



# Health Report

## Florida Hearing Matters Newsletter

### A Message from Dr. Valerie Rossetti...



Valerie Rossetti, Au.D.  
Doctor of Audiology

Here at Florida Hearing Matters, we are pleased to announce some great improvements in hearing technology. Hearing aids are more personalized as ever before and more affordable with these life changing features. Today everyone is on their smart phone. Whether you're taking a call, checking your email or listening to

music I bet your phone is close by! Wouldn't it be nice if your hearing aids could integrate with your phone easily? Well they can. The manufacturers we work with have designed a variety of aids that can do very simple to advanced connections with your phone. Hear your phone ring in your ear and push a button to answer and chat handsfree while listening directly in both of your ears. Also, you can adjust your preferred volume or speech clarity by an easy to use app on your phone. We also offer remote programming, sometimes there is no need to come to the office for a quick sound adjustment. We can access you hearing aid remotely while you are in the comfort of your own home!

We are also pleased to introduce our new lease program. Often patients wonder how long their hearing aids

will last and are concerned if they buy something today will it be outdated next year? Leasing is a great option to ensure you are in the best technology with affordable monthly payments. Have the option to upgrade every 3 years with no extra costs and ensure you have a product that is current and under warranty.

If you haven't been to the office for a regular check-up, we encourage you to make an appointment. The heat and humidity of summer can cause havoc on your hearing system and we can make sure all your equipment is working properly. Also, take advantage of our demo program where you can borrow new devices and give them a two-week test drive. This is the best way to assess all the features in your own surroundings.

We look forward to "hearing" from you soon.



Valerie Rossetti, Au.D.  
Doctor of Audiology

Lisa Lanza, Au.D.  
Doctor of Audiology

### Call Us Today for a Complimentary Consultation!



4800 NE 20th Terrace, Suite 305  
Fort Lauderdale, FL 33308  
954-884-8195

Find out more about  
**Florida Hearing Matters online!**  
[www.floridahearingmatters.com](http://www.floridahearingmatters.com)



#### Special Offers

**\$500 off a pair of new Oticon Opn™ advanced or premium aids.**

**2 week Complimentary test-drive of new technology**

**\$1000 trade-in for hearing instruments that are 5 years old or less.**

#### Customer Referral Program

Refer a patient to our office and once they purchase new technology receive a \$50 American Express gift card. The best compliment you can give our office is referring your friends and family to us.

**954-884-8195**



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See what our patients have to say about us!



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Addressing hearing loss...a smart buying decision



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Laughter is strong medicine.



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Brain Teaser - Solve the Cryptogram!



“Courteous and very helpful. I highly recommend her for your hearing needs.”  
-L.S.

“Doctor Rossetti is amazing, she is very helpful and assists you with anything you need.”  
-A.K.

“Great professional testing and feedback experienced at this organization. Timely and expedient services rendered.”  
-M.B.



## Smart buying decisions: How hearing aids give you a great return on your investment

Courtesy of the Better Hearing Institute

If you're one of the nearly 40 million Americans who suffer with hearing loss, maybe it's time to consider investing in your hearing health.

Research shows that the rewards can be substantial. In fact, identifying and addressing hearing loss has been shown to positively influence virtually every aspect of an individual's life, helping people personally, professionally and even financially.

New technological advances have revolutionized hearing aids in recent years. Today's hearing aids can automatically adjust to all kinds of sound environments and filter out noise. Many are virtually invisible, sitting discreetly and comfortably inside the ear canal. Best of all, many are wireless, so you can stream sound from smartphones, home entertainment systems and other electronics directly into your hearing aid(s) at volumes just right for you.

Here are six ways that investing in professionally fitted hearing aids—if recommended by a hearing care professional following a comprehensive hearing evaluation—could bring you a greater return on your investment than you ever imagined.

**Unleash your earning potential.** Using hearing aids reduced the risk of income loss by 90-100 percent for those with milder hearing loss, and from 65-77 percent for those with severe to moderate hearing loss, according to a Better Hearing Institute (BHI) study. People with untreated hearing loss lost as much as \$30,000 in income annually, the study showed.

**Maintain your cognitive function.** Research shows a link between hearing loss and dementia, leading experts to believe that interventions, like hearing aids, could potentially delay or prevent dementia. Research is ongoing.

**Keep you on your feet.** A Johns Hopkins study showed that people in middle age (40-69) with even just mild hearing loss were nearly three times more likely to have a history of falling. Hearing loss may take cognitive resources away from what is needed for balance and gait, experts have suggested.

**Relieve stress and lift your mood.** When people with hearing loss use hearing aids, many feel more in control of their lives and less self-critical, BHI research shows.

**Tame that ringing in your ears.** Hearing aids can help reduce the prominence of tinnitus by amplifying background sound. Just taking the focus off the tinnitus can provide relief for many people.

**Strengthen your relationships.** Research shows that using hearing aids can help improve interpersonal relationships.

Addressing hearing loss really is a smart buying decision.

*The above story is based on materials provided by AARP. Note: Materials may be edited for content and length.*



## Hearing device technology that's making waves



With Oticon Opn S, you can enjoy speech understanding on par with normal hearing.\*\*

## Introducing Oticon Opn S™ A clear breakthrough for more natural hearing.

Imagine being able to experience the many, wonderful sounds in your environment in a more natural, comfortable way. Now, thanks to one of the most significant technological advances in years, that day has arrived. Introducing Oticon Opn S hearing devices, featuring a next-generation microchip able to adjust and balance all the various sounds around you—not just the ones directly in front of you.

**Freedom from disposable batteries**  
with state-of-the-art lithium-ion battery technology\*.



\*Lithium-ion battery performance varies depending on hearing loss, lifestyle and streaming behavior.  
\*\*Juul Jensen 2018, Oticon Whitepaper  
For people with typical hearing loss and well-fitted hearing aids, in noisy situations

# Laughter is strong medicine for mind and body.

Courtesy of Helpguide.org

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

## Laughter is good for your health

• **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

• **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

• **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

• **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.



### The Benefits of Laughter

**Physical Health Benefits:**

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

**Mental Health Benefits:**

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

**Social Benefits:**

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding



## Teaser Time! Solve the Cryptogram

Solve the puzzle! Determine the correct letter for the cipher letters to decode and solve the quote.

“                       

Q   A   V     V   M   C   Q   A     A   M   D     Z   K   D   R   B

                          ”

Y   L   C     Q   A   L   D   V     F   A   L     G   R   D   Q   V   O

-William Shakespeare



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