



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

# NEWSLETTER

**Wouldn't It Be Nice to Hear Better?**



[fyzicalutah.com](http://fyzicalutah.com)



# NEWSLETTER

## Wouldn't It Be Nice to Hear Better?

### Are You Tired of Not Being Able to Hear?

If you are living with hearing loss (or think you might be), Fyzical is here for you.

Many people may begin to have hearing loss before they even notice it. In fact, when many people think of hearing loss, they assume that they'll start to notice a lower volume in sounds. However, that is usually not the case.

When hearing loss begins, it is actually fairly normal to hear everything in the same volume, except for certain consonants like S, F, T, etc. Those consonants may be more difficult for you to hear, but everything else may remain the same. Therefore, even though you can still hear, you may begin to have trouble understanding what someone is saying.

Those consonant sounds are just small clues when it comes to retaining the words someone says during a conversation, but without them, it can make a huge difference when processing exactly what they are saying.

You may notice yourself often responding with, "What? I didn't get that. Are you mumbling?"

If this sounds like you, there's a chance you may be experiencing the first effects of hearing loss. To learn more about diagnosing hearing loss and how our team at Fyzical Provo can help, contact us today!

### Why you should seek treatment ASAP with hearing loss

Many people believe that when they start to develop hearing loss it's no big deal, or perhaps it's "just a sign of aging." However, it is important to seek treatment ASAP once you notice yourself experiencing hearing loss, since it can lead to some harmful conditions down the road.

In fact, untreated hearing loss has actually been associated with early onset dementia. This occurs because hearing actually takes place in the brain – the ears simply work as a way to route the information where it needs to be.



According to a study reported by Hearing Health and Technology Matters, an elderly adult who showed normal hearing capabilities lived on average 138 months after their hearing screening, whereas those with mild hearing impairments lived approximately 106 more months, and those with moderate hearing impairments lived only an average of 63 more months.

The brain is where we process the information that we hear – so when that pathway becomes impeded by hearing loss, it is difficult for us to process that information, and those areas in the brain become clouded.

When the brain misses out on those certain frequencies, it can start to go into "vacation mode," so to speak – because as we all know, if you don't use something, you start to lose it. When the brain works less, it gets less stimulated, which is the main reason why hearing loss is associated with dementia earlier in life.

Therefore, full engagement in conversation around the dinner table or at other social situations helps to keep the brain healthy!

# KIMBERLY BRAUER, DOCTOR OF AUDIOLOGY



Kimberly Brauer received her doctorate in audiology from Missouri State University in 2016. Her vast experience comes from working with the VA., in medical settings and in private practice. During her time at the VA. she became interested in vestibular testing and now relishes the opportunity to work with her colleagues here at Fyzical. She is passionate about her work and enjoys helping her patients.

"Communication is essential", she says, "I get to be an integral part of helping people hear the world around them again. There is nothing more rewarding".

Kimberly has spent the last 15 years in Missouri and has recently come back to Utah to be closer to family. She is looking forward to helping her community.

Even if you don't think you have hearing loss, it's important to get a baseline test on record so that if anything changes, we have a basis for comparison. With our free hearing screenings, it is easier than ever to check your hearing. So, get scheduled for your free hearing screening today. I would love to help.



**Come in during March or April for an extra \$200 discount on a set of Hearing Aids.**

## Refer A Friend



## Laughter Is The Best Medicine



### Do You Have Friends Or Family Unable To Do The Following?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

**Have Them Call Us Today!**  
They will thank you, and so will we!

#### Did you know?

...that laughter is good for your heart? It diminishes stress and boosts the immune system. Even the simple act of smiling has a positive effect on happiness and physical health, helping the heart recover more quickly after stressful events. Smiling and laughter reduce blood pressure and releases serotonin and other natural pain killers.

#### Did you know?

...that laughter's positive effects are instantaneous! Once you start laughing, you immediately feel better and pain is perceived as less intense. These effects can last as long as 24 hours so laugh at least once a day!

## Five Health Benefits of Spring Cleaning!



**Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America. A 2014 study by the American College of Allergy, Asthma, and Immunology found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel healthier.

**Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

**Better Heart Health.** If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

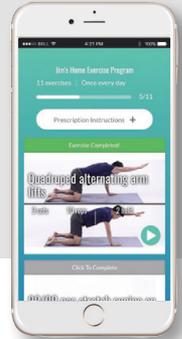
**Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

**Get a Better Night's Sleep.** Do you have trouble sleeping at night? The National Sleep Foundation found in a recent poll that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

Sources:  
ncbi.nlm.nih.gov/pubmed/19934011  
parsleyhealth.com/blog/health-benefits-spring-cleaning

## Download Our Free App!

- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. [Reach out to us to participate in this new platform.](#)

## Healthy Recipe:



### Arugula, Grape, & Sunflower Seed Salad

- 3 tablespoons red wine vinegar
- 1 tablespoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.