



Call to schedule your *FREE*
Hearing Evaluation

604-534-8663

(Langley)

604-853-8663

(Abbotsford)

A Message from Scott Hyde

Hi and thank you for taking the time to read our latest newsletter. Many things have happened over the past few months both on the home front and at Beltone, so I'd like to take this opportunity to provide an update on both and to say how grateful I am that you've chosen us at Fraser Valley Beltone to take care of your hearing health.

One of the reasons we have not put out a newsletter recently is because we have a new addition to our family. On November 9, 2015, we welcomed Nicolas Joel Hyde to this world. He arrived safely at a weight of 6 pounds 14 ounces and a length of 21 inches. He is thriving and healthy and we look forward to getting to know him as he grows up! We are overjoyed to meet him and we are also very tired, but it's a good tired. His brothers, Sam and Jonny, just love him and it seems the feeling is mutual. We now have enough players to enter a curling bonspiel (I'll be the skip and Lora can be our coach).

On the business front, things are very busy which I'll never complain about. Langley continues to be very busy and Abbotsford has been growing steadily. We're reaching a point where perhaps it makes sense to hire a new practitioner in order to continue serving you in a timely and convenient manner! These are good problems to have and all because of you. Thank you once again!

Lastly, we are looking for several happy clients to be video-recorded talking about their experience at Fraser Valley Beltone. These client testimonials will be shared on our website, Facebook page and YouTube channel. If you are interested or want more details, email

info@fraservalleybeltone.com.

Once again, it is our privilege to serve you. Thank you!

~ Scott Hyde, RHIP



"My wife said I don't listen to her.
At least I think that's what she said."

MAY is Better Hearing Month

"At Beltone, we're deeply committed to improving the hearing health of Canadians nationwide says Frank Skubski, General Manager of Beltone Canada. That's why we want as many people as possible to get their hearing checked during this month.

AN UNTREATED HEARING LOSS — A GROWING PROBLEM!

Hearing loss is the third most common chronic health problem facing older adults. Approximately one-out of every four Canadians have hearing loss. In recent years, studies have documented the impact of untreated hearing loss, linking it to higher rates of depression, anxiety and social isolation. Alarming new research also found a strong link between hearing loss and the increased risk of developing dementia and Alzheimer's disease. Also, neglecting hearing loss can accelerate its progression.

LOOKING AHEAD

The good news is that wearing hearing aids can alleviate these psychological symptoms, positively affecting the quality of life for both the hearing aid wearer and his or her significant other. Plus, wearing hearing aids can keep hearing impairment from getting worse. Because only about 16% of physicians routinely screen for hearing loss, experts agree the best place to start is with a hearing evaluation by a licensed hearing care practitioner. Specifically, a baseline hearing screening is recommended beginning at age 50, followed by annual exams starting at age 55.

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Hearing Loss and Depression

The association between hearing loss and depression has been made before but recent studies have reinforced the likelihood of the connection. Several studies have been conducted on the link between depression and hearing loss with recent findings showing that of the groups studied, women between the ages of 18 - 69 with hearing loss are more likely to experience "significant depression" than hearing loss sufferers over 70.

There are several likely reasons that loss of hearing leads to depression.

Communication, which is vital to social interactions, becomes a source of stress when someone has to strain to listen and when frequent misunderstanding in result in embarrassment. After a while, people with untreated hearing loss begin to avoid social situations. Withdrawal progresses until the person gradually quits interacting with others. Cutting oneself off from society and activities is a red flag for depression.

Hearing loss sufferers may think they simply cannot be helped but this is not true! 36 % of patients who begin wearing hearing aids experienced improved overall mental health, while 34 % increased their social engagement. It is important to have your hearing tested on a regular basis. Start by being knowledgeable about your overall health and wellness. Have a happy summer!

The studies listed that have led to the above claims are not listed here but I have them handy. Feel free to email us at info@fraservalleybeltone.com if you would like the references.

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Visit our new and improved website for even more hearing news!

<http://www.fraservalleybeltone.com>

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CANADIAN FACTS AND FIGURES ON HEARING LOSS- DID YOU KNOW:

- Nearly 1 out of every 4 adult Canadians reports having some hearing loss, although closer to 10% of people actually identify themselves as culturally Deaf, oral deaf, deafened, or hard of hearing. (CHS Awareness Survey 2002)
- 530,210 people in Ontario (4.74% of the population) are deaf or hard of hearing. (Canada Census 2006)
- Approximately 4 in 1,000 Canadian babies are born with some degree of hearing loss or will develop early progressive childhood hearing loss. (Ontario Ministry of Children and Youth Services, 2007).
- Hearing loss is the third most prevalent chronic condition in older adults and the most widespread disability. Its prevalence rises with age – 46% of people aged 45 to 87 have hearing loss. (Cruikshanks et al. 1998)
- Aging is the number one cause of hearing loss and the incidence of hearing loss is poised to climb dramatically as our population ages. The number of older adults aged 65 and over in Ontario is projected to be 4.1 million, or 23.4%, by 2036.
- Canadians who identify themselves as culturally deaf comprise more than 350,000 people across Canada. (Canadian Association of the Deaf, 2007)
- According to Statistics Canada, more than one million adults across the country reported having a hearing-related disability, a number more than 50% greater than the number of people reporting problems with their eyesight (StatsCan, 2002). Other studies indicate that the true number may reach three million or more Canadian adults, as those suffering from hearing problems often under-report their condition.

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