

Hear from the Experts



Whisper Hearing Centers
Hear from the experts.
www.whisperhearingcenters.com

Whisper Hearing Centers Newsletter for Patients and Families

Fall 2019 Edition



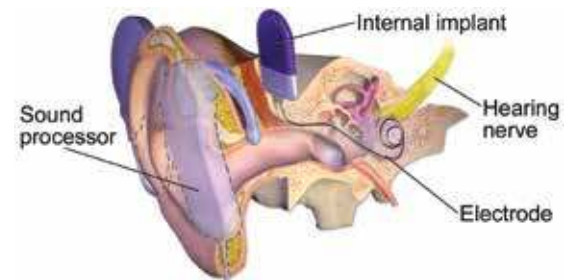
A Sound Solution for the severe-to-profoundly hard of hearing.

Hearing aids have proven to be successful for many people who experience hearing loss, but are not beneficial for some individuals who have severe to profound hearing loss. For those people, a cochlear implant may be the best solution for better hearing.

Unlike traditional hearing aids that capture and amplify sound through the auditory channel, a cochlear implant is an electronic medical device that transforms sounds into electrical signals that bypass the damaged areas of the ear and get sent directly to the auditory nerve.

How do cochlear implants work?

The cochlear implant consists of an external sound processor and an internal implant. The behind-the-ear processor captures and digitizes sound. The digitized sound is then transmitted to an antenna that is magnetically attached to the skin directly over the internal implant.



The magnetic internal implant is a surgically placed receiver that transforms the digital information into an electronic signal that is sent to the cochlea. An electrode array is inserted into the cochlea, and each electrode corresponds to a signal frequency. When an electrode receives an encoded signal, it stimulates the auditory nerve and communicates the sound to the brain.

Who can benefit from cochlear implants?

Cochlear implants are recommended for use in adults and children who are unable to communicate effectively with a hearing aid. These candidates have insufficient or damaged sensory cells in the inner ear. Some other things to consider based off the age of the patient include:

Adults:

- Have severe or profound hearing loss
- Have no medical problems that would make surgery risky
- Get little or no benefit from hearing aids
- Have a desire to be active in treatment to work on language skills and to be part of the hearing world

Children:

- Have severe or profound hearing loss
- Have no medical problems that would make surgery risky
- Get little or no benefit from hearing aids
- Have support from an education program that will help them learn auditory and language skills

If you believe you or a loved one could benefit from a cochlear implant, please contact Whisper Hearing Centers to discuss your cochlear implant-related questions or to schedule a consultation today.

**December
Battery
Sale Card!**
See inside

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In this Issue:

Cover Storypage 1

Whisper Hearing's Fall
Recipepage 2

Patient
Testimonial.....page 2

Q & A with our Newest
Audiologists.....page 3

Battery Salepage 3

Locationspage 4



Meghan's Italian Orzo Spinach Soup

By: Gimme Some Oven

Prep time: 5 minutes | Cook Time: 25 minutes | Servings: 4-6

INSTRUCTIONS

1. Heat oil in a large stock pot over medium-high heat. Add onion and sauté for 4 minutes, until soft. Add carrots, celery and garlic and sauté for an additional 3 minutes.
2. Add chicken stock, tomatoes, orzo (pasta), thyme, oregano, rosemary and stir to combine. Bring soup to a simmer, stirring occasionally. Reduce heat to medium-low and simmer for 10 minutes, stirring occasionally, until the pasta is al dente.
3. Stir in the spinach and cook for 1-2 minutes until it is bright green and wilted. Taste, and season with salt and black pepper as needed. (Also feel free to add more of the thyme, oregano and rosemary, if you'd like.)



INGREDIENTS:

- 2 tablespoons olive oil
- 1 small white onion, peeled and diced
- 1 cup diced carrots
- 1 cup diced celery
- 3 cloves garlic, peeled and minced
- 6 cups chicken or vegetable stock
- 1 (14-oz) can fire-roasted diced tomatoes
- 1½ cups DeLallo whole wheat orzo pasta, or other whole wheat pasta
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried rosemary
- 4 cups loosely-packed spinach
- salt and black pepper to taste

OPTIONAL INGREDIENTS

- Freshly-grated Parmesan cheese
- Crushed red pepper flakes

For an added punch of protein, Add one pound of shredded boneless chicken breast or one pound of ground Italian turkey sausage.

