

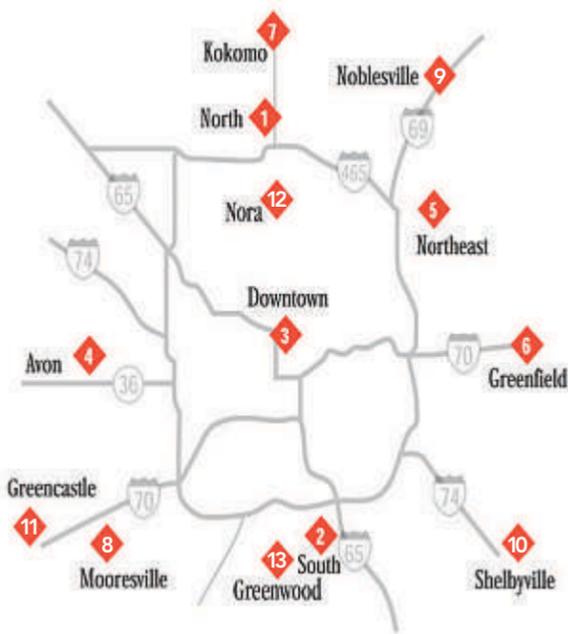
Whisper Hearing Centers
 5255 E. Stop 11 Rd., Suite 405
 Indianapolis, IN 46237



Whisper Hearing Centers

Hear from the experts.

www.whisperhearingcenters.com



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Hear from the Experts

Whisper Hearing Centers Newsletter for Patients and Families



Whisper Hearing Centers

Hear from the experts.

www.whisperhearingcenters.com

Fall 2018 Edition

Welcome Gabrielle Davis

Whisper Hearing Centers hires a new audiologist

Gabrielle Davis, Au.D., CCC-A is Whisper Hearing Centers' newest audiologist and she's excited to be part of the expert team that's helping Hoosiers hear better, but becoming an audiologist wasn't always



"I was hooked," she said and decided to pursue a career that would help people with hearing loss; people like her grandmother.

From grad student to audiologist

her plan. She began her undergrad schooling with thoughts of becoming a speech-language pathologist but as she got further into the Los Angeles based Biola University's program, she realized it wasn't the right career path for her. During her junior year, Davis took her first audiology class and was immediately curious to learn more. And while she was fascinated with the program, her decision to continue soon took a more personal turn.

"My grandmother received her first hearing aid while I was in school," said Davis. And being able to attend doctor appointments with her, Davis saw both the clinical side and the patient-caregiver side of the field.

Originally from Springfield, Illinois, Davis returned to the Midwest to attend grad school at Purdue University and received her Doctorate of Audiology degree in May 2018. And although this is her first job as an audiologist, Davis says grad school does a great job of preparing you for the field.

Before moving back to Indy, Davis worked as an audiology extern at Sound Health Services, P.C. in St. Louis, Missouri. Now that she's a full-time audiologist at Whisper Hearing Centers, she says she's exactly where she belongs and is fortunate to be able to use her own experience with her grandmother, to help others.

Using personal experience to help others

"My grandmother was not very good about consistently wearing her hearing aid," Davis said adding that she wishes she'd been able to be at home more, to help her grandmother get familiar with wearing the hearing aid and learn to use it properly.

"Recent studies have shown a correlation between hearing loss and dementia," she said, and it's this correlation that's one of the most fascinating parts of the audiology field for Davis. In 2016, her grandmother was diagnosed with Alzheimer's

disease and says Davis, as she's fully aware of the implications of not utilizing the auditory processes, it's one of the reasons she enjoys working with adults so much and she hopes to use this knowledge and experience to help her patients hear better.

Gabrielle Davis, Au.D., CCC-A, gives her top 4 pieces of advice for taking care of your hearing health.

1. Know that hearing health is about much more than simply an inability to hear—a person's ability to hear properly affects their ability to thrive. So if you have someone in your life dealing with hearing loss, also pay close to attention to how it affects other areas of their life like loss of memory, depression, and isolation.
2. Know that tinnitus (ringing in the ears) can be a sign of hearing loss. Many people don't know this but some patients find relief from tinnitus after wearing hearing aids.
3. Know that if you experience a sudden drop in your hearing, you should seek medical advice right away. Davis recommends getting to an ear nose and throat physician as soon as possible.
4. Know that wearing hearing protection is the smartest thing you can do to take care of your hearing health. And, Davis advises, if you ever leave somewhere—be it a concert, restaurant or somewhere else—if you have ringing in your ears, then know you should wear hearing protection the next time you go there.

Hear This Good News

The Best Hearing Care Facility and Audiologist in Indianapolis is Whisper Hearing Centers

By Christa Smith

The winner of this year's inaugural Reader's Choice Award for Best Hearing Care Facility and Audiologist in Indianapolis is Whisper Hearing Centers.

