

The Sound Advice

Fall 2015



What is Tinnitus?

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What's Tinnitus?



Fall Specials



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Tinnitus is the perception of sounds or noise within the ears with no external sound source.

These sounds are often described as ringing, humming or buzzing noises and they can be constant or periodic.

What can cause Tinnitus?

Tinnitus can be triggered by a variety of causes, but is commonly linked to exposure to loud sounds, which can damage the delicate sensory cells of the inner ear. This condition has also been associated with ear infections, stress, excessive earwax, high blood pressure, and sensory nerve disorders. Activities such as smoking, drinking alcohol or caffeine, and taking excessive amounts of aspirin or antibiotics may exacerbate tinnitus.

How can I manage tinnitus?

If you suspect that you may be one of the many faces of tinnitus, your first step is to undergo a professional evaluation. Counselling with an experienced hearing health care professional trained in managing tinnitus improves your chances of success in regaining your quality of life. The effects of tinnitus can often be helped by a combination of counselling and sound stimulation.

How does sound help?

Amplified sound from hearing aids, environmental influences, music, or sound from noise generators can help to reduce the contrast between the buzzing or ringing of tinnitus and the surrounding sound environment. A highly original hearing aid feature that has been shown in a clinical study to be a promising tool for tinnitus relief is known as Zen.



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Great Fall Specials

FREE

Hearing & Tinnitus
(ringing in the ears) Screening

Offer expires 11/30/2015

FREE
CLEAN & CHECK
of your current hearing aid

Offer expires 11/30/2015

Remember to use your insurance benefits before they run out at the end of the year!

SPECIAL OFFER!

\$300 OFF

A Pair of 2015 Widex Dream™ 330 or Widex Dream™ 440 Hearing Aids*

Hurry! This limited offer expires 11/30/2015

*Cannot be combined with any other hearing aid offer

Pumpkin Roll



Ingredients:

- 3 eggs, beaten
- 1 cup white sugar
- 2/3 cup pumpkin puree
- 1 tablespoon lemon juice
- 2/3 cup self-rising flour
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 1 cup confectioners' sugar
- 1/4 cup butter, softened
- 1 (8 ounce) package cream cheese
- 1 teaspoon vanilla extract

Directions:

- 1- Preheat oven to 325 degrees F (165 degrees C). Butter or grease one 10x15" jelly roll pan.
- 2- In a mixing bowl, beat together the eggs, sugar, pumpkin and lemon juice.
- 3- Sift together the flour, cinnamon, nutmeg and ginger. Add to wet ingredients and mix well. Spread into pan and bake for 15 to 20 minutes. Remove from oven and allow to cool enough to handle.
- 4- Remove cake from pan and place on tea towel (cotton, not terry cloth). Roll up the cake by rolling a towel inside cake and place seam side down to cool.
- 5- Prepare the frosting by blending together the sugar, butter, cream cheese and vanilla.
- 6- Before completely cool, unroll cake and spread with cream cheese filling and roll up again without towel. Wrap with plastic wrap and refrigerate until ready to serve.
- 7- Sprinkle with confectioners sugar and slice into 8 to 10 servings.