



Health Report

Florida Hearing Matters Newsletter

Fall 2020



PAGE 2

See what our patients have to say about us!



PAGE 2

Put a Hearing Test at the Top of Your "Done" List



PAGE 2

Hearing device technology that's making waves



PAGE 3

The Life-Changing Benefits of Exercise



PAGE 3

Brain Teaser - Find the Hidden Words.



A Message from Dr. Valerie Rossetti...



Valerie Rossetti, Au.D.
Doctor of Audiology

Well 2020 sure hasn't been the year any of us expected, but our commitment to help our patients has made us persevere in these challenging times. In late spring as we moved into our new location, just down the hall from our previous suite. We had early access to PPE, installing plexi-glass dividers and properly spacing out

waiting and exam rooms ensuring the safety of patients and staff. We encourage you to make in office or remote care appointments and keep up with your routine hearing check-ups. Our office has been using the Clear Face Mask and was recently featured on Channel 10 WPLG local news on the effects of these masks and the difficulties faced by the hearing-impaired community. With the mouth being covered by the vital traditional face masks, many of our patients are having even more difficulty hearing properly without the help of visual cues and muffled speech. For those wearing hearing devices, we have created special sound enhancement programs to temporarily increase soft speech and help with this "mask effect".

Also, we have had many patients concerned about losing their aids while wearing the mask and have reported limited wear. Please continue to wear your aids, even

if you are living a more quiet at home lifestyle these days. Keeping your brain active and engaged with sound will help you with better sound clarity and less deterioration of hearing in the future. Many of the modern aids that incorporate Bluetooth technology have "Find my aid" options on the remote app. If you have not activated this feature, or would like to learn more, please call our office. This is a helpful tool if the aid does come out of the ear while taking off the mask. Also, please visit our website for helpful information on how to wear your mask with your hearing aid. We have a guide with helpful tips for properly securing both for maximum security and comfort. If this year has taught us anything, we have learned how important it is to stay connected with friends and family at any capacity. Hearing healthcare is so vital and we are here to help you throughout your journey. We continue to offer the latest technology and most effective hearing solutions.



Our doctors take your safety and Hearing Health to the next level featured on Channel 10 WPLG. Visit our Website for full story.

Call Us Today for a Complimentary Consultation!



4800 NE 20th Terrace, Suite 301 Building C
Fort Lauderdale, FL 33308
954-884-8195

Find out more about
Florida Hearing Matters online!
www.floridahearingmatters.com



Special Offers

\$500 off a pair of new 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



“Trusted and reliable hearing provider. Excellent service and well-run practice. I highly recommend them.”
-C.C.

“I found Florida Hearing Matters online and they were fantastic! Great customer service. Told us exactly what to expect: cost of repair and turnaround time. They were a pleasure to do business with and I will be going to them for future appointments. Thank you for helping us when we needed you the most!”
-D.D.

“A friend from overseas needed a new Hearing Aid within a limited time frame. Valerie was very efficient, professional and helpful in ordering and setting up the new hearing aids, and everyone was satisfied in the end. Wonderful service.”
-S.T.



8 Reasons to Put a Hearing Test at the Top of Your “Done” List

Courtesy of the Better Hearing Institute

No matter what your age, untreated hearing loss can take its toll. The catch is, hearing loss is stealthy. It's usually hard to notice at first. In fact, it tends to come on so gradually that it tricks you into oblivion. Then it robs you of more than you realize, sooner than you realize.

To give you an extra push, here are eight reasons why you should get a hearing test today.

1. It may help your pocketbook. Research shows that middle-aged people with hearing loss have about a third more in health care payments than those without hearing loss.

2. Your mind may benefit. Research shows a link between hearing loss and dementia, leading experts to believe that interventions, like hearing aids, could potentially delay or prevent dementia.

3. It could boost your job performance. Most hearing aid users in the workforce say it has helped their performance on the job. That's right. Getting a hearing test could benefit all those employees (a whopping 30 percent) who suspect they have hearing loss but haven't sought treatment.

4. Life's challenges may not seem so intimidating. Research shows people with hearing loss who use hearing aids are more likely to tackle problems actively. Apparently, hearing your best brings greater confidence.

