

# HART

## Hearing & Balance CENTERS

### Spring Newsletter

You'll Love What You Hear at Hart Hearing Centers



#### To Our Valued Patients:

Many of us get our eyes regularly checked and ears should be no different. It is very important for our patients, especially those that wear hearing aids, to have their hearing acuity regularly assessed. We want to make sure that we are tracking any changes and making the appropriate recommendations if there has been a decline in your hearing. Most hearing loss occurs gradually, sometimes over the course of many years, and these changes can be very subtle at first. What you may not realize though is that hearing can also change suddenly. Fittingly, this is called "sudden hearing loss" and can occur for many reasons including injuries, illnesses, genetics, or for no known reason. Sometimes sudden hearing losses can occur after an upper respiratory illness or viral insult, like the shingles virus. It is very important that if you notice sudden or acute changes to your hearing that you make an appointment with your audiologist as soon as possible to better determine the cause of these changes. You may also need to see an Ears, Nose, and Throat (ENT) physician - the good news is that in certain cases there can be effective medical interventions or spontaneous recovery with prompt treatment. At *Hart Hearing & Balance Centers*, we work very hard to get our patients into the office the same day if sudden changes in hearing are reported. Below are symptoms that are red flags for which we encourage our patients to contact us:

- Sudden changes in hearing in one or both ears (this is commonly noted in the morning after getting up from bed)
- New onset tinnitus (ringing, buzzing, humming, hissing, or any other sound that is new or different)
- A feeling of fullness in the ears - your ear(s) may feel plugged or blocked
- New onset of dizziness or vertigo that accompanies or precedes any of the above symptoms

If you or a loved one notices any of these changes or have any concerns regarding a sudden change in hearing, please contact one of our five Rochester locations for an appointment. As with any medical changes, prompt, effective, and accurate diagnosis and treatment yields the best outcomes.

#### It's Spring Cleaning Time Again.... For Your Hearing Aids!

Routine care and cleaning of your hearing device is important to ensure that they continue to work well and to prevent more expensive repairs in the future. Below are some helpful tips to keep your aids in good working order:

- Your hearing aids are water resistant but not waterproof. Remember not to swim, bathe, or shower with your hearing aids in your ears. It is also a good idea to use a hearing aid dehumidifier, especially in the summer months.
- Store your aids in a safe place (e.g., a hard-plastic case if using disposable batteries or the charging station if using rechargeable aids) at night or when not wearing them. REMEMBER, if using disposable batteries keep them in a safe place away from pets or young children as they are toxic if ingested.
- Use a soft cloth or tissue to clean the aids every night.
- Use your cleaning brush to clear the microphone ports of dust and debris at least once a week.
- If your hearing aid(s) uses a wax filter system, remember to change this on an as-needed basis. If you are not hearing well, remember to change the wax filter and the domes, as they can be plugged with wax, debris, or skin cells. The domes should be replaced on average every 2-4 months. If you use a hearing aid with an earmold and tubing, the tubes should be replaced about every 6 months.
- If you have excessive wax build-up, remember to have your ears cleaned regularly by your audiologist, primary care physician, or Ears, Nose, and Throat (ENT) physician. Having too much wax in your ears can prevent your hearing aids from working properly.
- It is a good idea to have your hearing aids serviced at least once a year to ensure that they are working properly and so that we can address any questions or concerns you may have. Talk to your audiologist about having a recall put into our system to remind you to come into the office for routine hearing aid checks.

