

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Covering hearing loss with seniors

Q. It seems like a lot of my friends are watching TV with the volume way up, and accusing everyone of mumbling. How common are hearing problems among seniors?

A. About one in three Americans over 60 suffers from loss of hearing, which can range from the inability to hear certain voices to deafness.

There are two basic categories of hearing loss. One is caused by damage to the inner ear or the auditory nerve. This type of hearing loss is permanent. The second kind occurs when sound can't reach the inner ear. This can be repaired medically or surgically.

Presbycusis, one form of hearing loss, occurs with age. Presbycusis can



Fred
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HEALTH CARE WRITER

be caused by changes in the inner ear, auditory nerve, middle ear, or outer ear. Some of its causes are aging, loud noise, heredity, head injury, infection, illness, certain prescription drugs, and circulation problems such as high blood pressure. It seems to be inherited.

Tinnitus, also common in older people, is the ringing, hissing, or

roaring sound in the ears frequently caused by exposure to loud noise or certain medicines. Tinnitus is a symptom that can come with any type of hearing loss.

Hearing loss can be caused by "ototoxic" medicines that damage the inner ear. Some antibiotics are ototoxic. Aspirin can cause temporary problems. If you're having a hearing problem, ask your doctor about any medications you're taking.

Loud noise contributes to presbycusis and tinnitus. Noise has damaged the hearing of about 10 million Americans, many of them Baby Boomers who listened to hard rock with the volume turned up as far as possible.

Hearing problems that are ignored or untreated

can get worse. If you have a hearing problem, see your doctor. Hearing aids, special training, medicines and surgery are options.

Your doctor may refer you to an otolaryngologist, a physician who specializes in problems of the ear. Or you may be referred to an audiologist, a professional who can identify and measure hearing loss. An audiologist can help you determine if you need a hearing aid.

There other "hearing aids" you should consider. There are listening systems to help you enjoy television or radio without being bothered by other sounds around you. Some hearing aids can be plugged directly into TVs, music players, microphones, and

personal FM systems to help you hear better.

Some telephones work with certain hearing aids to make sounds louder and remove background noise. And some auditoriums, movie theaters, and other public places are equipped with special sound systems that send sounds directly to your ears.

Alerts such as doorbells, smoke detectors, and alarm clocks can give you a signal that you can see or a vibration that you can feel. For example, a flashing light can let you know someone is at the door or on the phone.

If you would like to ask a question, write to fred@healthygeez.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

- MONDAY**
Meatball dinner
Fresh fruit
- TUESDAY**
Hash brown egg bake
Cinnamon strudel cake
- WEDNESDAY**
Roast pork dinner
Fruit
- THURSDAY**
Cheeseburgers
Fresh fruit
- FRIDAY**
Ham dinner or alternative
Fruit

LOOKINGBACK

25 YEARS AGO

A gathering was held recently at Havasu Spring Resort located on Lake Havasu, Ariz., for the celebration of Arlene Selsaas's Medicare birthday, and Norman and Arlene Selsaas's 42nd wedding anniversary.

Boise Cascade employee Casper Hilfer has retired after 33 years' service. Hilfer was a wrapper operator in the cutter room at the time of his retirement.

40 YEARS AGO

Mrs. Ann Staples is the recipient of the first prize

for best achievement in a finished project awarded at the Indian beadwork class.

Dave Menefee, a junior speech and debate team member placed first in the Humorous Interpretation category at the National Forensic League Tournament at Moorhead.

Becky Orwig of the Falls won gift certificates worth \$100 in the Retail Merchant's promotion of the switch from Wednesday to Monday night shopping.

50 YEARS AGO

Announcement is made of the engagement of Miss

Janet Marie Rosten, daughter of Mrs. Wilfred L. Rosten, 716 Ninth St., and the late Mr. Rosten, to Donald William Olson, son of Mrs. Mae Olson, Loman, and the late Walford Olson of Duluth.

A boy was born today at Falls Memorial Hospital to Mr. and Mrs. Earl Erickson; weight, 7 pounds, 4 1/2 ounces.

Falls Senior High School Grade 12 A Minus Honor Roll — Anthony Curran, Mary Gookins, Thomas Johnson, Richard Laird, John McCarthy, Ruth

Norwig, Charlynn Reuter, Donald St. Pierre, Harriet Steen.

60 YEARS AGO

Ronald L. Winter is currently enrolled in basic military training with the U.S. Air Force at Parks Air Force Base, Calif.

Shirley Ann Logdahl of Northome became the bride of Arthur C. Reistad Saturday at 6 p.m. in Zion Lutheran Church, International Falls.

New officers of Girl Scout Troop 131 are: Sandra Samuelson, president; Susan Swendsen, vice president;

Kay Houghlum, secretary; Janet Slowe, scribe; Carolyn Bertram, treasurer; and Janet Brown, Juliette Low chairman.

Mrs. Dena Nicholson, Loman Route, announces the engagement of her daughter, June, to Gene Bolter, son of Mr. and Mrs. Edward Bolter, Loman Route.

70 YEARS AGO

John D. Mandelin, son of Mr. and Mrs. John Mandelin, 315 Sixth St., has been promoted from the rank of ensign to lieutenant (j.g.). Lt. Mandelin has been in the Navy 18 months.

Miss Ava Preece, who will complete her cadet nurses' training this fall, is spending her spring vacation with her parents, Mr. and Mrs. J.J. Preece, 1107 Sixth St.



Samuel Johnson, 6-month-old son of Mr. and Mrs. Harry Johnson of this city, is a patient at the Littlefork Hospital.

Mrs. Harry Kyryluk was honored by members of American Ukrainian Society at a birthday surprise party given last evening at the home of Mrs. William Tostanoski, 518 Ninth St.

DO YOU OR SOMEONE IN YOUR FAMILY STRUGGLE WITH ADDICTION, CHRONIC PAIN OR ALCOHOLISM?


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THE AEOA IS LOOKING FOR DRIVERS FOR ITS Medical and Rural Rides program in International Falls.

Reimbursement is 57.5 cents a mile from when you leave your driveway until you return to your driveway. Drivers must have a valid driver's license, a dependable vehicle, insurance and a clean driving record.

Contact Martin Lepak
218-410-9755
martin.lepak@aeoa.org

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Bust out your SUPERPOWER and donate this March!

As part of the Minnesota FoodShare Campaign, Border State Bank will be a drop point for this community-wide effort. Like years past, we will match up to \$1,000.00 of funds donated!
BE THE HERO : FIGHT HUNGER!

All donations will directly benefit Falls Hunger Coalition.

Everyone welcome to give! Need not be a BSB customer to participate!

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