

Healthcare Newsletter

www.professionalaudiology.com

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Winter 2013-14

Patient Appreciation Party!

We'd like to show our established patients how much all of you mean to us by throwing a party! Please come and join us for some free food, beverages and raffles. Anyone who comes will get their name entered in to win great prizes. To get your name entered for more chances, refer new patients to our Portsmouth or Statham office by handing them a referral card with your name on it. Tell them to bring the card with them to their appointment and that card will go into the drawing as well!

Where: Portsmouth Country Club
When: April 30th 2-4 pm
RSVP: April 10, 2014
Prizes: Big Screen TV, Gift Certificates

Myths About Hearing Loss

The consequences of hiding hearing loss are better than wearing hearing aids ... What price are you paying for vanity? Untreated hearing loss is far more noticeable than hearing aids. If you miss a punch line to a joke, or respond inappropriately in conversation, people may have concerns about your mental acuity, your attention span or your ability to communicate effectively. The personal consequences of vanity can be life altering. At a simplistic level, untreated hearing loss means giving up some of the pleasant sounds you used to enjoy. At a deeper level, vanity could severely reduce the quality of your life.

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Don't Let Unaddressed Hearing Loss Spiral Into Depression

If your quality of life, relationships, and emotional and mental well-being are important to you, then get your hearing checked. Research shows that unaddressed hearing loss is associated with depression; but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.

Nearly 40 million Americans have some degree of hearing loss. Roughly 60 percent of them are in the workforce. A recent Italian study explored the psychological and social profiles of working adults—35 to 55 years of age—with mild to moderate bilateral, sensorineural hearing loss due to presbycusis (commonly called age-related hearing loss). They found that the study participants with hearing loss were more prone to depression, anxiety, and interpersonal sensitivity than the participants with no hearing problems. None of the study participants used hearing aids.

Another study published in *Geriatrics & Gerontology International* concluded that the patients fitted with hearing aids reduce symptoms of depression and also show a significant improvement in quality of life. Better Hearing Institute (BHI) believes that these findings underscore the importance of the prevention, diagnosis, and treatment of mild-to-moderate hearing loss in the middle-aged population—especially as people stay in the workforce longer and realize the benefits of active aging and healthy lifestyles.

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"I've been wearing hearing aids for the last 13 years and have used 4 different types, 3 were fitted by Professional Audiology in Portsmouth. So when I recently decided it was time for a new set, I went straight to them. They know what they're doing! They are truly professionals who will evaluate your hearing condition and recommend the proper type within your budget. They're friendly and knowledgeable and right up to date on hearing aid technology and will recommend the proper aid for you. You just can't go wrong with Professional Audiology. -Glenn M.

*"Happy is the hearing man;
unhappy the speaking
man."*

-Ralph Waldo Emerson

**Professional
AUDIOLOGY**

Trusted by Patients...
Respected by Doctors

www.professionalaudiology.com



Erica L. Regan, AuD Dana R. Fiske, AuD Nancy K. Charest, AuD

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Need your hearing instruments cleaned?

New walk-in hours

Portsmouth Office—Mon & Fri 3-4pm
Tues & Wed 9-10am
Stratham Office— Mon 3-4pm
Wed 9-10am
Thurs 9-10am



“Like” us today on Facebook
and receive a thank you at your
next visit!

**The best compliment you can give us
is a referral of a friend, neighbor or
family member!**

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Spring Hearing Event

**Feeling isolated from people or things you love?
We can help!**

- We will perform a visual examination of your ear canal, evaluate your current hearing abilities and determine the type of hearing loss you may have.
- Let's discuss your current lifestyle. Tell us about the types of sound environments you frequent. This will help us understand the level of technology best suited for your lifestyle.
- You DO have options! We will show you the hearing aids that are best suited for your hearing loss type and lifestyle.

\$500 off pair of
premium hearing
instruments

Wednesday

March 12th

603-778-7620

Our Stratham Location at
62 Portsmouth Ave.
Stratham, NH 03885

Come to our 3-day Event

- FREE hearing evaluation and consultation
- FREE 4-year warranty & FREE batteries
- FREE cleaning of your current instruments
- 45 day no-risk trial

Space is limited! RSVP today

Tuesday & Thursday

March 11th & 13th

603-436-8668

Our Portsmouth Location at
330 Borthwick Ave., Ste 209
Portsmouth, NH 03801