

8 Habits to Avoid to Keep You Mentally Sharp

While aging is inevitable, mental decline is optional. According to the Alzheimer’s Association, over 6 million people in the U.S. live with Alzheimer’s Disease. Taking the right steps to protect your brain will help you stay sharp in your golden years. To stay ahead, experts recommend avoiding this list of 8 daily habits as they can negatively impact your brain health.

- 1. Ignoring Hearing Issues** – Whether you have a loss or ringing in your ears, ignoring the issue could lead to bigger problems. Studies have shown that untreated hearing loss is correlated with cognitive decline and dementia.

2. Not Getting Enough Sleep – You need at least 7 to 9 hours of sleep to maintain a healthy brain. This is vital as your brain needs this time to restore and recharge itself.

3. Not Socializing – Staying social as you age is necessary to keep your brain working optimally. Talking to a friend on the phone or meeting up for dinner helps to boost your cognitive function.

4. Indulging in Too Much Alcohol – Drinking too much alcohol can harm your brain. Drinking can strain your brain by making it work harder to control your speech, memory, balance, and more.
- 5. Not Being Active Enough** – Make time to be active daily. Simple activities like walking or chores around the house help you avoid a sedentary lifestyle.

6. High Stress Levels – Chronic stress can raise cortisol levels, leading to issues with your immune system, digestion, and sleep. Stress can put you at risk of mental illness and is critical to address immediately.

7. Not Learning Something New – Learning something new daily keeps your brain active and engaged. Take classes to learn something new, do crosswords, paint, write, or garden to keep your brain growing.

8. Poor Eating Habits – Eating healthy directly impacts your brain. Eating foods rich in essential nutrients, magnesium, and omega-3 fatty acids all aid in preserving your mental sharpness. Plus, healthy eating is good for your whole body!

Making the right choices in your daily life can play a crucial role in your overall well-being as you age. Remember to avoid these 8 habits and treat your hearing loss to keep your brain mentally sharp.

Winterizing Your Hearing Aids

Tips to Protect & Keep Sound Clear and Crisp



Keep your hearing aids dry. Humidity and moisture are not good for hearing aids. Wipe your hearing aids daily with a dry cloth and use earmuffs to cover them outside in cold weather.



Avoid severe cold temperatures. Rapid-changing temperatures can cause condensation to form in your ear, which can damage your hearing aid. To minimize the risk, you can temporarily remove your hearing aids and place them in a protective case to shield them from severe temperatures.



Regular Maintenance. Cleaning your hearing aids regularly will help keep them in good shape throughout winter. You can clean them with specialized tools or have a hearing care professional inspect them.



300 S State St, Ste 1
Zeeland, MI 49464
(616) 772-1986



Dear <First Name>,

I am writing today to invite you to our **Complimentary Winter Event** during **February 12-16** in our **Zeeland office**.

Medical professionals report it is important for people, age 50 and over, to have their hearing evaluated annually. This is why Comprehensive Ear & Hearing of Zeeland is having a Complimentary Open House event to assess yours or a loved one’s hearing health. All of this at NO COST to you.

During the **Winter Open House Event** you will receive:

- **FREE HEARING SCREENING** – Determines degree of hearing loss present
- **FREE** – otoscopic inspection of your ear canal
- **\$1000 off** – premium technology hearing aids
- **RISK-FREE 1 WEEK TRIAL**

Enclosed is a copy of our Winter Newsletter to provide you with additional hearing health information.

Call (616) 772-1986 to make an appointment.

Sincerely,



Carli VanHarken, HIS, Owner
Carli VanHarken, HIS, Owner

Cari Marzolf, Audiologist
Cari Marzolf, Audiologist

The C.E.H. Team
The C.E.H. Team



Winter 2024

How Hearing Loss and Heart Disease Are Connected

Did you know a tell-tale sign of heart disease is hearing loss?The connection between the two is blood flow. The inner ear, responsible for hearing, relies on a healthy blood supply and oxygen to function properly.

Heart disease can reduce blood flow and oxygen delivery to various parts of the body, including the inner ear. This reduced blood flow may contribute to hearing impairment.

Good circulation is also needed for the hair cells in your inner ear. These hair cells relay signals to your brain for sound recognition. Without blood and oxygen, the hair cells can be damaged, impacting your hearing quality.

Spot the Signs of Hearing Loss

Knowing the signs of hearing loss can help you identify other health concerns, such as heart disease. Stay ahead by recognizing the following signs, ensuring your hearing health remains strong and contributes to your overall well-being.

- Difficulty hearing high-pitched sounds
- Speech sounds muffled
- Difficulty understanding speech in noisy settings
- Hard time hearing phone conversation
- Ringing in the ears or other sounds



Comprehensive
EAR & HEARING
of Zeeland

Zeeland
300 S State St, Ste 1
Zeeland, MI 49464
(616) 772-1986

Exclusive Winter Event Offers Just for You

\$1000 Off

\$1000 Off
a pair of premium hearing aids

Cannot be combined with any other offers. 3rd party insurance not included.

Best Financing

0% Interest
for 12 Months
with Approved Credit

Winter 2024

COMPREHENSIVE EAR & HEARING OF ZEELAND

WINTER HEARING NEWS



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Special Event! Limited Time Only!

WE'RE OFFERING A
FREE 1-WEEK TRIAL
AND UP TO \$1000 OFF!

Did You Know...?

65%	of adults over age 60 have hearing loss.
48%	reduced risk of dementia when hearing aids are used.
2x	at risk of developing dementia with age-related hearing loss.

Reduce Your Risk of Cognitive Decline and Dementia By:

- Getting annual hearing exams
- Wearing hearing aids
- Staying socially engaged
- Maintaining physical health and healthy eating
- Keeping your brain sharp by learning new things

Early intervention is key to getting ahead of cognitive decline and dementia. Call Comprehensive Ear & Hearing of Zeeland for your annual hearing check-up and cut your risk in half.

(616) 772-1986