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# Hear from the Experts



Hello fall

**December Battery Sale Card!**  
See inside

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## Childhood friend Leads Dr. Alsman to a Fulfilling Career

By Brian Herbert

People find their chosen career paths in many different ways. Some choose to follow in the footsteps of a family member. Others choose to strike out on their own and do something completely different. For Whisper Hearing Centers' audiologist Dr. Kaitie Alsman, her career was the combination of an affliction a childhood friend faced and the intervention of a professor who solidified her love for the field.

"I had a swimming acquaintance when I was younger who had a hearing impairment and was one of the first children in Tennessee who received a cochlear implant so my fascination with hearing and the science behind treating hearing impairments began at an early age," said Alsman.

Alsman attended and later graduated from Butler University. She began her college experience studying Speech Language Pathology, a closely associated field. One of the requirements for her major was to take the Introduction to Audiology course. The course was taught by Dr. Shannon Austin, the Assistant Director of Audiology at Whisper.

"I honestly fell in love with the field, redefined my major and went on to pursue my doctorate at Indiana University," said Alsman. "It meant more schooling, but it was so worth it."

As an audiologist, Alsman works daily to

help identify hearing loss in adults and children through detailed testing. She helps fit individuals with hearing aids and make the necessary adjustments while also showing patients how to care for and clean the devices. She follows through with patients to ensure they are having success and a quality patient experience.

"I think customer service is what really sets us apart at Whisper," said Alsman. "I believe that when you come here you are getting the best care in Indiana and each audiologist truly cares about their patients and wants what is best for them and their individual needs."

"Hearing solutions used to be cookie-cutter in scope," said Alsman. "Today, with new technological advances, hearing solutions vary by patient and the patient's needs enabling us to better customize the solutions for each patient."

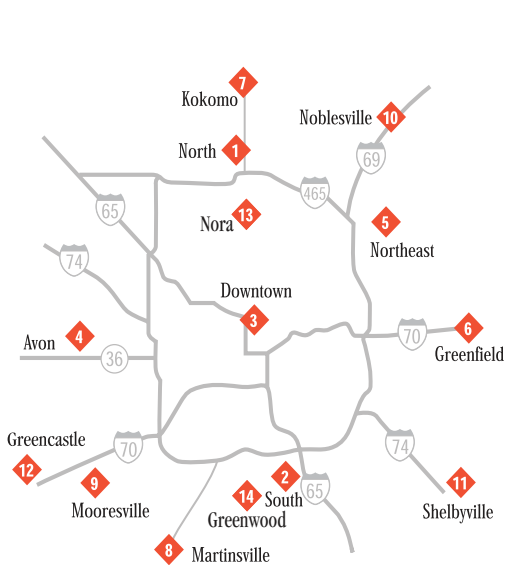
Alsman urges you to encourage a loved one to take the first step and get your hearing evaluated. "The importance of communication in daily activities makes it important to test your hearing," Alsman said. "Withdrawing from those activities because of an inability to hear, leads to detrimental consequences in long-term brain function so seeking help early is invaluable."



Kaitie Alsman  
Audiologist



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## Whisper Hearing's FALL RECIPE



# TEX MEX

## Bean and Butternut Squash Stew

Family Features

Prep time: 30 minutes | Cook time: 10 minutes | Servings: 4

### Stew:

1 can (15 ounces) READ Southwestern Bean Salad, divided  
1 teaspoon ground cumin  
1/4-1/2 teaspoon chipotle chili powder  
1 clove garlic, chopped  
2 cups cubed or chopped butternut squash, fresh or frozen (about 1/2-3/4-inch pieces)

1 can (14 1/2 ounces) no-salt-added diced tomatoes  
1 1/2 cups low-sodium vegetable or chicken broth  
1 teaspoon lime zest, plus additional for garnish (optional)  
Chipotle-Lime Crema  
Chopped cilantro (optional)

### Chipotle-Lime Crema:

1/4 cup plain nonfat yogurt or sour cream  
1 teaspoon lime zest  
1/8 teaspoon chipotle chili powder

**To prepare stew:** Place half of canned bean salad, cumin, chili powder and garlic into bowl of food processor. Puree until blended but still slightly chunky.

Add remaining bean salad to large saucepan. Stir in butternut squash, tomatoes, broth, pureed bean salad mixture and lime zest. Bring to boil. Reduce heat and simmer 10 minutes, or until squash is tender and stew reaches desired thickness.