"We are proud of the services we have provided to our community for over 35 years and thankful that our patients agree," says Director of Audiology for Whisper Hearing Centers, Christa N. Smith, Au.D.

"We have a team of professionals completely dedicated to your hearing health," she said. Expertly trained and experienced in the testing, diagnosis and treatment of hearing loss, each of the center's audiologists is licensed by the State of Indiana and they all hold either a masters degree or doctorate degree in audiology.

"While anyone can sell you a hearing aid, our medical experts take the time to thoroughly test your hearing, answer all your questions, and find a hearing solution that fits your needs, your lifestyle, and your budget," Smith says of the well-seasoned staff at Whisper Hearing Centers.

"It is our mission to offer the latest technological advances in hearing care, while keeping patient satisfaction a priority." And one of the things that sets them apart is their dedication to the individual.

"We always listen to our patients' needs and work with them individually to find the best solution," Smith said adding that should a patient need more advanced medical treatment, Whisper Hearing Centers is backed by the physicians and surgeons at Otolaryngology Associates.

Everyone at Whisper Hearing Centers thanks their past, present and future patients for helping make them the best in Indy.

"Thank you," Smith says, "for voting and taking the next step in your hearing journey—happy hearing Indy!"

Whisper Hearing Centers has been providing quality hearing healthcare to Indianapolis and surrounding areas for more than 35 years. With thirteen, conveniently located offices throughout central Indiana, the expert staff strives to deliver the best possible hearing healthcare with understanding, compassion, and cutting-edge technology.

December Battery Sale Card!

See inside

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whisperhearingcenters.com

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Whisper Hearing Centers

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Good Hearing **IMPACTS** More Than You Think!

It's not just asking people to repeat themselves anymore...

HEARING LOSS
IS LINKED TO OTHER HEALTH CONDITIONS



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Hear from the experts.

FALLING
Hearing loss tied to 3-fold risk of falling

ALZHEIMER'S & DEMENTIA
Dementia risk may be up to 5X higher with hearing loss

HOSPITALIZATION
32% more likely for older adults with hearing loss

CARDIOVASCULAR DISEASE (CVD)
Could the ear be a window to the heart? Hearing loss and CVD linked

DIABETES
Hearing loss 2X as likely for those with diabetes



DEPRESSION
Symptoms go down, quality of life goes up with hearing aid use

CHRONIC KIDNEY DISEASE (CKD)
Moderate CKD associated with 43% increased risk of hearing loss

Love at First Sound

Modern-day hearing devices are big on technology

By Christa Smith

Chances are, if you've ever watched a movie set in the 18th century or even earlier, you've seen someone try to improve their hearing by placing the narrow end of a horn-like device to their ear, with the wider part open out towards their surroundings. An often cumbersome way, yet mildly effective invention, the "ear trumpet" essentially collected sound and funnelled it through its opening and into the ear. As time went on, and the fashion-conscious got involved, people shelved their horns and started trying to hide hearing aids by integrating them into high-collared shirts and dresses, hats, hairstyles, and even beards. Not an easy feat, but one many willing were try for the sake of appearance. Fortunately, today's hearing devices have come a long way not only in appearance and design, but also in technological improvements.

Today's hearing aids are discreet and functional

Director of Audiology at Whisper Hearing Centers, Dr. Christa Smith, says "Hearing aids have had numerous advancements in the last twenty years. Patients hear better than ever and have reason to believe the future will bring even more technological improvements."

"Hearing aid companies are pushing the boundaries of hearing technology to create a solution that delivers excellent sound quality, discreet design, is easy to use and provides a true sense of well-being. From the first fit and everyday thereafter, there are devices that deliver a love at first sound listening experience." Some of the advancements Smith points to are the delivery of clearer, richer sound; smartphone and television connectivity; as well as rechargeable batteries.

"When I started in the profession of



Patient Testimonial

"My hearing aids are all I hoped they would be. I am having a great experience with Whisper Hearing Centers. I would encourage anyone with hearing difficulties to try them. My audiologist was very professional and gave every fine consideration. She answered all my questions. It was a very comfortable experience."

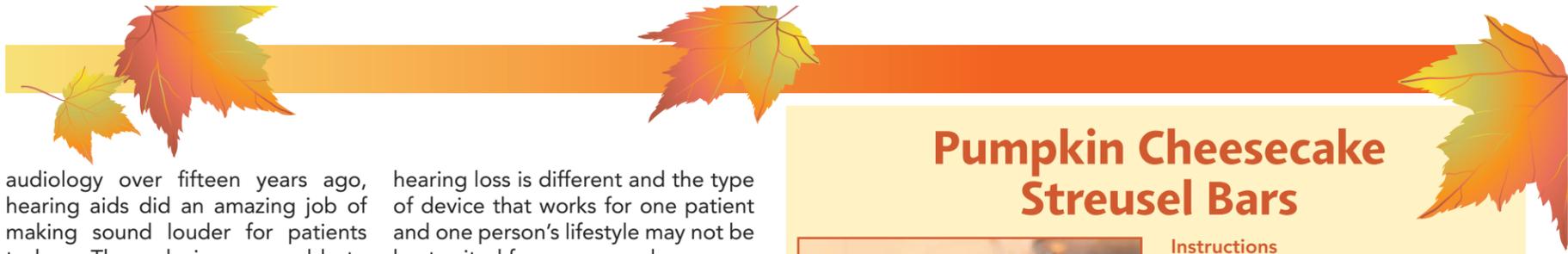
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audiology over fifteen years ago, hearing aids did an amazing job of making sound louder for patients to hear. These devices were able to amplify conversation and sound but were not able to handle complex noisy environments.

