

Hear from the Experts



Whisper Hearing Centers

Hear from the experts.

www.whisperhearingcenters.com

Whisper Hearing Centers Newsletter for Patients and Families

Winter 2022 Edition

**December
Battery
Sale Card!**
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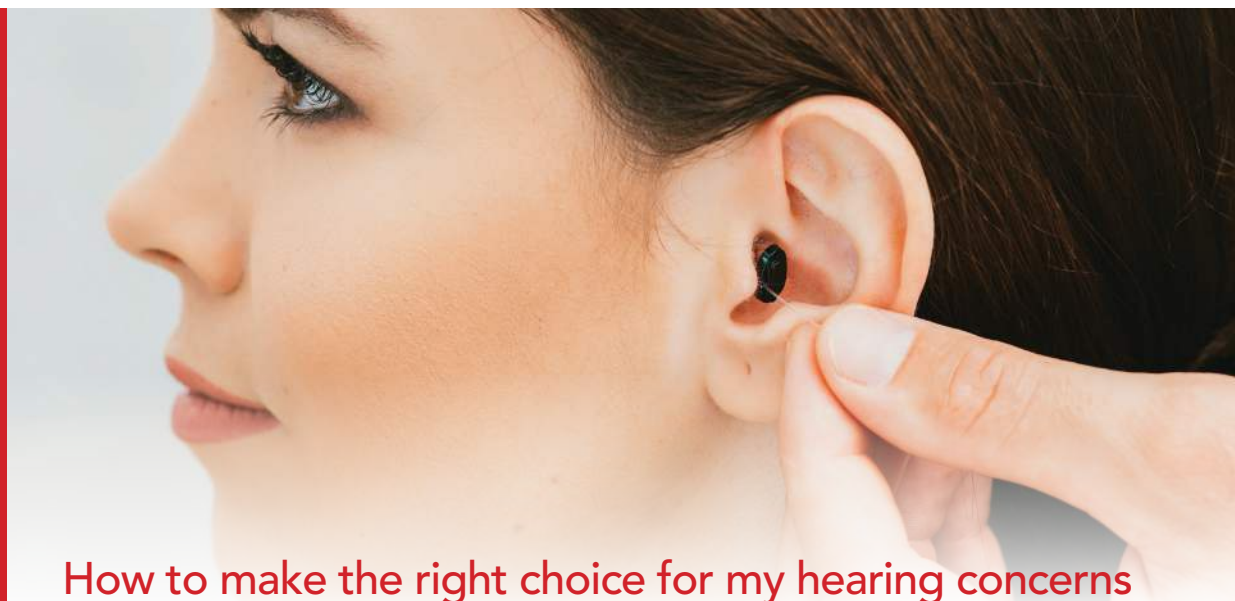
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How to make the right choice for my hearing concerns

The U.S. Food and Drug Administration recently finalized a rule change that would allow a class of over-the-counter hearing aids (OTC HAs) to be available to adult consumers. This October, the newly established guidelines went into effect, enabling consumers with perceived mild to moderate hearing impairment to purchase hearing aids directly from retailers without care and guidance of a hearing health professional. To date, approximately 70 percent of people who need hearing aids have not yet taken steps to manage their hearing loss. This new category of OTC hearing aids was created because of the health concerns about cognitive decline and the hope that more people will take action to improve their hearing sooner.

"Unfortunately, hearing loss associated with aging has been considered normal, just because it's common," stated Christa Smith, Director of Audiology with Whisper Hearing Centers.

"Although hearing loss is the third most common chronic health condition, it is not something we should ignore or learn to deal with. Hearing is what connects us to people; it keeps us vital as we age; it allows us to be successful in the workplace. We have one set of ears for our lifetime, and it is essential that we protect and nurture them."

While over-the-counter hearing devices will be fine for some people with mild hearing concerns, they will not work for the majority of people with hearing loss. If a hearing device over-amplifies sound, it can damage hearing. Conversely, just wearing something in the ear is not enough to offset the side effects of hearing loss if sound is not amplified appropriately. There is also concern that over-the-counter hearing aid purchasers with significant hearing loss will be disappointed and may give up trying to correct their hearing.

No matter what device you decide is best, a diagnostic audiological evaluation should always be performed by a licensed audiologist. This will insure any medical concerns are ruled out and an appropriate treatment plan can be developed. This exam will help you gain clarity on the degree of your hearing loss and provide insight on what treatment is best for you to address your hearing concerns and specific needs.