**To prepare crema:** In small bowl, combine yogurt, lime zest and chili powder. Serve topped with Chipotle-Lime Crema, cilantro and lime zest, if desired.

**Notes:** If using frozen butternut squash, add to stew during last 2-3 minutes of cooking to prevent overcooking. Orange zest can be used instead of lime zest, if desired. Recipe can be doubled.



## Patient Testimonials

**“Whisper Hearing Centers gave me one of my major senses back! I can't even imagine someone not wanting to improve upon their ability to hear and enjoy life. As Shannon was teaching me how to insert the hearing aid, I could immediately hear her voice more clearly and I am so thankful for that! It is a part of my life now. I wouldn't dream of starting my day without my contact lenses or glasses and now my hearing aids are as equally as important.”**

**- Vickie P.  
COATESVILLE**

**“This is just wonderful, I'm sixty years old and I can hear things I've never been able to hear. Things I never knew existed! I can hear two conversations at once and understand every word! And I can hear in the wind and noisy hollow places. I have even wished I hadn't heard some things. Ha! But my quality of life is 100% improved. Thank God and Whisper Hearing Centers.”**

**- Susan A.  
WHITELAND**

## Earbud and Headphone Usage

### A few tips on how to safely use earbuds and headphones

By Shauna Nosler



Over the last few decades, headphone usage has skyrocketed. People use headphones when they walk to and from work or between classes on college campuses. People wear headphones when they're exercising. People listen to music and podcasts and have lengthy telephone conversations and conference calls with work colleagues. And in busy cities, some wear headphones to drown out the noise around them by pumping in music so loudly they oftentimes can't even hear an approaching emergency-vehicle's siren.

While most of us own at least one pair of headphones, not all of us are using them correctly and improper usage is causing hearing loss that could be avoided. Here are a few tips to keep in mind when using headphones:

### 6 Tips for Using Earbuds Safely

1. When purchasing earbud-style headphones, look for a good fit or even have custom earbuds made to properly fit your ear canal. A better fit means less background noise will leak in, which in turn keeps the wearer from having to turn up the volume.
2. Whenever possible, choose noise-cancelling earmuff-style headphones so you can safely listen to music, at a lower level, for a longer period of time.
3. Follow the 60/60 rule and limit earbud use to no more than 60 minutes a day, at or below 60 percent of the volume capacity.
4. Clean your earbuds regularly. Most can easily be removed and wiped down with rubbing alcohol or some kind of cleansing wipe.
5. Use your headphones as they are meant to be used—as a personal hearing device. So if someone else can hear your music, then it's too loud.
6. And if you do turn up the volume for your favorite song, enjoy it ... just be sure to turn it back down as soon as the song's over.

Most importantly, pay attention to the signs of hearing damage. If you experience any kind of ringing or pulsating sensations, contact an audiologist at Whisper Hearing Centers immediately and scheduled an exam—we're here to help you hear better. “Today, 1 in 5 teens has some form of hearing loss—a rate about 30 percent higher than it was in the '80s and '90s—which many experts believe is due, in part, to the increased use of headphones.” —American Osteopathic Association

“Today, 1 in 5 teens has some form of hearing loss—a rate about 30 percent higher than it was in the '80s and '90s—which many experts believe is due, in part, to the increased use of headphones.” —American Osteopathic Association

Music. Most everyone listens to some form of music every day. Be it on their home stereo system, while driving in their car or whistling the hours away at work, most of us hear music in the background throughout many of our daily routines. But we also choose to play music by plugging into various electronic devices—iPod, MP3 player, computers, phones, etc. And when we do, it's often through earbuds or headphones.

Studies have shown that one in five American teenagers have irreversible hearing damage believed to be brought on by improper headphone usage. But it's not just teenagers that are plugging in with headphones, and everyone, regardless of age should be concerned about potential hearing loss from headphone overuse.

## Battery Sale

### Less Cost. Less Hassle.

Have your hearing aid batteries mailed to your home for a limited time. Batteries are only \$4/pack. (6 per package) Expires 12/31/17.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Battery Size (circle one): 10   312   13   675

# of packs \_\_\_\_ Total Payment \$ \_\_\_\_\_

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Please mail in this card for order.  
Allow 3 weeks for mailing.



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