



Health Report

ABC Audiology Newsletter



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See what our patients have to say about us!



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How to Sleep Well as You Age.



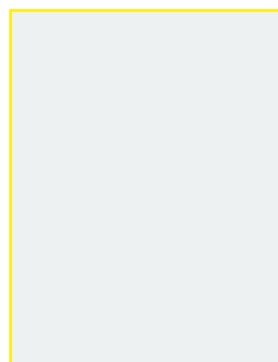
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Brain Teaser - Create words with the Word Wheel!

What's New at ABC Audiology



A Message from Dr. John Doe...



At ABC Audiology we offer a decidedly different approach to hearing care! Our audiology center is staffed with caring, compassionate people who are 100% dedicated to your hearing health. When

you're ready to experience all the benefits of better hearing firsthand, we'll thoroughly evaluate your hearing needs with advanced testing methods.

We'll carefully review our findings with you in detail and make recommendations based on your needs and desires. Your comfort and confidence is our goal.

If you're thinking about finally taking that step to explore a hearing solution or considering an upgrade to the latest in digital technology; give us a call! Come in for a hearing evaluation and we'll let you test drive a new pair of hearing devices at no cost for two weeks. We would love to hear from you!

Call Us Today for a Complimentary Consultation!



Sample Dispenser Clinic

1 Sample Road • Sample Town • XY12 3YZ

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Find out more about ABC Audiology online!





"I love my new Hearing Instruments!"

The Bluetooth feature allows me to connect to my cell phone and T.V. wirelessly. I have not heard on the phone or heard the T.V. this well in years."

-Mary C., Watchung, NJ

"I have been going to ABC Audiology

for years. The service and expertise is unparalleled. I just got new hearing devices and I am so happy with the improvement in my hearing as is my wife!

-Tony S., New Providence, NJ

"The level of professionalism and

experience of Dr. Doe. and his level of attention to addressing a person's hearing challenges is exceptional. Also, the people in the front office are very helpful."

-Christopher H., Edison, NJ



Poised for success: Treating hearing loss pays dividends on the job.

Courtesy of the Better Hearing Institute

The willingness to take action is the single most important ingredient for success. This is true in any career, in any business venture, and at any time in a person's life.

Addressing hearing loss on the job allows you to stay ahead of the game and helps you achieve success. In fact, the sooner you take action to address hearing loss, the sooner you'll see that treating hearing loss pays dividends on the job.

If you suspect that you may have hearing loss, you're not alone. Of the nearly 40 million people in the United States with hearing loss, the majority are still in the workforce. And more than 10 percent of full-time employees have a diagnosed hearing problem, according to EPIC Hearing Healthcare's, "Listen Hear!" survey. Another 30 percent suspect they have a problem but have not yet sought treatment. And still another study revealed that hearing loss is actually common among forty-something's - people who are in the prime of their careers.

The vast majority of people with hearing loss can benefit from hearing aids. And today's high-tech, sleek, and virtually invisible hearing aids are better than ever. They make it easier to hear sounds and people from all directions and filter out noise. Many of today's hearing aids sit discreetly and comfortably inside the ear canal and



out of sight; and many are wireless, so they can interface easily with other high-tech devices like smartphones, conference-room speaker phones and hearing loops.

Achieving success really does take action. And addressing hearing loss is no exception. In fact, addressing hearing loss is a great way to put your best foot forward - and it pays off.

Consider these five ways that getting a hearing test and using professionally fitted hearing aids, if recommended by a hearing care professional, could pay dividends on the job for you:

- Let the boss know you're a go-getter.
- Improve your on-the-job communications skills.
- Strengthen your work relationships.
- Amp up your confidence.
- Unleash your earning potential.

So go ahead. See how treating hearing loss can pay dividends on the job for you.

The above story is based on materials provided by Better Hearing Institute. Note: Materials may be edited for content and length.

Alta2. The hearing solution you can live with.

If you thought you'd never be comfortable wearing a hearing device, this might change your mind. Alta2 is customized exclusively for you, your style and your hearing needs. Because it features Oticon's fastest processor ever, Alta2 lets you hear and understand even soft speech better. Super small, it fits invisibly in your ear canal or tucks discreetly behind your ear. Inside, Oticon's revolutionary BrainHearing™ technology works in harmony with your brain, automatically adjusting and optimizing sound so you hear more clearly, naturally and effortlessly, in any listening situation.



*The Alta2 Design RITE and Mini RITE fit discreetly behind your ear.
The invisible Alta2 fits deep inside your ear canal.*

Courtesy of Helpguide.org

As we age we often experience normal changes in our sleeping patterns. We may become sleepy earlier, wake up earlier, or enjoy less deep sleep. Although these changes are a normal part of aging, disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of aging. Sleep is just as important to our physical and emotional health over the age of 50 as it was when we were younger. These tips can help you overcome age-related sleep problems and get a good night's rest.

No matter what your age, sleeping well is essential to your physical health and emotional well-being. For older adults, a good night's sleep is especially important because it helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system, which in turn helps to prevent disease.

Many physicians consider sleep to be a barometer of a person's health, like taking his or her temperature. Older adults who don't sleep well are more likely to suffer from depression, attention and memory problems, and excessive daytime sleepiness. They are



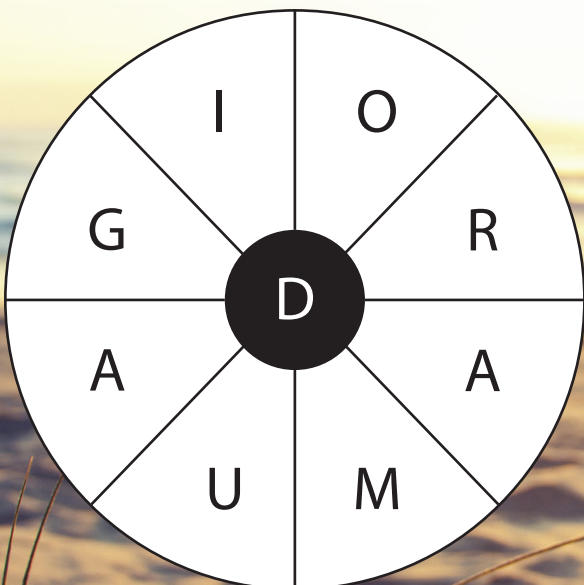
While sleep requirements vary from person to person, most healthy adults tend to require between seven and a half to nine hours of sleep per night to function at their best.

However, how you feel following a night's sleep is more important than the specific number of hours you spend asleep. Frequently waking up not feeling rested or feeling tired during the day are the best indications that you're not getting enough sleep at night and may have a sleep problem that needs to be addressed.



Teaser Time! Try Creating Words with the Word Wheel.

Create as many words as you can using the letters in the word wheel. Each word must use the hub letter and be at least 3 letters or more. Bonus! Create a nine letter word that has to do with a hearing test, using all the letters in the word wheel only once.



Bonus word:

[illegible]



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