Schedule a diagnostic hearing assessment at the Whisper Hearing Centers' location nearest you, and we'll help you make the best decision for you. Whisper Hearing Centers will continue to provide necessary hearing testing, professionally fit hearing aids, and assistance to make sure patients have the best possible outcome and experience on their hearing journey.



Jammy's Sweet Potato Casserole

By: AllRecipes.com
Prep time: 20 min. | Cook time: 30 to 40 min.
Total Time: 50 min. to 1 hour
Serves: 6 to 8

INSTRUCTIONS

1. Boil sweet potatoes and mash (making approx. 3 cups of mashed potatoes).
2. Mix mashed potatoes with sugar, milk, eggs, butter, salt and vanilla. Place in a lightly greased casserole dish.
3. In a bowl, mix the brown sugar, flour, pecans and melted butter by hand and sprinkle the crumbles on top of the sweet potatoes.
4. Bake 30 to 40 minutes at 350 degrees uncovered until the top is bubbling. Serve with turkey, other fowl or pork.

INGREDIENTS:

- 4 large sweet potatoes
- 1 cup white sugar
- 1/2 cup milk
- 2 eggs, beaten slightly
- 1/3 stick of butter, melted
- 1/2 tsp salt
- 1 tsp vanilla

Topping:

- 1 cup light brown sugar
- 1/3 cup flour
- 1 cup pecans, chopped
- 1/3 stick of butter, melted

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.

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Meet our newest audiologist

We're excited to welcome and introduce you to our newest audiologist, Allison Almon. Almon graduated from Butler University in 2017 with a degree in Communication Sciences and Disorders, and received her Doctorate of Audiology from Indiana University. She joins us after spending the last three years serving ENT practices in California and is thrilled to be settling in here at Whisper so she can be closer to family.

"I always wanted to work in the healthcare field and have a profession where I was helping people. After taking several courses at Butler, I was especially intrigued by the science behind audiology," Almon says. "I have grown very passionate about the importance of communication and how hearing impacts all different areas of our lives."

In just a few short years, Almon has already seen the leaps and bounds the industry has made when it comes to hearing aid technology.

"They can be pretty cool little gadgets for people who are tech savvy, but that doesn't mean you have to be a technology expert to use hearing aids! Improved technology means more options for each individual and a more seamless transition into making hearing aids a part of your everyday life."

Almon is looking forward to serving patients at our Avon location and helping them understand their hearing loss and breakdown stereotypes and common misconceptions around hearing aids.



Allison Almon
Au.D., CCC-A
Avon

PATIENT TESTIMONIAL

"My audiologist is an outstanding doctor and person. She is very knowledgeable in the testing and all the hearing equipment. My wife and I both wear hearing aids fit by her. We feel very comfortable because of her knowledge and that she takes the time to answer all of our questions in a way that we understand all the technology associated with hearing aids."

- Billie S.

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.

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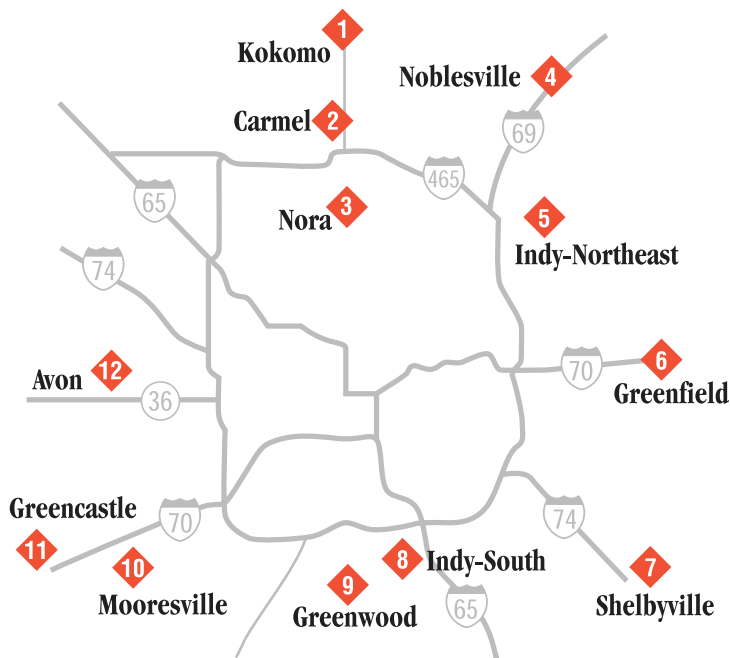


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