"My hope is one day there will be medical treatment to help restore hearing loss." But, says Smith, although there is some excellent work being done throughout the world by both researchers and manufacturers, the industry is a ways away from making restoration a reality. In the meantime, Smith and her team at Whisper Hearing Centers use all of the best in today's modern technology to help patients improve their hearing and communicate with the world and people around them.

AI Technology in Hearing Aids

This fall, Starkey Hearing Technologies released the first-ever hearing device with artificial intelligence, Livio AI.

"It's the world's first hearing aid to provide both superior sound quality and the ability to track body and brain health," says Smith. The device works like an activity tracker and says Smith, is redefining what a hearing aid can do. Of course everyone's

hearing loss is different and the type of device that works for one patient and one person's lifestyle may not be best suited for someone else.

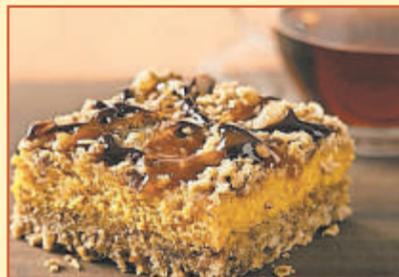
Bottom line, hearing devices are better than ever before. People have a wide range of choices when it comes to treatment.

"Communication is the essence of the human experience and as hearing aid technology advances continue, it will be exciting to see what the future holds for helping people hear their best."

The top 10 hearing device advancements
Hearing aids—they're smaller, lighter and more effective than ever before. Here are some of the top technological advancements people with hearing loss can look forward to:

1. Invisible technology
2. Smaller, more comfortable designs
3. Digital sound processing
4. Directional microphones
5. Noise cancellation
6. Wind reduction
7. Moisture resistance
8. Customized digital programming with bluetooth connectivity
9. Rechargeability
10. Tinnitus relief

Pumpkin Cheesecake Streusel Bars



Instructions

Preheat oven to 350°F. Line 9x13 baking pan with parchment paper. In a bowl, combine crust ingredients and mix until thick dough forms. Press into 9x13 pan. Bake for 8 minutes. In another bowl, combine cream cheese, sugar, salt, and vanilla. Beat with hand mixers until smooth then add eggs. Remove half of mixture and pour on top of the prepared crust. Stir in the canned pumpkin, cinnamon, and pumpkin pie spice to the remaining cheesecake mixture. Pour pumpkin layer on top of the plain cheesecake layer. Bake for 30 minutes at 350°F.

Crust

- 12 full sheets of cinnamon graham cracker crumbs
- 1/4 cup dark brown sugar
- 1/2 cup (8 tbsps) unsalted butter, melted

Cheesecake

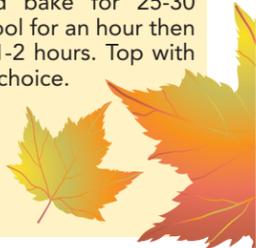
- 4 packages (8 oz each) full fat cream cheese, at room temperature
- 1 and 1/2 cups white sugar
- 1/2 teaspoon fine sea salt
- 2 teaspoons vanilla extract
- 4 large eggs
- 1 can (15 ounces) pumpkin puree
- 1 teaspoon ground cinnamon
- 2 teaspoons pumpkin pie spice

Streusel and Topping

- 1 cup dark brown sugar, packed
- 1 cup white flour
- 1/2 cup quick cooking oats
- 1/2 teaspoon ground cinnamon
- 1/2 cup unsalted butter, softened
- 2 teaspoons vanilla extract
- Salted or plain caramel topping

Mix brown sugar, white flour, quick cooking oats, and cinnamon. Cut the butter into small cubes. Add in the butter and vanilla and mix together (with a pastry cutter or hands) until well combined. Avoid melting the butter entirely as it makes the streusel too wet. Sprinkle this streusel topping evenly over the pumpkin cheesecake layer.

Place in oven and bake for 25-30 minutes. Allow to cool for an hour then place in fridge for 1-2 hours. Top with caramel topping of choice.



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Have your hearing aid batteries mailed to your home for a limited time. Batteries are only \$4/pack (6 per package). Expires 12/31/18.

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