys taking his children camping and going to theme parks, raising bees in his garden, and restoring classic cars.

PCC of the Month

Veronica Kiser



Veronica is the PCC at our Boise, ID location. Veronica has spent many years in the medical field, training as an EMT and teaching hundreds of men and women in the work field vital CPR/First Aid/AED skills. Educating the community she lives in, loves to raise her children in, and hopes to spend many more years exploring about health and safety has always been a passion of hers. When Veronica had the opportunity to work for Miracle-Ear, she knew this was another opportunity to help create a happy, healthy community. “I feel we all have an obligation to surround ourselves with friends and families who have every opportunity to thrive in a healthy environment, full of love, laughter, a sense of security, and every opportunity to feel included. The Miracle-Ear family, and Mr. and Mrs. Olsen have created a resource that embodies these life goals. I encourage everyone to start off with a hearing evaluation and monitor it annually. Healthy hearing is so vital to living a fulfilled, active, safe, and healthy life.”

Magic Cake

Prep Time: 15 mins Cook Time: 1 hour Cook Time: 1 hour

Ingredients

- 4 eggs at room temperature
- 150 g sugar (3/4 cup)
- 125 g butter unsalted and melted (1 stick or 1/2 cup)
- 1 tsp vanilla extract
- 115 g all-purpose flour (4 oz or 3/4 cup)
- 500 ml milk lukewarm (2 cups)
- Powder sugar for dusting cake

Instructions

1. Preheat oven to 325 F degrees. Grease a 8 inch x 8 inch baking dish or line it with parchment paper so that it's easier to get the cake out.
2. Separate the eggs and beat the egg yolks with the sugar until light and fluffy. Add butter and vanilla extract and continue beating for another minute or two after which you can add the flour and mix it in until fully incorporated.
3. Slowly start adding the milk and beat until everything is well mixed together.
4. Add the egg whites to a mixer and mix until stiff peaks form.
5. Add the egg whites to the cake batter and gently fold them in. Another variation to folding in the egg whites would be to whisk them in to the cake batter, this is a lot faster and easier. Make sure you don't fold the egg whites in completely, you still want to see some of the white bits floating at the top.
6. Pour batter into baking dish and bake for 40 to 70 minutes or until the top is lightly golden. The baking time could vary greatly depending on the oven, so take a peek at around 40 minutes and see how it looks.
7. Sprinkle some powdered sugar after cake has cooled.

Recipe Notes

*To get the milk lukewarm I usually warm it in the microwave for about a minute.

The baking time can vary greatly for this cake. I've baked this cake in 3 different ovens and I've always needed different times which were from 40 to 70 minutes. The oven I have right now only requires about 45 minutes to get a nice golden color on the cake, whereas other ovens I've used required the full 70 minutes. Test if after 40 minutes to see what it looks like. The cake is done when it only jiggles slightly but feels firm to touch.

If baking at altitudes of 5000 feet or higher, keep this in mind:

- Reduce baking powder: for each teaspoon, decrease 1/8 to 1/4 teaspoon.
- Reduce sugar: for each cup, decrease 0 to 2 tablespoons.
- Increase liquid: for each cup, add 2 to 4 tablespoons.
- Increase oven temperature by 25 degrees F.



<http://www.jocooks.com/bakery/cakes/magic-cake/>

A Little Laughter

Elderly couple in church.

Wife turns to husband and says "I've just done
a silent fart, what should I do?"

Husband says "put new batteries in your
hearing aids!"

Riddle of the Month

*Different lights do make me strange,
thus into different sizes I will change.*

Answer: _____

STAY TUNED! Answer will be in our September's

Answer to July's Riddle: A River