

Audiogram

FUNNY BONE

“A cheerful heart
is good medicine ...”

**A funny thing happened on
the way to better hearing...**

A new patient, Corinne, told these stories on herself, which she said brought her “to the end of denial”:

Corinne was emptying a bag of groceries. Her grandson, who lives with her and her husband, noticed she pulled out a bottle of sauce and he happily exclaimed, “Oh! Honey Barbecue!” Corinne looked at him in horror and said, “You didn’t buy a dog, did you?”

Bewildered, her grandson answered, “Nooo...and I wouldn’t plan to barbecue it if I did.”

Corinne, equally bewildered said, “I’m glad to hear that! But why did you say, ‘I need dog food?’”

Next, Corinne’s husband was in the living room and asked her to bring him a fly swatter. Unaware of any bugs or flies in the house, she took the fly swatter to him. He looked at her like she was crazy and said, “What do you want me to do with this?”

She said, “How should I know? You’re the one who asked for it.”

He chuckled and said, “No, dear. I asked for some ‘ice water.’”

How’s YOUR Hearing?

**Are Your Conversations
Becoming Convolut-ed?**

Call Us Today!



‘Tis the Season - for Allergies!

Spring is in full swing again and for some people, this gets a mixed reaction. The milder temperatures are great, except for those who suffer from allergies. Those pesky pollen particles can assault the senses, sending us in a million different directions to find something that will help get rid of the annoying side effects of allergies. In addition to runny nose, itching and irritated eyes, sneezing or

congestion and tiredness, allergies can even cause plugged, blocked hearing.

It’s estimated that one in four people currently suffer from some type of allergy. Sinus-related issues (a by-product of allergies) are now rated the number one medical problem in America. In fact, the sale of medications that treat allergies now exceeds five billion dollars globally.

Cont. pg 3

“John-Boy” Speaks Up For Better Hearing Month



Actors Ralph Waite, Richard “John-Boy” Thomas and Michael Learned (ca. 1972) as the main characters of ABC’s *The Waltons*.

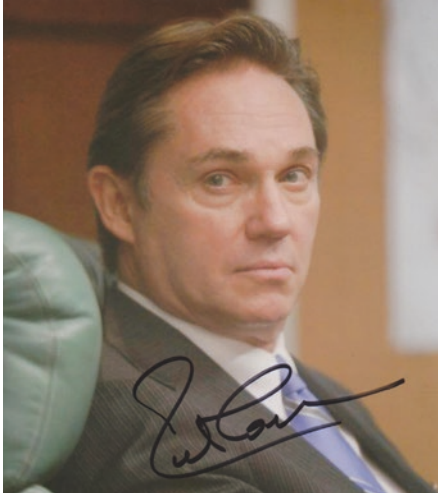
For those of us who enjoyed watching Richard Thomas as “John-Boy” on *The Waltons* TV series, it’s hard for us to grasp that Thomas is nearly 66 years old, a grandfather, and a spokesperson for, as well as the National Chairperson of, the Better Hearing Institute.

Diagnosed with cochlear otosclerosis (a condition that causes permanent sensorineural hearing loss) in his early 30’s, “John-Boy” has worn hearing aids for over three decades—a long time by any standard and an eternity for an actor, who depends heavily on good hearing for script cues.

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“John-Boy” Speaks Up For Better Hearing Month

Cont. From pg. 1



As Better Hearing Institute’s National Chairman, Thomas encourages everyone to have annual hearing exams, pursue professional help if/when it’s needed and to use quality hearing aids to live a full and vibrant life which he, himself, has accomplished.

Richard Thomas was fortunate to discover—and got help for—his

condition early on so that with the use of hearing aids, his acting career has never been adversely affected by his hearing loss. He has worked continuously in live theatre, film, and television since he was seven years old.

“John-Boy” is Thomas’ best-known role, but—hearing loss aside—he has been performing with major stars in notable movies and TV series for nearly six decades.

Just a few of his early TV appearances include *Medical Center*, *Night Gallery*, *Roots: The Next Generations*, and *Promised Land*. Some of his TV movies include *The Christmas Box*, *The Christmas Secret*, *Miracle of the Cards*, and *All Quiet on the Western Front*.

Richard currently co-stars as Agent Frank Gaad, head of the FBI counter

terrorist office, in the FX Cold War drama, *The Americans*.

Some of his big screen films include *Winning*, *Last Summer*, and *Red Sky at Morning*. During his career, Thomas has won an Emmy and two Golden Globe awards, among several nominations. For Richard, hearing loss has not meant a loss of engagement with life.

May is Better Hearing Month. Take the lead from hearing advocate Richard Thomas: schedule a hearing test with us, your trusted hearing care professionals—and wear hearing aids if you need them. Life is short. Don’t roll over and say, “Goodnight, John-Boy” to the rest of your life simply because you can’t hear well.

We Can Help. Call us today!

Buddy’s Bio—Buddy and the Vacuum

Spring has sprung and summer is almost here. At our house, like many others, that means it’s time for a little spring house (and garage) cleaning.

No one loves cleaning more than *Buddy*. He enjoys finding his lost toys under the couches and chairs. So *Buddy* is always around when we are moving or lifting furniture to get underneath it or in behind it to get the winter dust picked up.

This particular Saturday of cleaning I’m sure *Buddy* will want to forget. I was out in the garage doing some of

my own cleaning and heard a small yelp followed by Luke yelling, “Dad!” I called back to him that I needed just a minute to finish what I was doing but Luke immediately hollered back, “No! We need you right now. Hurry up!” I could hear a bit of panic in his voice so I dropped what I was doing and ran inside.

