

# Hear from the experts.

Spring 2023

## In this Issue:

- 1 Tinnitus
- 2 Whisper Hearing Center's Spring Recipe
- 2 Battery Sale
- 3 New Faces at Two Locations
- 3 Patient Testimonial
- 4 Locations

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## Tinnitus and Hearing Loss IS THERE A CONNECTION?

Tinnitus is sound in the head with no external source. For many, it's a ringing sound, while for others, it's whistling, buzzing, chirping, hissing, humming, roaring, or even shrieking. The sound may seem to come from one ear or both, from inside the head, or from a distance. It may be constant or intermittent, steady or pulsating.

Almost everyone has had tinnitus for a short time after being exposed to extremely loud noise, but when it lasts more than six months, it's known as chronic tinnitus. As many as 50 to 60 million people in the United States suffer from this condition; it's especially common in people over age 55 and strongly associated with hearing loss. Many people worry that tinnitus is a sign that they are going deaf or have another serious medical problem, but it rarely is.

Most often, tinnitus is caused by an underlying condition - such as age-related hearing loss, an ear injury, or an issue with the circulatory system. In order to best treat your tinnitus, it's important to be evaluated to ensure it's not a sign of a more serious problem such as a tumor or aneurysm.

Depending on the underlying cause of your tinnitus, your doctor may be able to help minimize its effect by treating the root issue. This includes, but isn't limited to:

- **Medical Treatments** to remove ear wax, adjust medications, or administer vascular treatments.
- **Hearing Aids** to treat noise-induced or age-related hearing loss.
- **Noise Suppression** to make your tinnitus less noticeable. Most hearing aids now have masking features available.
- **Counseling** to change the way you think and feel about your tinnitus; such as Tinnitus Retraining Therapy and Cognitive Behavioral Therapy.
- **Medical devices** such as the new FDA approved Lenire.

If you have tinnitus, you may also have hearing loss. Addressing your hearing loss can help ease the intensity of your tinnitus. Schedule an appointment to discuss your tinnitus options at the Whisper Hearing Centers' location nearest you.

**May Battery  
Sale Card!**  
See inside



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[www.whisperhearingcenters.com](http://www.whisperhearingcenters.com)



## GABRIELLE'S Blueberry Banana Bread

Adapted recipe from: SkinnyTaste.com  
Prep time: 15 min. | Cook time: 50 to 55 min.  
Total Time: 1 hour and 5 to 10 min.  
Servings: 16

### INGREDIENTS:

- |           |                                |          |   |
|-----------|--------------------------------|----------|---|
| 1-1/2 cup | blueberries,<br>washed & dried | 2        | large egg whites  |
| 1-1/4 cup | white sugar                    | 3        | ripe bananas  |
| 3/4 tsp   | baking soda                    | 1 tsp    | vanilla extract<br>(add 1/4 tsp more if<br>bananas aren't ripe) |
| 1/4 tsp   | salt                           | 2-3 tbsp | applesauce<br>(3 for more moisture)                             |
| 2 tbsp    | butter, softened               |          | baking spray  |
| 1/2 cup   | light brown sugar,<br>packed   |          |   |

### INSTRUCTIONS

1. Preheat oven to 350 degrees. Spray an 8x4 loaf pan with baking spray.
2. In a medium bowl, combine flour, baking soda, and salt.
3. In a large mxing bowl, cream softened butter and brown sugar with an electric mixer. Add egg whites, bananas, vanilla, and applesauce and beat at medium speed until thick. Scrape down sides of bowl before adding dry ingredients.
4. Bake 30 to 40 minutes at 350 degrees uncovered until the top is bubbling. Serve with turkey, other fowl or pork.
5. Fold in 1c blueberries and pour into loaf pan. Top with additional blueberries. Bake at center rack 50-55 mins or until inserted toothpick comes out clean.
6. The original recipe recommends letting pan cool for 20 mins and slicing when loaf reaches room temperature, but I can't resist bread fresh out of the oven! **Enjoy!**

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## MEET THE NEW THE FACES IN OUR Greenwood & Indy-Northeast Offices

We are excited to announce some upcoming additions to our Whisper Hearing Center offices. We would like to highlight two of our office locations with the addition of providers that have recently joined these locations.



**Dr. Betsy Russo**  
Indy-Northeast

Dr. Olivia Patterson has been at our Indy-Northeast office for the past two years and will soon be joined by Dr. Betsy Russo. Betsy has been with Whisper at our Greenwood location since 2021. Her passions within audiology include hearing aids, vestibular disorders, and community outreach/education. She is dedicated to providing patient- and family-centered care daily. Betsy grew up down the street from our Indy-Northeast location and enjoys traveling, dancing, and spending time with her westie puppy, Minnie. She will be moving to the northside of Indianapolis so having the opportunity to be at an office closer to her new home is very welcomed!

