



ACL Hearing and Balance

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As a nation with a rising obesity rate, increasing research has been done to show the benefits of healthy eating. During this effort to become a more healthy society, we have heard repeatedly how reducing our caloric intake and increasing certain vitamins and minerals in our diet can combat things such as cancer and heart disease. What is not as well known is how diet can affect hearing sensitivity.

Over the past ten years, animal models have shown a reduction in hair cell loss when caloric intakes were reduced compared to animals on a regular "lab" diet. Hair cells are structures in the inner ear that are necessary for transmitting acoustic signals to the hearing nerve. A reduction in these hair cells is commonly seen in the aging process, leading to age-related hearing loss. This research indicates that individuals may be able to influence the effects that the normal aging process has on hearing sensitivity.

Vitamin A, which is made up of retinol and beta carotene, may be one important vitamin that can help with our ears. Researchers are beginning to see a relationship between protection against acquired hearing loss and an increase in vitamin A in an individual's diet. Lycopene, another carotenoid most commonly found in tomatoes, has demonstrated even more potential in aiding with better auditory function.

Vitamin C is yet another common supplement that has begun to show positive affects on hearing sensitivity. Researchers have been able to demonstrate in both animal and human studies that vitamin C may aid in protecting hearing sensitivity.

As we begin a new year with new resolutions, protecting our ears should not be overlooked. Many individuals will start 2012 with the resolution to become healthier. Although much of the research available linking diet to healthier hearing is still in the beginning phases, it will hopefully give us yet another reason to stick with our new resolutions.

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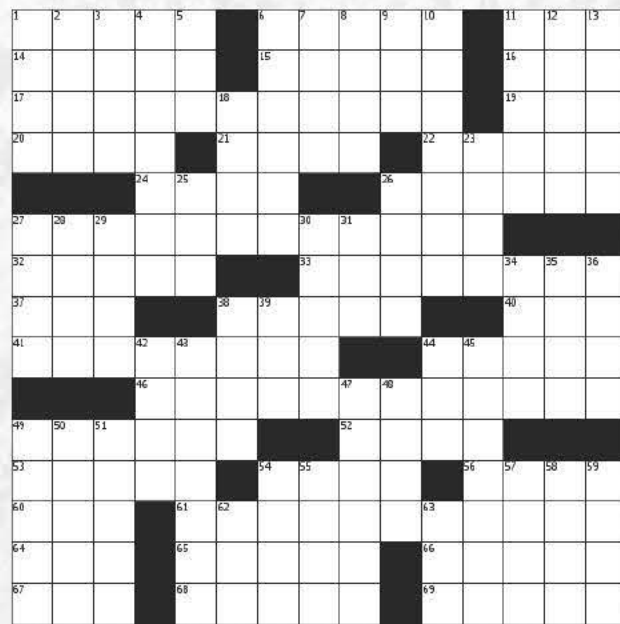
**source: July/August 2011 edition of Audiology Today*

Across

1. Jane Goodall subject
6. City of Light
11. Impress tremendously
14. Mirage subject
15. Single-handedly
16. Summer shade?
17. Now!
19. Part of a jack-in-the-box
20. Division in many leagues
21. College that spawned a jacket
22. Tonsorial offering
24. Admitting a draft
26. Waited for the laughter to die down
27. Now!
32. Waited for the light to change
33. Certain storage space
37. Menagerie
38. AKC classification
40. Draft drink
41. Barbary Coast resident
44. Tuckered out
46. Now!
49. Minty cocktails
52. It may be feathered
53. Product requirements
54. Word with fire or white
56. President that sat on the Supreme Court
60. Kind of wrestling
61. Now!
64. Portmanteau
65. Deli side
66. River's end, often
67. Gene Autry's "___ Faithful"
68. Works the land
69. Clobbers with snowballs

Down

1. Sheep shelter
2. Sardonic response
3. Goddess of ancient Egypt
4. Slip-up
5. "___ Love You" (Beatles)
6. Prune danish, e.g.
7. Countertenor
8. Speckled steed
9. Quaint quarters
10. Cast off
11. Road scholar's book?
12. Forgo
13. Pulled the plug on
18. Shipshape
23. Humble dwellings
25. Jethro's uncle
26. Trudge
27. Vincente's daughter
28. Some worship it
29. Blockage
30. Speedy notetaker
31. Pym's creator
34. Corridor
35. Charles Lamb's pen name
36. Claim otherwise
38. Drill accessories
39. Shout from the stands
42. Container of pre-plumbing days
43. Swindles
44. They can get personal
45. Rabbit food
47. Except on the condition
48. Angered (with "off")
49. Type of shrimp
50. Kind of suspects
51. Jumping-off point
54. Show signs of life
55. Polite interrupter



57. Fratricide victim
58. Without fizz
59. Change for a hundred, perhaps
62. Gun lobby, briefly
63. Alley of old comics



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How your Heart can Affect your Hearing Health

The inner ear which houses the hearing nerve is affected by your blood flow. If your heart, arteries and veins are healthy than it will adequately supply necessary blood and nutrients to the inner ear. If your cardiovascular system is compromised it can effect blood flow and contribute to hearing loss.

There are researchers that have even said that the inner ears sensitivity to blood flow may be an early indicator to possible underlying problems in the cardiovascular system. In one study in particular the researchers looked at the correlation between certain hearing loss patterns and cerebrovascular and peripheral artery disease. They also felt that the hearing test may be a good screening tool for people at risk for these diseases.

A separate study which reviewed research over the past 60 years found that impaired cardiovascular health had a negative impact on the peripheral and central auditory system. It was also stated that improved cardiovascular health had a positive impact on these hearing systems.

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www.aclhearingcenters.com

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Widex CLEAR 440

Widex's new product line is the CLEAR series and comes in three different technology levels. The CLEAR line of hearing products uses the C-ISP signal processing platform. It continually adjusts discrete hearing aid functions both within and between hearing aids. This is called InterEar (IE) InterEar gives a balance of performance that replicates the natural hearing experience.

A CLEAR hearing aid allows connectivity to external sound sources such as TV and audio systems through the WidexLink. This is a wireless, high-speed data transmission technology that allows communication between hearing aids and connection to external audio devices. WidexLink is the first wireless technology link designed exclusively for hearing aids.

Widex CLEAR 440 (cont'd)

For tinnitus sufferers there is the IE ZEN program for relaxation. The ZEN program uses fractal technology to generate soothing tones and chimes to help you relax.. Sound generation is distributed between the hearing aids (InterEar) with some instruments playing in one ear and different instruments in the other – a form of ZEN synchronized stereo sound. Hearing aids with the ZEN program have been shown in a clinical study to be a promising sound therapy tool for tinnitus management.