PATIENT TESTIMONIAL

The decision to seek assistance with my loss of hearing was a long time coming. With the assistance of my family, I made the commitment to seek help. The process of selecting a hearing aid provider was an involved process. We finally selected Whisper Hearing Centers at IU Health in Carmel, Indiana. Our initial meeting with Dr. Valerie Ball was productive and informative. In addition the testing done by Brenda Schragger, MA, CCC-A was professional and complete. The hearing test indicated I needed hearing aids in both ears. After an initial period with loaner hearing aids, it was decided to go with Phonak aids. Overall we are very pleased with the professionalism and caring attitude of the entire staff. We would recommend Whisper Hearing Centers to anyone seeking assistance with their hearing challenges.

- Charles L.

Difficulty hearing on the phone?

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Meet our newest audiologists

Q: Tell us a little bit about yourself.

AR: I graduated from Ball State University in 2015 with a degree in Pre-Audiology, and received my doctorate from the University of Cincinnati in 2019. One of the most rewarding aspects of my job is seeing the magic of patients being able to communicate more effectively with loved ones instantaneously.

Q: What's something you wish your patients knew?

AR: A lot of recent studies have shown a connection between cognitive decline and hearing loss. It's important to be proactive about your hearing to ensure you're not at risk for early on-set dementia.



Alyson Ruotanen
Au.D., F-AAA
Greenwood Office

Q: Tell us a little bit about yourself.

EB: I graduated from Butler University in 2015 with a degree in Communication Sciences and Disorders. I also recently graduated with my doctorate degree from Missouri State this past May. I joined the Whisper team at our Avon location where I conduct diagnostic hearing tests and provide hearing aid services to our patients.

Q: How has hearing technologies changed in recent years?

EB: Technology has changed a LOT in the past 5 years alone. One of our patients' favorite features is that some hearing aids now have batteries that are rechargeable. Patients that have smart devices can benefit from the Bluetooth connectivity features of some of our hearing devices as well.



Emily Brennecke
Au.D., CCC-A
Avon Office

Q: Tell us a little bit about yourself.

SG: I graduated from Indiana University in 2015 with a degree in Speech Pathology and Hearing Sciences. I knew I wanted to pursue a career in healthcare, but it wasn't until I took an Introduction to Audiology course that I fell in love with the ability to improve a patient's quality of life in a more tangible way. I then continued on to the University of Illinois where I earned my doctorate in 2019. I split my time at Whisper Hearing Center - conducting balance testing three days a week and performing hearing tests the other two days a week.

Q: What's one of the biggest things to change since you've been working with Whisper?

SG: In what seems like a short amount of time, hearing aids have gone from simple amplification devices to all-in-one smart devices. Hearing aids can now connect via Bluetooth so that TV, music, phone calls, audio books, etc. can all be streamed to both ears at the same time. Patients also love the ability to adjust the volume and sound quality of their hearing aids from a simple App on their mobile phone. Additionally, some hearing aids are even capable of detecting if a patient falls, monitoring heart rate, and tracking listening environments.



Sarah Gurnik
Au.D., CCC-A
 Mooresville Office

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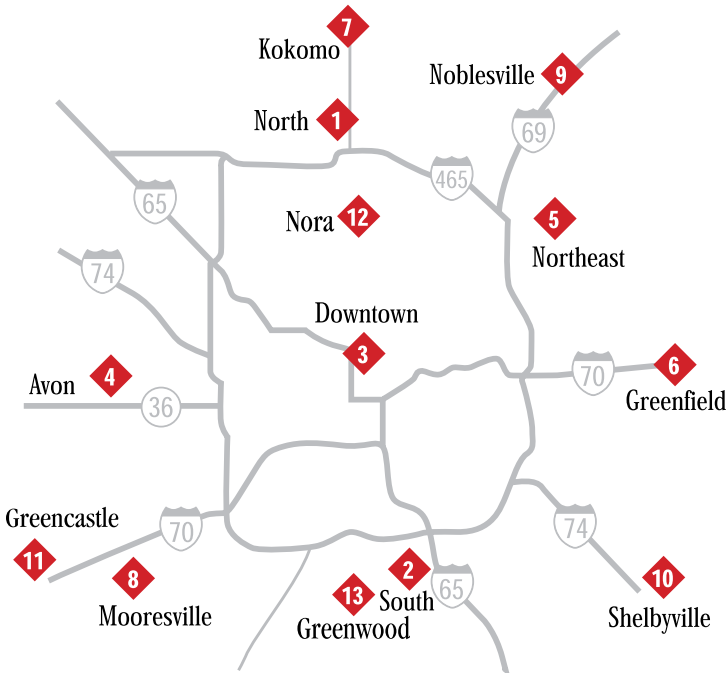


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