Betsy and Olivia are looking forward to working together to provide hearing care to Fishers and surrounding community. Dr. Russo stated, "I am beyond excited to join the Indy-Northeast Whisper team. It was a delight working at the Greenwood Whisper office for almost two years and I look forward to expanding my patient base even further." Dr. Alyson Ruotanen has recently moved on from our Indy-Northeast office to serve patients in another capacity through her work within one of our hearing aid manufacturers.



**Dr. Brooke Hesson**  
Greenwood

We are also thrilled that Dr. Brooke Hesson will be joining Whisper Hearing Centers at our Greenwood office beginning in June. Brooke has experience as a provider in a thriving ENT practice and most recently as a clinical professor in the Audiology Department at Indiana University. She has a passion to serve others to make a difference in their lives. She believes communication is very important for growth, development, and to maintain a satisfactory quality of life. Brooke will be joining Dr. Nancy George at the Greenwood office. These experienced audiologists will be available Monday through Friday to help with your hearing healthcare needs.

Please call Whisper Hearing Centers at **317-819-4545** to schedule an appointment with Dr. Patterson or Dr. Russo at our Indy-Northeast office or **317-865-2337** to schedule an appointment with Dr. Hesson or Dr. George at our Greenwood office. We are grateful to you for entrusting us with your hearing healthcare throughout the years. We look forward to continuing to serve you for your hearing needs and maintaining the standard of care that you expect.

## PATIENT TESTIMONIAL

*"My audiologist was kind, helpful, professional, and well informed. She did not try to influence me to buy a hearing aid – but left the decision entirely up to me. She answered all my questions and made sure that I got the right hearing aid for my needs. I highly recommend Whisper Hearing Centers and their audiologists. There was no pressure or stress – very professional and reasonably priced."*

- Jaci T.

Please mail in the card with payment to order. If you have any questions, please call 317-819-4546. Allow minimum 3 weeks for mailing.

## Battery Sale

Less Cost. Less Hassle.

Have your hearing aid batteries mailed to your home for a limited time.

Batteries are \$4/pack. (6 batteries per package)

**Offer valid May 1, 2023 through May 31, 2023**

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

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

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

Battery Size (Circle One): 10 312 13 675

# of Packs \_\_\_\_\_ Total Payment: \$ \_\_\_\_\_

**Call or Mail to:**  
**1070 E. 86<sup>th</sup> St., Suite 72C**  
**Indianapolis, IN 46240**  
**317-819-4546**

Please mail in this card for order.  
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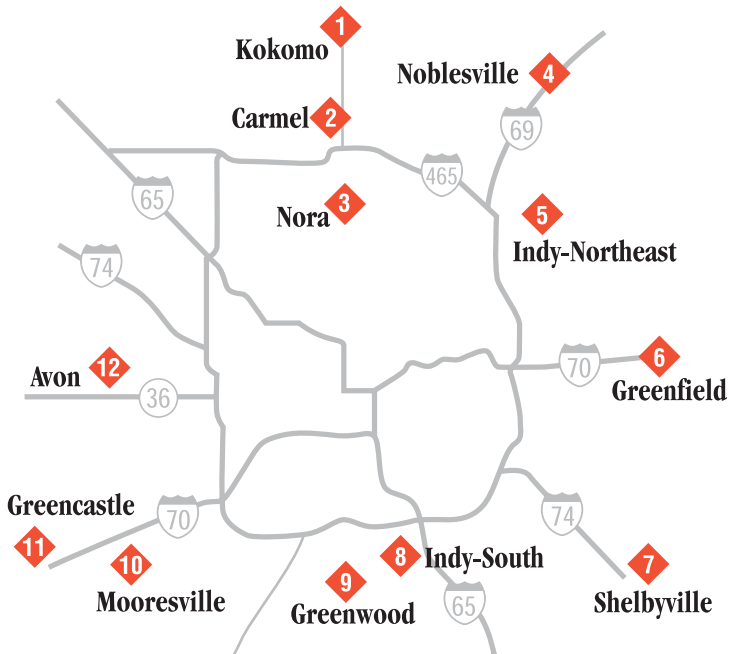
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- 3** 1070 E. 86th Street  
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- 4** 18051 River Avenue  
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- 5** 8040 Clearvista Parkway  
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- 6** One Memorial Square  
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