

The Trumpet-Ear

A PUBLICATION OF LAKE MARY HEARING CENTER /
LAKE MARY ENT & ALLERGY
DR. CECELIA DAMASK



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Lake Mary Hearing Center

Where you purchase your hearing devices is just as important as what you purchase. We strive to make a difference in the quality of our patients' hearing. We will assess your individual hearing and communication needs to recommend the hearing solution that is right for you.

- We offer the latest, most advanced hearing technology.
- We ensure that you receive the highest quality hearing care available.
- We match features and benefits to your hearing need, lifestyle and budget.
- We believe that communication adds meaning to our lives!

*****Upcoming Event*****

**January 20th & 21st, 2011:
New Year, New You!
2011 is your year to "hear"!**

We will be hosting this special two-day event for patients who could benefit from trying our latest digital technology. Your appointment will include:

- Complimentary hearing evaluation!
- Free otoscopic examination!
- Personalized demonstration!

→ Up to \$600 off pair of Phonak, Oticon or Unitron!

RSVP today: 407-829-8981

Happy New Year!!



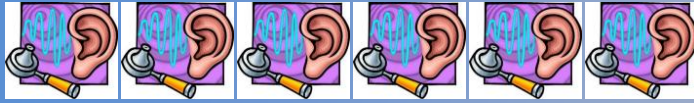
Special Dates to remember:

- *Happy New Year (January 1st)*
- *Martin Luther King Jr. (17th)*
- *National Blood Donor Month*
- *National Eye Care Month*

January Fun Facts:

- ✓ Flower of the Month:
Snowdrop & Carnation
- ✓ Birthstone: Garnet
- ✓ First time the ball was dropped in New York City (1/1/1908)
- ✓ U.S. space shuttle Challenger explodes 72 seconds after liftoff, killing the

The Importance of an Annual Hearing Test



Throughout your life, it is important to get regular checkups and examinations as part of maintaining a healthy lifestyle. It is recommended that you visit the dentist every six months and the doctor at least once a year. Many Americans are unenthusiastic to say the least about making their annual checkups. However, no matter how willing you might be to neglect this year's visit, you should never skip it. As part of your prevention plan for future ailments, include an annual hearing test among your appointments.

As a child, parents force their kids to head to the doctor and dentist on a yearly basis. Parents understand the importance of maintaining a healthy life for their child, yet why do so many not take that advice themselves? Adults throughout the country are neglecting their annual doctor checkups. Although, some that reach a certain age begin to have a feeling of their own mortality and thus are more willing to take that trip to the doctor. There might be some procedures, especially for men, that can get very uncomfortable and almost painful, but they are still extremely important.

Along with annual checkups to your family doctor and dentist, you should also include an annual hearing test. People tend not to get their hearing checked until they begin experiencing symptoms of hearing loss. Prevention is the main reason for a medical checkup, so it only makes sense to include an annual hearing test in with your checkups as part of your prevention method. An ear specialist can tell you what kind of problems could occur and more importantly how to prevent them.

Hearing loss is affecting more and more people, especially as the generations are beginning to listen to louder music.

While elderly folks of previous generations lost hearing mostly due to illness, genetic disposition, and other none preventable reasons, the next generation to succumb to hearing loss is different.

They are more likely to include noise pollution and environmental causes to their list of possible reasons for hearing loss. The cities have become more populated and public transportation and traffic have lead to a greater amount of noise pollution. In addition, people began making more personal choices with regard to noise levels. The 1960s and especially the 70s brought with it amplifiers and musical performances at increased volumes. As the music volume increases, so does the number of people to likely experience hearing loss at a later age.

As this generation is getting older, it is becoming more and more crucial that they get their annual checkup. The best part about it, unlike other necessary medical exams, this one is virtually pain free. After the exam, the specialist will have a better idea of what type of damage has been done and future preventative measures. For example, the reason you could experiencing hearing loss is because of a wax buildup. But with time, if left untreated, this could result in infection or continued hearing problems. The quicker your hearing issues can be diagnosed, the easier you can find possible treatment options. In order to maintain your healthy lifestyle and avoid hearing issues, include an annual hearing test as part of your yearly checkups.

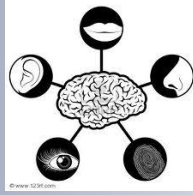
(Courtesy of Oswald Melman - Articlebase.com)

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Disorders of Taste and Smell



Problems with these senses have a big impact on our lives. Smell and taste contribute to our enjoyment of life by stimulating a desire to eat - which not only nourishes our bodies, but also enhances our social activities. When smell and taste become impaired, we eat poorly, socialize less, and feel worse. Smell and taste warn us of dangers, such as fire, poisonous fumes, and spoiled food. Loss of the sense of smell may sometimes indicate sinus disease, growths in the nasal passages or brain tumors.

What causes loss of smell and taste?

Scientists have found that the sense of smell is most accurate between the ages of 30 and 60 years. It begins to decline after age 60. Women of all ages are generally more accurate than men in identifying odors.

Some people are born with a poor sense of smell or taste. Upper respiratory infections are blamed for some losses. Injury to the head can also cause smell or taste problems. Loss of smell and taste may result from polyps in the nasal or sinus cavities, hormonal disturbances, or dental problems. They can also be caused by prolonged exposure to certain chemicals such as insecticides. Tobacco smoke impairs the ability to identify odors and diminishes the sense of taste. Quitting smoking improves the smell function. Radiation therapy patients with cancers of the head and neck often complain of lost smell and taste. Smell and taste can also be lost in the course of some diseases of the nervous system. Patients who have lost their larynx (voice box) due to cancer commonly complain of poor ability to smell and taste.

How do you cope with smell or taste problems?

If you experience problems in smelling or tasting, try to identify and record the circumstances surrounding it. When did you first become aware of it? Did you have a cold or a flu then? A head injury? Were you exposed to air pollutants, dust or pollens to which you might be allergic? Is this a recurring problem? Does it come in any special season, like a specific allergy season?

Bring all of this information with you when you visit a physician who deals with diseases of the nose and throat (an otolaryngologist). Proper diagnosis by a trained professional can provide reassurance that your illness is not imaginary. You may even be surprised by the results. For example, what you may think is a taste problem could actually be a smell problem, because much of what you taste is really caused by smell.

Diagnosis may also lead to treatment of an underlying cause for the disturbance. Many types of smell and taste disorders are reversible.

HAPPY
NEW YEAR
2011 LAKE MARY HEARING CENTER 2011
GIFT CERTIFICATE

To: _____

From: _____

Date of issue January 2011
Authorized by Administrator

Value \$ Up to \$600.00 on one pair

Unitron, Phonak or Oticon!

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