There was Mariela, holding the vacuum cleaner by the handle. Luke was holding on to what was left of *Buddy’s* tail sticking out of the suction end of the vacuum cleaner. He looked at me wide-eyed and said,

“*Buddy’s* tail is wrapped around the thing inside.” *Buddy* wasn’t all that active. I guess he knew he wasn’t going anywhere. It took me about ten minutes to get his tail untangled from the wheel inside the vacuum! Thank goodness, no harm to *Buddy*!

He took off running and I looked at Mariela. She knew what I was thinking. She said, “I did not do that on purpose. He was under the chair and I never saw



him. I thought the tip of his tail was part of the feathers he had pulled out of the pillows.”

You’re going to have to watch her, *Buddy*! We’re not done cleaning yet.

'Tis the Season - for Allergies!

Cont. From pg. 1

— LOONEY LAW —

Beachgoers must get a lifeguard's permission to toss any ball or a Frisbee at Los Angeles County beaches between Memorial Day and Labor Day. Non-compliance fines range from \$100-\$500.

— POTPOURRI —

HAPPY MOTHER'S DAY!

Moms Never Outgrow Their Love for "Mothering"...



... And Kids Never Outgrow Their Love for Mom!



— FUN FACTS —

In the United States alone, around 122 million phone calls are made to moms on Mother's Day.



How do allergies impact our hearing? The body's immune system reacts to an allergen (example: pollen) by producing antibodies and causing the release of histamine (a compound that produces secretions in response to the allergen). Histamine can cause inflamed nasal passages, sinuses, and airways. The inflammation results in mucus production which leads to itchy, watery eyes, runny nose or congestion, and sneezing. The excess fluid created by an allergic reaction can also create problems for the ear.

Eustachian tubes function as a drainage passage for the middle ear. The Eustachian tube is a muscular tunnel that opens and closes to both equalize the pressure between the external environment and the middle ear, and to drain debris. These tubes

are connected to the nose and throat. If they become clogged by excess drainage from the nose and/or throat, this fluid can build up in the ears, along with other debris (such as excessive ear wax), causing numerous hearing problems like:

- Fluctuating hearing
- Middle ear infections and earaches
- Pressure or a feeling of "fullness"
- Conductive hearing loss

We don't have any magic cures for allergies. However, here are a few ways we can help you hear better when you are suffering from some of the common allergic reactions. We can:

- Deep-clean your hearing aid(s)
- Check your ears for swelling or debris
- Program your hearing aids to soft, medium and loud settings, giving you control to change the volume as needed, so you can hear more comfortably (This is a typical response, depending on the type/style/technology level of your instruments.)
- Provide you with plenty of wax filters so you can change them often

When allergies attack—or anytime you're struggling to hear—call us for help. There is much we can do to keep you hearing clearly through all seasons.

Solution to Memorial Day Fill-in

From pg. 4



1. VALOR
2. MILITARY
3. LIBERTY
4. COURAGE
5. PARADE
6. FIREWORKS
7. AMERICAN FLAG
8. PICNIC
9. SACRIFICE
10. VETERAN
11. HERO
12. TRIBUTE



Now 'Ear This from the Expert

They Just Don't Know...

Many times those who live and work around a hearing impaired person are frustrated because—to them—the loss is so obvious! “Why wouldn’t someone who has so much trouble understanding a conversation not do something about it?” they wonder.

The answer is: “They don’t know they have hearing loss.” Can you believe that? How can that be? The TV is blaring, everyone has to repeat everything they say multiple times for them to understand, and they continually ask what others are saying.

It’s so obvious they need help! Yet, when you ask the hard-of-hearing person why they haven’t had their hearing checked, their answer is even more stunning! They say, “I don’t have a hearing loss. I hear just fine.” What? Are you kidding? Their hearing is so bad! How can they not

know how their hearing loss is affecting them?

To them, their hearing is normal. Hearing loss is gradual, painless and invisible. The person whose hearing is impaired has no idea what they don’t hear. Does that surprise you?

They need your help. If you wear hearing aids, your confirmation of how much better you hear with them will mean a lot.

I can’t count the number of times people are amazed when they finally take the step to hear better. They say, “I should have done this long ago! I just didn’t realize how bad my hearing really is.”

Help someone today. Send them to us for a hearing exam. If they have a hearing loss that may be helped with hearing aids, we can show them during the appointment how they will hear with hearing aids. They will appreciate you for doing it!

“M-I-A” CONSONANTS — MEMORIAL DAY FILL-IN

Answers on pg. 3

Fill in the missing consonants to complete words associated with Memorial Day.

Hint: The easiest way to complete these words is to go through the alphabet for the first letter.

Using the clue, once you find a consonant that “makes sense” with the vowel following, the rest of the word is easy to fill in.

1. Facing danger with courage: __A__O__
2. A country’s armed forces: __I__I__A__
3. State of being free: __I__E__
4. Fearlessness: __OU__A__E
5. Ceremonial procession: __A__A__E
6. Spectacular explosives: __I__E__O__
7. Old Glory: A__E__I__A__ __A__
8. Outdoor food & fun celebration: __I__ __I__
9. Give up something of value: __A__ __I__I__E
10. Long-term or former military: __E__E__A__
11. A person of courage: __E__O
12. A show of respect or gratitude: __ __I__U__E