5. Your zest for life might get zestier. Most people who use hearing aids say it has a positive effect on their relationships. They're more likely to have a strong social network, be optimistic, feel engaged in life, and even get more pleasure in doing things.

6. It could protect you against the blues. Hearing loss is linked to a greater risk of depression in adults, especially 18 to 69-year-olds. But studies also show that treating hearing loss can boost quality of life.

7. You'll probably be more likely to get the drift. Most people who use hearing aids say it helps their overall ability to communicate effectively in most situations.

8. Your heart and health may benefit. Cardiovascular and hearing health are linked. Some experts say the inner ear is so sensitive to blood flow that it's possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body.

So do it for your health. Do it for your happiness. Get a hearing test.

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



It's not just a hearing problem
It's a health problem

**Even with mild hearing loss,
your risk of dementia can double.**

In a 25-year study, people not using hearing devices had a higher risk of dementia. Oticon hearing devices with BrainHearing™ technology provide the clearest, purest signal possible and are a great choice to treat your hearing loss.

**So improve your hearing—and your health—with Oticon.
Call today for an appointment.**

*Self-Reported Hearing Loss, Hearing Aids, and Cognitive Decline in Elderly Adults: A 25-Year Study (Amieva et al., 2015).



oticon
life-changing technology

The Life-Changing Benefits of Exercise

Courtesy of Helpguide.org

Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your health and your physique, trim your waistline, improve your sex life, and even add years to your life. But that's not what motivates most people to stay active. People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it doesn't take hours of pumping weights in a gym or running mile after mile to achieve those results.

By focusing on activities you enjoy and tailoring a regular mild to moderate exercise routine to your needs, you can experience the health benefits of exercise and improve your own life by:

- **Easing stress and anxiety.** A twenty-minute bike ride won't sweep away all of life's troubles, but exercising regularly helps you take charge of anxiety and reduce stress. Aerobic exercise releases hormones that relieve stress and promote a sense of well-being.
- **Lifting your mood.** Exercise can treat mild to moderate depression as effectively as antidepressant medication. Exercise also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good.



- **Sharpening brainpower.** The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.
- **Improving self-esteem.** Regular activity is an investment in your mind, body, and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful.
- **Boosting energy.** Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.

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



Teaser Time! Find the Hidden Words.

A	M	S	E	V	A	E	L	A	M	P	U	R	H	Z	U	A	H
H	U	Z	C	D	A	C	O	E	T	X	C	D	A	C	O	E	A
I	C	D	H	U	D	P	R	R	H	D	L	U	D	A	R	R	Y
L	P	O	A	A	R	H	D	I	A	E	I	A	C	H	D	I	R
C	E	D	R	T	F	C	E	L	N	D	M	O	F	C	E	L	I
O	L	L	V	N	O	J	C	Y	K	L	R	H	O	J	C	Y	D
L	D	A	E	C	U	R	B	G	S	N	V	C	G	R	B	G	E
N	C	F	S	L	I	C	Y	L	G	F	A	A	I	E	Y	L	S
T	Y	E	T	G	T	C	O	R	I	E	C	D	T	G	P	R	Y
A	X	C	V	V	R	E	R	P	V	C	V	E	R	A	R	T	X
B	A	C	R	A	C	Z	I	A	I	C	R	P	E	I	I	A	B
S	U	A	O	C	O	R	J	B	N	A	O	O	V	L	J	B	Y
B	T	S	D	V	R	N	I	S	G	S	D	E	T	O	I	S	P
O	U	D	L	R	N	B	C	S	P	D	L	Q	O	F	C	S	R
B	M	C	P	U	M	P	K	I	N	S	E	Z	R	O	E	B	I
O	N	C	N	A	A	A	B	O	E	C	N	A	L	A	B	O	E
P	Q	I	A	C	Z	V	W	O	R	C	E	R	A	C	S	P	Q
Y	E	A	L	S	E	S	T	Y	E	A	S	U	I	S	T	Y	E

WORD BANK

- Autumn
- Harvest
- Pumpkins
- Acorn
- Scarecrow
- Cornucopia
- Leaves
- Hayrides
- Foliage
- Thanksgiving
- Corn Maze





Health Report

Newsletter

4800 NE 20th Terrace
Suite 301 Building C
Fort Lauderdale, FL 33308