

PROFESSIONAL
HEARING

S E R V I C E S

Division of Moreland Ear, Nose and Throat Group, Ltd.



Welcome
Julie Fournier, AuD

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Sound Bytes

INFORMATION FOR YOUR EARS

Welcoming Julie Fournier, AuD

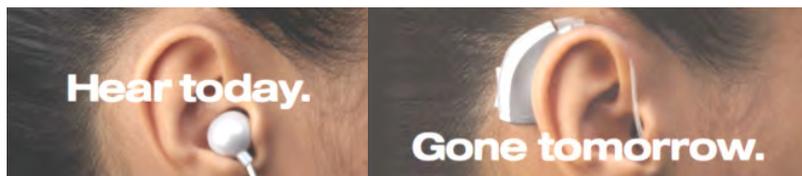
Professional Hearing Services is excited to announce that Julie Fournier, AuD has joined our practice. Dr. Fournier will be providing services in our Oconomowoc, Waukesha, and Mukwonago offices. Professional Hearing Services has provided quality, patient centered hearing healthcare, as demonstrated by patient outcome measures, education, and service for over 40 years.

Dr. Fournier is very pleased to join the team at Professional Hearing Services. She brings over seventeen years of audiology experience to the practice. Dr. Fournier sees both children and adult patients. She provides comprehensive audiological and hearing aid evaluations and fits advanced, digital hearing aid devices to individuals, adjusting according to their specific needs and lifestyles. Dr. Fournier takes great pleasure in watching her patients rediscover the joy of hearing.

Dr. Fournier has both a Bachelor of Science Degree and a Master of Science Degree in Audiology from the University of Wisconsin – Oshkosh, as well as a Doctoral Degree in Audiology from the Arizona School of Health Sciences.



Raised in Mukwonago, WI, Dr. Fournier is married and has two daughters. She enjoys running, spending time with family and attending her children's various activities.



WELLNESS CORNER

Why Is Hearing Conservation Not Taught In Schools?

According to the OSHA's Occupational Noise Exposure Standard and Hearing Conservation Amendments (published in the Federal Register on March 8, 1983), if workers are exposed to excessive sound levels, "the employer shall administer a continuing, effective hearing conservation program."

Children are often exposed to excessive levels of sound

At some time in their young lives, 97% of 273 third graders surveyed by Blair et al (1996) had been exposed to hazardous sound levels. Chermak & Peters-McCarthy (1991) reported that 43% of the elementary school students in their study routinely listened to a personal stereo system or television at a loud volume. Thirty percent of these students said they sometimes participated in other noisy activities (such as seeing fireworks or attending auto races); however, only 5.5% of the students ever used hearing protection while engaged in these activities. Sources of excessive sound exposure for children include loud music, real or toy firearms, power tools, fireworks, loud toys, snowmobiles or other loud engines such as jet skis or motorcycles.

Noise Induced Hearing Loss (NIHL) in children

When humans of any age are repeatedly exposed to hazardous sound levels without using adequate hearing protection, the common result is noise-induced hearing loss (NIHL). Several studies have demonstrated that the prevalence of NIHL among children is increasing (Woodford & O'Farrell, 1983).

Educating students to the possible consequences of noise exposure, as well as teaching them how to protect their hearing when exposed to excessive noise levels, may prevent further hearing loss and perhaps difficult communication problems later in life. (Cozad et al, 1974).

Hearing conservation could be included as a component of health education. This valuable information provided to students could reduce the incidence of NIHL, a potentially debilitating condition that, according to Dobie (1995), "is almost entirely preventable."

YOUR EAR IS A WINDOW TO THE HEART

Low-frequency hearing loss is strongly associated with increased risk for cardiovascular events. The inner ear is extremely sensitive to blood flow, and a healthy cardiovascular system has a positive effect on hearing. A healthy diet and regular exercise could help not only your heart but your ears as well.



HEARING LOSS IS MORE COMMON THAN YOU THINK

1 in 3 people over the age of 60 have hearing loss and 1 in 5 teenagers have some type of hearing loss.



Hearing loss is the third most prevalent condition in older Americans. One of the most common causes of hearing loss is noise, so make sure to wear hearing protection when you're in those noisy situations.

I'VE FALLEN AND I CAN'T GET UP

Individuals with mild hearing loss are three times more likely to have a history of falling. Every additional 10 decibels of hearing loss increases the chances of falling by 1.4 times. If you have experienced hearing loss, it is important to take precautions against falls in the home.



After her husband got hearing aids, a spouse reported to us: "You don't need a marriage counselor when you've got a good audiologist!"