**“Where flowers bloom, so does hope.” - Unknown**

#### Battery Coupon

**\$5.00  
OFF**

**A BOX OF 60**

Limit 2 per patient.  
Present coupon to redeem. Expires 6/15/2021

#### Dome/Wax Filters

**25%  
OFF**

**YOUR PURCHASE**

Limit 2 per patient.  
Present coupon to redeem. Expires 6/15/2021

#### Accessories!

**40%  
OFF**

**SELECT ACCESSORIES COMPATIBLE  
WITH PHONAK MARVEL &  
PARADISE HEARING AIDS**

\*Limited supply, 1 per patient.  
Present coupon to redeem. Expires 6/15/2021

**Irondequoit**  
468 Titus Ave.  
Rochester, NY 14617  
(585) 266.4130

**Brighton**  
200 White Spruce Blvd.  
Suite 120  
Rochester, NY 14623  
(585) 427.9010

**Brockport**  
54 N. Main Street  
Brockport, NY 14420  
(585) 637.0730

**Greece**  
101 Canal Landing Blvd  
Suite 10  
Rochester, NY 14626  
(585) 227.6543

**Fairport**  
300 Crosskeys Office Park,  
Suite 308  
Fairport, NY 14450  
(585) 388.3818

**hartheating.com**

On a Personal Note...

**Steve Hart:** Meg and Steve are excited for the arrival of their second grandchild, who lives in Nashville, in early May. They are taking a road trip to Dallas via Nashville for an April wedding celebration for Andrew and Casey who were married in Rochester this past May. Due to COVID, none of Casey's family or friends were able to attend. Their dog Sadie will be joining them for the two week road trip. She will be visiting with her cousins Bunny (Nashville) and Koda (Dallas). They are also looking forward to another trip to Nashville in May to meet our new grandson.

**Pete Hart:** Pete and Abby had a good winter by doing pretty much what everyone else did - staying home. They took advantage of the "no traveling" and were able to polish off some house projects, but generally enjoyed the extended downtime. They can't believe it's been a year since their wedding and they celebrated with a weekend in Lake Placid where they got engaged in 2019. They're looking forward to the warmer weather and to life starting to feel more "normal." They hope everyone has a great spring and summer!

**Ally Centola:** Ally has been keeping herself busy during the wintertime by attending workout classes at the YMCA and running at local parks. She is starting to train for a 15 mile trail race that is hopefully happening in May 2021. The training will also provide some much-needed stress relief as she and her boyfriend, Michael, are beginning their house hunting process! They are excited to start searching for a home and hope to be new home buyers come the summertime. Good luck Ally and Michael!

**Sarah Hodgson:** Sarah and her family are anxiously awaiting the birth of their newest addition - a little girl they have named Lillian Ruth, who will be arriving sometime in March. Elena turned three in February and is excited to be a big sister (although she may decide she wants to "return" her little sister when she makes her grand entrance). Sarah is looking forward to warmer weather and hopefully a time very soon when we can all safely gather with family and friends!

Spring  
Recipe

**Zucchini Noodles with Avocado Pesto and Shrimp** – Serves 4 - 1 ¾ cups per serving

**Ingredients**

- |                                   |  |
|-----------------------------------|--|
| 5 – 6 medium trimmed zucchini     | ¼ teaspoon ground pepper                                 |
| ¾ teaspoon salt, divided          | ¼ cup extra virgin olive oil plus 2 tablespoons, divided |
| 1 ripe avocado                    | 3 cloves garlic, minced                                  |
| 1 cup packed fresh basil leaves   | 1 pound large raw shrimp, peeled and deveined            |
| ¼ cup unsalted shelled pistachios | 1 -2 teaspoons Old Bay Seasoning                         |
| 2 tablespoons lemon juice         |  |

**Directions**

- Step 1:** Using a spiral vegetable slicer or peeler, cut zucchini lengthwise into long, thin stands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini noodles in a colander and toss with ½ teaspoon salt. Let drain for 15 – 30 minutes, and then gently squeeze to remove any excess water.
- Step 2:** Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and remaining ¼ teaspoon salt in food processor. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
- Step 3:** Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
- Sept 4:** Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

**Interested in selling your home? We have a few members of our staff looking to buy!**

- Meg and Steve are looking for a Ranch style home or a two story with a first floor bed/bath. We are looking at the east side suburbs or the City of Rochester.
- Ally and her boyfriend, Michael, are currently looking for a home on the eastside of Rochester, ideally in Penfield, Fairport, or Pittsford with at least 1300 SF.
- Bridget is looking for a 3 bedroom house near the water in Charlotte or the Greece area. She would also consider Irondequoit.