

**ACROSS**

- 1 The number in a dozen
- 3 The body's covering
- 7 Do exactly the same as someone else
- 8 A glass container
- 10 Very, very old
- 13 Clothes washing room
- 16 Hard safety hat
- 17 Expensive
- 18 Have a lie down
- 19 A small river

Solution Next  
Newsletter

**DOWN**

- 1 Small carpet nail
- 2 Make larger
- 4 A thing on a string flown in the wind
- 5 A sewing tool
- 6 The first half of the day
- 9 Bandits at sea who attack and rob other ships
- 11 Female parent
- 12 A light wind
- 14 Three \_\_\_ four equals seven
- 15 A band instrument played with sticks

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**SERVICE CENTERS IN YOUR AREA**

**April 2018**

- April 3...Chinook Senior Center .....10-noon
- April 4...Conrad Pondera Medical.....10-noon
- April 10..Havre Northern Mt. Hospital.....10-noon
- April 11..Cut Bank Northern Hospital.....10-noon
- April 16..Great Falls Eagles Manor.....10-noon
- April 17..Lewistown Community Center.....10-noon
- April 18..Chester Sweet Grass Lodge.....10-noon
- April 19..Deer Lodge Medical Center.....10-noon
- April 24..Havre Northern Mt. Hospital.....10-noon

**May 2018**

- May 1...Chinook Senior Center .....10-noon
- May 2...Conrad Pondera Medical.....10-noon
- May 3...Townsend Dr. Campbell's Office.....10-noon
- May 8..Havre Northern Mt. Hospital.....10-noon
- May 9..Cut Bank Northern Hospital.....10-noon
- May 14..Great Falls Eagles Manor.....10-noon
- May 15..Lewistown Community Center.....10-noon
- May 17..Deer Lodge Medical Center.....10-noon
- May 22..Havre Northern Mt. Hospital.....10-noon
- May 28..Closed for Memorial Day.....Closed

**June 2018**

- June 5...Chinook Senior Center .....10-noon
- June 6...Conrad Pondera Medical.....10-noon
- June 12..Havre Northern Mt. Hospital.....10-noon
- June 13..Cut Bank Northern Hospital.....10-noon
- June 14..Deer Lodge Medical Center.....10-noon
- June 18..Great Falls Eagles Manor.....10-noon
- June 19..Lewistown Community Center.....10-noon
- June 20..Chester Sweet Grass Lodge.....10-noon
- June 26..Havre Northern Mt. Hospital.....10-noon

**Two Locations to Serve You**

1301 11th Ave. So.      2646 Winne Ave.  
Great Falls, MT      Helena MT  
406-452-2437      406-502-2021  
www.hearingplacemt.com

# Hearing Connections to Your Health

By Sue Sherman

## Hearing Health Related Studies

**Heart Health:** Studies show that poor cardiovascular affects vessels of inner ear which contributes to hearing loss.

**Hypertension:** There is a significant association between high blood pressure and hearing loss.

**Smokers:** Have 70% Higher risk of having hearing loss than non smokers.

**Diabetes:** Hearing loss is twice as common in people with diabetes than those without.

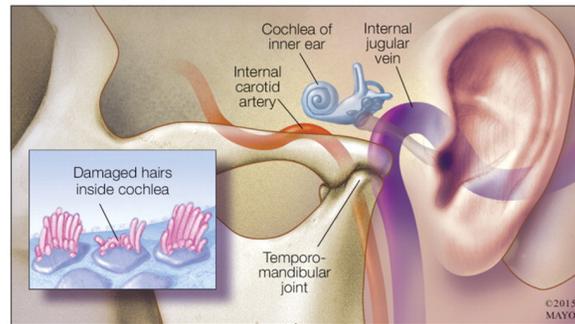
**Obesity:** Higher body mass index is associated with increase of hearing loss in women.

**Ototoxicity:** There are more than 200 medications on market today that are known to be ototoxic-which, quite literally, means “**poisonous to the ears**”

Below is a list of some of these drugs

- **Salicylates** (aspirin containing products)  
Have been found to be reversible once discontinued.
- **Antibiotics** (over the counter antibiotics ointments.)  
Topical ear drops containing gentamicin or neomycin. This is especially dangerous if the eardrum is perforated. Can cause permanent damage.
- **Chemotherapeutic Agents**  
(The ototoxic effects can be minimized by carefully monitoring blood levels.)

**Tinnitus** (TIN-ih-tus) is the perception of noise or ringing in the ears. A common problem, tinnitus affects about 1 in 5 people. Estimates of patients with tinnitus range from 10-15% of the population (30-40 million people). Tinnitus isn't a condition itself — it's a symptom of an underlying condition, such as age-related hearing loss, ear injury or a circulatory system disorder.



The Microscopic hairs form a fringe on the surface of each auditory cell in the cochlea. If hairs are damaged, they may move randomly, sending electrical impulses to your brain as noise, or tinnitus. Tinnitus can also be caused by turbulence in carotid artery or jugular vein, and temporomandibular joint problems.

Tinnitus involves the annoying sensation of hearing sound when no external sound is present. Tinnitus symptoms include these types of phantom noises in your ears: ringing, buzzing, roaring, clicking, and hissing. The phantom noise may vary in pitch from a low roar to a high squeal, and you may hear it in one or both ears.

In some cases, the sound can be so loud it can interfere with your ability to concentrate or hear actual sound. Tinnitus may be present all the time, or it may come and go.

Although bothersome, tinnitus usually isn't a sign of something serious. Although it can worsen with age, for many people, tinnitus can improve with treatment. Treating an identified underlying cause sometimes helps. Other treatments reduce or mask the noise, making tinnitus less noticeable. Manufacturers being aware of this condition have done a lot of research and put tinnitus maskers in their hearing aids.

**Dementia:** Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing, a study by Johns Hopkins and National Institute on Aging researchers suggests. The findings, the researchers say, could lead to new ways to combat dementia, a condition that affects millions of people worldwide and carries heavy societal burdens.

The investigators found that if the brain doesn't get the clarity of the words that leaves them to be more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders.