



1222 South Patterson Boulevard Suite 400
Dayton, OH 45402



- Effects of Untreated Hearing Loss
- Noise Induced Hearing Loss
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For Appointments Call: (937) 999-2314

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HILLCREST HEARING & BALANCE CENTER

FALL 2015

At **Hillcrest Hearing & Balance Center**, it is our mission to educate our patients and community about hearing loss and the importance of early detection and treatment. Backed by a team of ENT physicians and specialists, our team of hearing professionals combines medical and rehabilitative expertise to recommend solutions that best fit your hearing loss, lifestyle, and financial needs.

Studies show that untreated hearing loss affects people's lives in many ways:

- Untreated hearing loss in adults may lead to social isolation, depression, and memory loss.¹
- Adults with untreated hearing loss are significantly more likely to develop dementia over time than those who retain their hearing through hearing aids.²
- Untreated hearing loss may result in the inability to hear warning sounds; such as, car horns and gas or fire alarms, which could pose a safety hazard and lead to serious injury.¹

Hear what you've been missing!

Taking action to treat your hearing loss today will ensure you don't miss a sound tomorrow.

Call (937) 999-2314 today.

Yours for better hearing,

**Audiologists, Dispensers & Staff of
Hillcrest Hearing & Balance Center**

**Please schedule an
appointment today
at one of our five
convenient locations:
(937) 999-2314**

**6601 Business Parkway
Centerville, OH 45459**

**1222 South Patterson Blvd.
Dayton, OH 45402**

**9000 North Main Street,
#319
Englewood, OH 45415**

**1861 Towne Park Drive, #H
Troy, OH 45373**

**1189 Wayne Avenue
Greenville, OH 45331**



NOISE-INDUCED HEARING LOSS



We live in a noisy world and it's only getting worse. Noise-induced hearing loss is becoming more common and is affecting younger and younger people. We expose ourselves to various levels of noise daily, but are we protecting ourselves from it?

Lawn mowers, power tools, vacuum cleaners, and traffic noise all reach volumes that can damage our hearing. These are sounds that we hopefully think about, limit our exposure to or protect our ears from with some kind of noise protection device.

What about pleasant sounds? Can these damage our hearing as well? Of course they can. Wherever you go you see people with MP3 players, iPods, and even cell phone devices worn directly on the ear. These devices, because of the duration we use them and/or because we are listening to them too loudly, can damage our hearing. But what should we do about it? We still want to listen to music and we still want to use our hands-free device to talk to our loved ones on the phone.

There are some simple ways to limit the volume of harmful noise our ears are exposed to. First, protect your ears when possible. If you know you are going to be around loud noises such as lawn mowers, tools or at concerts, wear

hearing protection. Earplugs need to be properly inserted in the ears to ensure protection from harmful noise. Read all instructions and warning labels for your earplugs to ensure proper protection.

When listening to music on personal devices, be smart about volume, extent of listening time and exposure to outside noise. A general rule of thumb is not to exceed the halfway point of the listening device's volume and limit use to an hour a day. Be conscious of listening to overhead music at the gym or when using public transportation. Obviously you can't control the level of noise in those situations, but you can control how much of it goes into your ears, causing you to turn up your personal music to drown out the outside noise. Headphones with ear buds are a culprit for letting in external noise. **You should pick headphones that cover your ears not sit inside ears for several reasons:**

- 1. They help block external noise, therefore allowing you to lower the volume of your personal device**
- 2. The speakers are further from your eardrum. The closer the speaker is to the eardrum, the more pressure the sound puts on the drum and the more damage it can cause.**

Noise-induced hearing loss is permanent.

It's far better to protect yourself now than suffer the consequences later. It's never too early or too late to protect your hearing and your ability to communicate with the ones you love.

At Hillcrest Hearing & Balance Center, our expert audiologist, dispensers, and physician team can treat all individuals with hearing loss difficulties, regardless of the cause. If you or a loved one struggles with hearing loss, we encourage you to take the first step to better hearing and make an appointment for a consultation.

Call (937) 999-2314 Today!

STAFFING UPDATES

CHELSEA DIECK, AU.D., CCC-A

Doctor of Audiology, Northeast Ohio Au.D Consortium

Dr. Dieck has been practicing in the area since 2012 and joined our staff in May 2015. As Clinical Team Leader she provides supervision and leadership for our staff to ensure that Hillcrest provides the gold standard of care for our patients. She performs a comprehensive scope of audiology services: hearing evaluations, hearing

aid and accessory fittings, balance and other neuro-diagnostic testing. Dr. Dieck is licensed by the Ohio Board of Speech-Language Pathology and Audiology; certified member of the American Speech Language Hearing Association; member of the American Academy of Audiology. Dr. Dieck currently serves patients in our Englewood, Centerville and Dayton offices.

KAYLA NEWKIRK, AU.D.,

Doctor of Audiology, A.T. Still University- Mesa, Arizona

Dr. Newkirk joined our staff in August 2015. She performs a comprehensive scope of audiology services: hearing evaluations, hearing aid and accessory fittings, balance and other neuro-diagnostic testing. Dr. Newkirk

is licensed by the Ohio Board of Speech-Language Pathology and Audiology; member of the American Academy of Audiology and Academy of Doctors of Audiology. Dr. Newkirk currently serves patients in our Englewood office.

MEGHAN SMITH, AU.D., CCC-A

Doctor of Audiology, Ohio University

Dr. Smith joined our staff in July 2015. She performs a comprehensive scope of audiology services: hearing evaluations, hearing aid and accessory fittings, balance

and other neuro-diagnostic testing. Dr. Smith is licensed by the Ohio Board of Speech-Language Pathology and Audiology and a certified member of the American Speech Language Hearing Association. Dr. Smith currently serves patients in our Centerville office.

NINA SIRCH, H.I.S.

Hearing Instrument Specialist

Nina joined Hillcrest in 2013 as an audiology coordinator. This year she has successfully completed rigorous training, has met all requirements and is now

licensed by the State of Ohio as a Hearing Instrument Specialist. She is a member of the International Hearing Society. She performs hearing testing and fits hearing aids and accessories in our Englewood office.

MEGAN HARSHBARGER

Audiology Coordinator

Megan joined Hillcrest in 2015. Her customer service background has prepared her to meet the needs of our

patients and staff. Her goal is to provide an excellent experience for each patient she serves. Megan is currently working in our Centerville office.

JILL BASLER

Audiology Business Assistant

Jill joined Hillcrest in 2015. She is a graduate of Sinclair Community College with a degree in business

management. Her customer-oriented work experience in a variety of settings enables her to support the patients, staff and business projects of Hillcrest. Jill is currently working in our Dayton office.

Congratulations, Allen!

Allen Massie, Hearing Instrument Specialist at our Englewood office will be retiring on November 25th. Allen has worked in the hearing industry for 45 years and with Hillcrest for 13 of these years. He has enhanced the lives of thousands through better hearing.

Allen's work extends beyond the Miami Valley. He has served 18 Peruvian mission trips and has helped thousands there.

Allen has also actively served the professional community as trustee, Vice President, and as a 3-term President of The Hearing Healthcare Alliance.

Englewood audiologists, Alison Bailey and Kayla Newkirk and hearing instrument specialist, Nina Sirsch look forward to taking care of your hearing needs. Our coordinator, Ashley Smith, will help you schedule your next appointment.

The physicians, audiologists and staff of the practice will miss Allen and wish him a happy and healthy retirement!

Hillcrest will be hosting a reception for Allen on Wed, Nov 4th, 3:30-5pm in our Englewood office. Please drop in to congratulate Allen and to meet Alison, Kayla and Nina.