



HEART AND HEARING CONNECTION

There is a known connection between heart health and hearing health. On the first Friday in February, all Americans are encouraged to wear red to indicate their support for women's heart health. This year, that was February 4, 2011.

- Heart disease is the number one killer in women.
- Every 25 seconds, an American will have a coronary event.
- It is important to understand that people with heart disease may have their hearing health at risk as well. The prevalence of hearing loss is greater in individuals with heart disease.
- It is recommended that people with heart disease include hearing evaluations as part of their routine care.
- There is good news- there are ways to protect one's heart.
- Learn more about healthy heart living at the American Heart Association.

At Professional Hearing Services, we are interested in you and your hearing health. If you or someone you know has heart disease, encourage them to have their hearing evaluated. Remember to wear red on the first Friday in February of next year. Please contact the audiologists at Professional Hearing Services with any questions.

BATTERIES: NEW LOW PRICE OF \$4.00 PER PACK!!!

Have you noticed that the batteries you buy don't seem to last long enough? Are you constantly wondering if your hearing aid battery is working like it should? Consider purchasing your batteries from Professional Hearing Services. We offer a professional line of hearing aid batteries from Powerone. Not only are they a great value but they are designed to last longer than other batteries. You can purchase the batteries at the receptionist desk- no need to see an audiologist.

Come in and try our batteries. Compare them to your batteries and let us know what you think. Email us at audiology@professionalhearingervices.com and share your story. If your story is selected for our next newsletter you could win five free packages of batteries. See what great batteries can do for you.



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Congratulations

We would like to thank all of you for your participation in our Holiday drawing for a year supply of batteries. The winner of the batteries was Kathryn D.

We would also like to extend congratulations to the Green Bay Packers for their Super Bowl win.



Loud Noise and Sporting Events

You are all probably aware of the link between loud noise and hearing loss. Have you ever considered the noise at a sporting event to be loud enough to possibly cause hearing loss? It is important to protect your hearing whenever you are around loud noise. Research has shown that sounds above 90 decibels can start to damage hearing depending on the amount of time one spends in these levels. Here are some recorded noise levels at various sporting events:

- The noise level at the 2010 Super Bowl was measured at 102 decibels.
- The noise level at Game 2 of the Stanley Cup Finals in 2010 reached 122 decibels.
- A NASCAR race car at full throttle measures approximately 130 dB. That is just one car, not a full field of 43 cars with their sounds echoing off of aluminum grandstands.

Hearing is precious so remember to be conscious of healthy hearing- even during sporting activities.

The Future of the Newsletter is in Your Hands

Do you like receiving the newsletter every quarter by mail?

Did you know that you can view the newsletter at www.professionalhearingservices.com?

Would you prefer to receive it by email?

Are you no longer interested in receiving the newsletter?

Effective January, 2012 in an effort to reduce paper waste, we will no longer be mailing the newsletter to you unless you sign up to receive the newsletter.

Please complete the form below and mail to our office at:

Attn: Audiology/Newsletter, 1111 Delafield St. Ste 102, Waukesha, WI 53188

Indicate how you would like to receive the newsletter and we would be happy to add you to our new mailing list. Thank you for helping us save the planet one piece of paper at a time.

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