

FIND OUT AT JOHNSON AUDIOLOGY

# What Do *Solutions* for Hearing Loss Sound Like?

**For many people, it starts with straining to hear a conversation** in a restaurant buzzing with the din of voices and dishware. For others, it might be constantly asking, “What did you say?” And for many more, it may be turning up the television volume to 64 when 25 was once good enough. For a growing number of people experiencing hearing loss, these signs of frustration are common.

If you can identify with any of the scenarios above, you’re not alone. By the time you reach your 60s, there is a one-in-four chance you will experience age-related hearing loss, according to recent studies by both the National Academy of Sciences and the President’s Council of Advisors on Science and Technology. These also confirm that hearing declines in one’s 70s, with over half of us experiencing hearing loss.

## **New Options for Better Hearing**

Advances in science and technology have created exciting new options to help us hear better. The challenge is finding the best solution for your situation. It can be difficult to navigate through the flood of advertisements,



You don't have to look far to find patients whose lives have improved after working with Drs. Johnson and Rieke.

“Working in retail presents a specific set of challenges: noisy crowds at times, children’s soft voices at others. [Johnson Audiology] is sensitive to the expense side of hearing devices, helping me choose the appropriate devices for my budget.” —Liza Bernard

“Practicing in the Upper Valley for 20 years, I’ve heard a lot of critiques of where people get great care. Julie Johnson’s work has been noteworthy as a problem solver for people frustrated with their hearing.” —Adam Schwarz, MD

“I cannot give enough praise to Johnson Audiology for getting me set up with my hearing aids. The only drawback is I now have less reason for selective hearing!”

—Dan Bartlett

from mail-order offers to newspaper or online ads. The first step is to find a reputable hearing health care provider who can administer a comprehensive hearing evaluation.

Johnson Audiology in downtown Hanover offers a refreshing perspective: consulting services for hearing loss. Julie Johnson and Catherine Rieke, doctors of audiology, work with each patient to help solve the everyday challenges of living with hearing loss. Dr. Johnson says, “Our mission is to help patients navigate the process and ultimately help people hear better using evidence-based methods.”

If hearing aids are recommended, Drs. Johnson and Rieke follow best practice to ensure each patient has appropriate amplification. “The most important test we do during a hearing-aid fitting is called real-ear measures,” Dr. Johnson adds. “It is our way to be certain hearing aids are improving a patient’s ability to hear well at each pitch based on the individual’s hearing test, unique ear size, and ear shape.”

There are also other examination protocols that help Drs. Johnson and Rieke evaluate the best hearing solutions for each patient’s specific needs. The diagnostic evaluation will include:

- A discussion of ear health, medical history, hearing history, and current lifestyle
- A physical examination of the ear via otoscopy and wax removal when needed
- Pure-tone audiometry and speech-recognition testing in a sound-treated booth. Speech testing is performed in a quiet environment as well as with varying levels of background noise, with and without hearing aids.

Following the evaluation, the audiologist will explain the results and make recommendations. These may include a referral to an ear, nose, and throat

specialist; adjustment of one’s current hearing aids; new amplification options; hearing protection; and/or suggestions for school or workplace accommodations. In some cases, devices such as amplified or captioned phones, TV amplifiers, or over-the-counter hearing products are recommended instead of, or in addition to, hearing aids.

“We want patients to feel they’re receiving information and guidance about their hearing care options, without feeling pressure to purchase hearing aids,” Dr. Rieke says. “The focus is not on a product but rather on an individualized solution to help someone hear better.”

Because solving hearing loss is not a one-size-fits-all proposition and because consumers are bombarded with so much conflicting and confusing information about hearing aids, Johnson Audiology offers personal, one-on-one information that takes the mystery out of finding the right solution for your specific hearing loss circumstances.

### What to Expect

With over 25 years of combined professional experience and strong educational backgrounds, Drs. Johnson and Rieke offer evidence-based practice in audiology. Both enjoy excellent reputations for working with patients to identify their best solutions. Johnson Audiology offers online self-scheduling at two convenient locations—one in downtown Hanover and one at Kendal of Hanover (for Kendal residents). Patients are typically scheduled within two weeks. Visit [johnsonaudiology.org](http://johnsonaudiology.org) or call (603) 643-HEAR to schedule an appointment today. ❖

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# 5 STELLAR SUPERFOODS

BOOST YOUR DIET WITH THESE NUTRITIONAL POWERHOUSES



## BERRIES

Raspberries, strawberries, blueberries, and others are packed with vitamins, minerals, and fiber.

**KEY BENEFITS:** Berries' antioxidant activity is associated with a decreased risk of cardiovascular disease, cancer, and other inflammatory conditions.



## NUTS & SEEDS

Rich in fiber and healthy fats, make almonds, walnuts, pecans, peanuts, and sunflower and pumpkin seeds part of your healthy diet.

**KEY BENEFITS:** Nuts and seeds may reduce the risk of heart disease while promoting healthy weight loss.



## LEAFY GREENS

Dark green leafy vegetables (DGLVs) such as kale, spinach, Swiss chard, and collard and turnip greens provide folate, zinc, calcium, iron, magnesium, vitamin C, and fiber.

**KEY BENEFITS:** DGLVs have been shown to potentially reduce the risk of heart disease and type 2 diabetes. Their anti-inflammatory carotenoids may protect against certain cancers.



## OLIVE OIL

Health benefits of olive oil come from its monounsaturated fatty acids.

**KEY BENEFITS:** Olive oil is packed with antioxidants that protect cells from oxidative damage, and it is believed to be beneficial in reducing heart disease, diabetes, and other inflammatory conditions.



## GARLIC

Used for centuries for its medicinal benefits, garlic is a good source of manganese, vitamin C, vitamin B6, selenium, and fiber.

**KEY BENEFITS:** Studies show that garlic may help reduce cholesterol and blood pressure while supporting healthy immune function. Its sulfur-containing compounds may help prevent certain types of cancer. ❖