

## The Hidden Risks of Hearing Loss

Hearing loss is frustrating for those who have it and for their loved ones. But recent research from Johns Hopkins reveals that it is also linked with walking problems, falls, and even dementia.

In a study that tracked 639 adults for nearly 12 years, Johns Hopkins expert Frank Lin, M.D., Ph.D, and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.

### The Links Between Hearing and Health

“Brain scans show us that hearing loss may contribute to a faster rate of atrophy in the brain,” Lin says. “Hearing loss also contributes to social isolation. You may not want to be with people as much, and when you are you may not engage in conversation as much. These factors may contribute to dementia.”

As you walk, your ears pick up subtle cues that help with balance. Hearing loss mutes these important signals, Lin notes. “It also makes your brain work hard just to process sound. This subconscious multitasking may interfere with some of the mental processing needed to walk safely.”

### Hearing aid Myths That Hold You Back

**“My hearing’s not *that* bad.”**

Hearing aid users wait, on average, 10 years before getting help for hearing loss. But during that time, communication with loved ones becomes more difficult, and isolation and health risks increase. “Our findings emphasized just how important it is to be proactive in addressing any hearing declines over time,” says Lin.

**“I don’t like the way hearing aids look.”**

Forget the old days of big, whistling earpieces. Today’s hearing aids implants are smaller (and less conspicuous) than ever before.

Even celebrities (like former president Bill Clinton and football Hall of Famer Mike Singletary) wear hearing aids proudly.

**“Wearing hearing aids means I’m old, and I’m not ready for that.”**

It’s normal to feel worried that hearing loss means you’re aging - and to want to hide it. Plenty of people with hearing impairment sit silently rather than join conversations and activities because they fear that hearing problems will make them seem helpless or less than competent. The truth: Connecting with others can help your brain stay younger and keep you involved with life.

**“I heard that hearing aids are difficult to use.”**

There is a breaking-in period as you - and your central auditory system and brain - adjust to life with hearing aids. That’s why most doctors and hearing centers include a trial period, so you can be sure the type you’ve chosen - whether it’s a miniature behind the ear model or one that fits into your ear is right for you.

### RESEARCH SHOWS

#### Many Causes, Early Symptoms

Everything from genes and noise exposure to medications, head injuries and infections can play a role in hearing loss. Trouble detecting soft or high-pitched sounds is often the first sign that stereocilia - the delicate hair cells that convert sound waves into electrical signals within the ear - have been damaged. Ringing in the ears, called tinnitus, is another early signal of possible hearing loss.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-hidden-risks-of-hearing-loss> (Last Accessed 1/22/2020)

### Consultant of the Month Kris Parker



I like to joke with my patients that my main job is saving marriages, but it’s also not too far from the truth. It’s amazing to see how people can reconnect with loved ones through better communication. When I’m not at work or with the family I can typically be found participating in or training for a Spartan Race. It’s something I love doing and I draw a lot of inspiration from the Spartan community that I apply to everyday tasks and my career.

### PCC of the Month Hilary Bielawski



My favorite part of my day is connecting with our patients on a one on one basis and listening to their personal stories truly warms my heart. Our patients become our family and the positive impact we have in their lives also impact ours. Becoming a CNA at the age of 15 and accomplishing a bachelors degree has given me the experience necessary to care for our patients. When I am not at work I spend all my time with my beautiful children.

# Crunchy Cashew Thai Quinoa Salad

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 15 mins

Serves: 6

- 3/4 cup uncooked quinoa
- 2 cups shredded red cabbage (*depending on how much crunch you like*)
- 1 red bell pepper, diced
- 1/4 cup diced red onion
- 1 cup shredded carrots
- 1/2 cup chopped cilantro
- 1/4 cup diced green onions
- 1/2 cup cashew halves or peanuts (honey-roasted is good)
- Fresh lime, for a bit of tang

For the dressing:

- 1/4 cup all natural peanut butter
- 1 tablespoon honey
- 2 teaspoons freshly grated ginger
- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar or red wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon olive oil or more sesame oil
- Water to thin, if necessary



**To cook quinoa:** In a medium saucepan, bring 1 1/2 cups of water to a boil. Add quinoa and bring mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl and set aside to cool for about 10 minutes. You should have a little over 2 cups of quinoa.

**To make dressing:** Add peanut butter and honey to a medium microwave safe bowl; heat in microwave for 20 seconds. Add in ginger, soy sauce, vinegar, both sesame and olive oil. Stir until mixture is smooth and creamy. If you want thinner dressing, simply stir in a teaspoon or two of water or oil.

Add as much or as little dressing as you'd like to the quinoa. Start out with a little bit of dressing, continue to add to suit to your taste. Alternatively you can save the dressing for later, however the flavors of the dressing usually soak into the salad giving a more intense taste.

Next fold in the cabbage, red bell pepper, onion, carrots, and cilantro into the quinoa. Garnish with green onions and cashews. Serve chilled or at room temperature with lime wedges, if desired.

<https://www.ambitiouskitchen.com/crunchy-cashew-thai-quinoa-salad-with-ginger-peanut-dressing/> (Last Accessed 1/9/2020)

## Riddle of the Month

A man rode in to town on Tuesday, and left two days later on Tuesday. How so?

**Answer:** \_\_\_\_\_

**STAY TUNED! Answer will be in our March's Newsletter**

**January's Riddle and Answer:**

What do you call a parade of rabbits hopping backwards?

*A receding hare-line*

