

# TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic

100 Old Billerica Road, Bedford MA

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## MAY - Better Speech and Hearing Month



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Doctor of Audiology

MAY...finally, a sign that summer is near. Flowers blooming, the birds wake us in the early morning, but May is also Better Speech and Hearing Month.

**Hearing loss** is a decrease in the ability to perceive sounds, it can be very gradual or sudden, temporary or permanent. In some cases, a sudden hearing loss can occur without any prior difficulty. The risk of having a hearing impairment increases as one ages.

### **Some causes of hearing loss in the adult population:**

- ◆ Age related-usually noticeable after the age of 60
- ◆ Noise Induced-usually a result of years of exposure to loud sounds
- ◆ Otosclerosis-a middle ear dysfunction
- ◆ Trauma-perforated eardrums from “Q” tips is one example
- ◆ Sudden Hearing Loss-his is usually caused by a virus
- ◆ Cerumen build-up (wax)
- ◆ Drug related-many prescription drugs can be ototoxic. Non-prescription drugs like excessive aspirin can also cause damage to hearing. These are only a few causes that are most widely recognized in the adult population.

### **What to look for - Symptoms:**

**A sudden hearing loss:** is recognized immediately. It usually effects one ear, and you will notice severely decreased hearing in that ear. You should notify your physician as soon as possible if this occurs.

**Age related:** It is usually gradual and the signs are subtle. Friends or family members may mention to you that you have answered a question inappropriately or that your TV or radio volume is much louder than usual. Ask your doctor for a referral for a complete Audiological evaluation by a licensed, certified Audiologist to determine what type of hearing loss you may have.

### **Preventative Measures:**

- ◆ If you find you are in an area with excessive noise, try wearing some form of ear protection.
- ◆ Do not use “Q” tips for deep canal cleaning.
- ◆ Know the effects of your medications.

### **Treatment:**

- ◆ Amplification- there are many types of hearing aids on the market. Ask for a trial period with Amplification devices to see if the benefit you desire is obtained.
- ◆ Cochlear Implants are available if you are a candidate.
- ◆ Hearing loss that originates in the middle ear may be treated with medication or surgery.

**Why Take Action Now:**

- ◆ Untreated hearing loss can affect cognitive brain function especially in the older population and is associated with the early onset of dementia.
- ◆ There is a three times higher chance of falling.
- ◆ Diabetics have a 21% higher incidence of hearing loss compared to 9% of non-diabetics.
- ◆ Low- Frequency hearing loss has been associated with and may be an early warning sign for a person being at a higher risk of cardiovascular difficulties and stroke.
- ◆ High frequency hearing loss in those not exposed to excessive noise, may be a side-effect for those on chemotherapy medications.

**In summary:** there can be many reasons behind your hearing difficulties. A history in-take, Otoscopic examination, (check the integrity of your ear canal) and lastly, a complete Audiological evaluation by your Audiologist can help guide you in the treatment of your hearing loss.

**Health Education Lecture**

**MAY- Better Speech and Hearing Month**

**The Facts about Hearing Loss**

Louis A. Femino AuD CCC-A

is a Doctor Of Audiology,

Certified by American Speech/Language and Hearing Association (ASHA).

Dr. Femino has been treating the hearing impaired for almost 34 years; servicing the Hearing Care needs of Carleton-Willard Village residents for almost 13 years.

Join us for this very informative lecture on:

May 16, 2018

in Auditorium Center & Left

10:30 am — 11:30 am

**New Faces**

We are happy to announce the addition of two new staff members.

Anisha Khalifa will be starting in May as the new Clinic Assistant. Anisha has experience as a Medical Assistant and will be working in the Clinic Monday through Friday 8:30am-3pm.

Laura Allen, NP is starting in June and will primarily be working in the Nursing Center on Mondays, Wednesdays and Fridays. Laura is a Geriatric Nurse Practitioner with 15 years of experience providing care to older adults. She most recently worked for the VA Medical System since 2010.

Please help us welcome Anisha and Laura!

**Welcome**  
**Spring**