

EDUCATIONAL ONLINE EVENT

Hearing Loss and Falls Risk

Join us for our quarterly webinar series!

Presented by UOP audiologists
**Julia Chung, Au.D., and
Melanie Rosenblatt, Au.D.**



Thursday, August 31, 2023 • 11 a.m.–12:30 p.m.

Did you know that your hearing and your sense of balance are closely intertwined? Join us for an informational webinar, and let us show you how they are connected and how best to reduce your risk of falls before they happen.

Visit www.upacifichearing.com/events for registration and additional information.

MEET
SOFIYA DOROKHIN,
OUR NEW EXTERN!



Sofiya Dorokhin was born and raised in Sacramento, where she completed her undergraduate degree at Sacramento State University in communication sciences and disorders. She is currently enrolled in her last year at Salus University, where she is completing her Doctor of Audiology degree. Sofiya is a Christian who enjoys working with patients of all ages and strives to provide the highest quality of care. She loves to travel, and her dream vacation is a cruise around the world! Sofiya is very excited to work alongside Dr. Amornpongchai and Dr. Awad to further progress her healthcare career at the University of the Pacific Hearing and Balance Center.



Don't Let Hearing Loss Bring You Down

Did you know that people with hearing loss are more likely to experience a fall than peers with normal hearing?

One study found that people with mild hearing loss have three times the risk of a dangerous fall. There are two possible reasons for this: One is that people who can't hear well may not have good environmental awareness; the other is that hearing loss may overwhelm cognitive resources, leaving less brainpower to maintain balance.¹

Another study found that 13% of seniors with newly diagnosed hearing loss had an injury within the previous three years, compared to just 7.5% of the general population in the same age range. Fortunately, the same study also found that using hearing aids can delay the likelihood of falling.²

Living with untreated hearing loss and feeling off-balance? Contact University of the Pacific Hearing and Balance Center at (209) 946-7378 to schedule an appointment.

¹ Lin, F. R., & Ferrucci, L. (2013). Hearing loss and falls among older adults in the United States. *Archives of Internal Medicine* 172(4), 369-371.

² Mahmoudi, E., et al. (2019). Can hearing aids delay time to diagnosis of dementia, depression, or falls in older adults? *Journal of the American Geriatrics Society* 67(11), 2362-2369.

MOVE IT!

HOW EXERCISE KEEPS YOUR HEARING IN SHAPE

Need some extra motivation to stick with your exercise routine?

Studies reveal that people over 50 who are genetically disposed to hearing loss and complete 20–30 minutes of cardio five times a week have a better chance of keeping their hearing system healthy than people who don't exercise as frequently.¹

In addition, individuals over 50 who have moderate or high cardiovascular fitness levels maintain hearing sensitivity comparable to people in their 30s.²

How to Add Exercise to Your Day

- Engage in short bursts of activity.
- Pick types of cardio you enjoy and will stick with.
- Team up with a workout buddy to hold you accountable.

You deserve to live a life full of good health and happiness. Exercising regularly, getting hearing checkups and receiving hearing loss treatment if needed to maintain an active lifestyle.

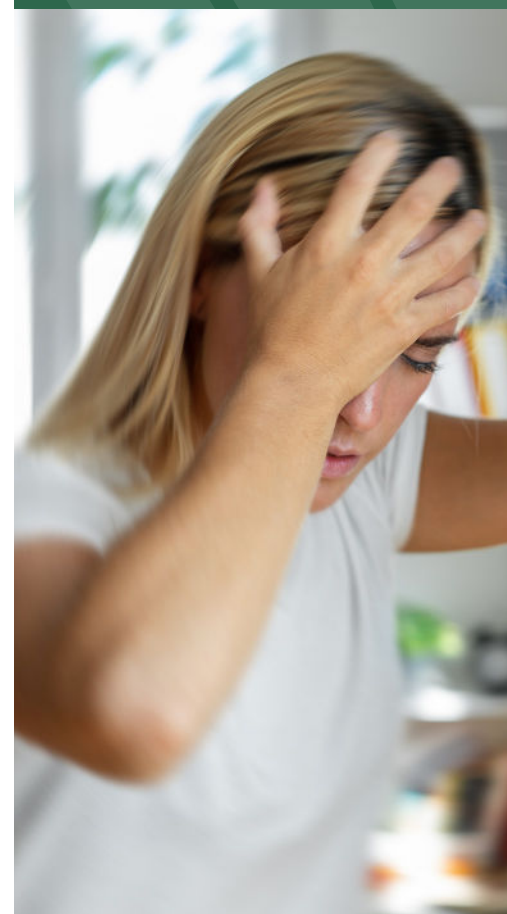
¹ Phan, Y. (2018). Get moving to preserve your hearing. Hearing Health Foundation. <https://hearinghealthfoundation.org/blogs/get-moving-to-preserve-your-hearing>

² The Hearing Review. (2008). Exercise promotes hearing health. <https://hearingreview.com/hearing-loss/hearing-loss-prevention/exercise-promotes-hearing-health>

To schedule your hearing checkup, call (209) 946-7378 today.



How Do “Inner Ear Crystals” Make Me Dizzy?



Nearly one in seven U.S. adults experiences a dizziness or balance problem.¹

Benign paroxysmal positional vertigo (BPPV) is the most common condition that causes dizziness. BPPV occurs when small inner ear crystals, called “otoconia,” break loose and fall into one of the semicircular canals that maintain balance. These crystals cause an abnormal fluid displacement in the canal, resulting in vertigo.

Canalith repositioning is an easy, effective solution. During this nonsurgical procedure, the physician uses a series of head maneuvers to reposition an individual's loose calcium crystals to a part of the ear where they are either absorbed or no longer cause balance problems, resulting in an 80% cure rate.²

The benefits from canalith repositioning are immeasurable. Regaining your sense of balance will enable you to live without restriction and worry less about a painful fall.

Don't put up with balance issues—talk to your doctor if you experience dizziness or vertigo.

¹ Mitchell, M. et al. (2023). Balance disorder trends in US adults 2008[2016]: epidemiology and functional impact. *OTO Open*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10242407/>

² VEDA. (n.d.). Canalith repositioning procedure (for BPPV). [https://vestibular.org/article/diagnosis-treatment/treatments/canalith-repositioning-procedure-for-bppv/#:~:text="](https://vestibular.org/article/diagnosis-treatment/treatments/canalith-repositioning-procedure-for-bppv/#:~:text=)



Introducing: The Oticon Real™ The latest innovation in hearing technology

The new technology features:

- **BrainHearing™ technology:** Helps your brain recognize and balance all types of sounds, allowing you to remain focused, engaged and sharp
- **MoreSound Intelligence™ & Amplifier™ 2.0:** Both rechargeable and disposable battery options, plus nine* colors, so you can choose the style that best fits you
- **Connectivity to your digital world:** High-quality streaming from iPhone®, iPad® and select Android™ devices**—helping you stay connected to your favorite devices

Schedule an appointment with our team and receive:

- No charge, in-office demonstration of the Oticon Real
- 45-day, RISK-FREE hearing aid trial
- One free wireless accessory with the purchase of binaural basic, mid-level or premium technology hearing aids***



For more information or to schedule an appointment, call (209) 946-7378.

*Colors vary by style and availability.

**Remote controls and accessories are needed for Android compatibility.

***Free accessory valued at \$250.