

Summer Fun SEEK & FIND

Find the summer-themed icons below hidden throughout this newsletter. If you get stumped and need help, the answers can be found on our website by scanning the QR code below.

Good luck and have fun! Happy summer!



Check your answers by scanning the QR code or by visiting <https://sandiegohearing.com/newsletter-puzzle-answers/>



Sara Mattson, Au.D., CCC-A
President/Doctor of Audiology

DR. MATTSON IS EXCITED TO WELCOME Dr. Jessica Madrid to the San Diego Hearing Center team!

Please join us in extending a warm welcome to Dr. Jessica Madrid, who joined our team this summer!

Dr. Madrid earned her doctorate in audiology from the University of California, San Diego and San Diego State University's joint doctoral program and holds a bachelor's in biology and a minor in chemistry from the University of Colorado, Denver. Her doctoral research focused on establishing multifrequency tympanometry (MFT) normative data to facilitate earlier diagnosis and intervention of Ménière's disease.

Prior to joining San Diego Hearing Center, Dr. Madrid worked at both the Veterans Administration Hospital and Kaiser Permanente, where she provided comprehensive audiological diagnostic tests, hearing aid programming and tinnitus counseling. She is passionate about offering top-notch care that focuses on shared decision-making to identify solutions that best fit the lifestyle and needs of her patients.

Before pursuing her doctorate in audiology, Dr. Madrid worked at a private ENT practice in Colorado and volunteered her time with many organizations that support those affected by hearing and balance disorders.

A California native, Dr. Madrid returned home after 10 years in Colorado and is ecstatic to be living closer to family and friends as well as serving the community that is close to her heart. When Jessica is not in the office, she enjoys going to the beach, traveling, hiking, reading a good book and spending time with her wonderful husband and their pets!

With Dr. Madrid on board, we are excited to offer more appointment availability to better meet the needs of our patients! She is currently accepting new patients and looks forward to serving existing San Diego Hearing Center patients, as well.



To schedule an appointment
WITH DR. MADRID,
please call or text us at
(858) 279-3277



Belinda Baroody, Au.D.
Doctor of Audiology

DR. BAROODY Shares Tips for Taking a Holistic Approach to Healthy Aging

You're only as old as you feel, so why not feel your best? Embracing a holistic approach to healthy aging involves adopting and maintaining the healthy habits below—the earlier these habits take root, the better off you'll be!

EXERCISE YOUR BODY

Do you want to travel to Paris, take up kayaking or simply be able to play with your grandchildren during your golden years? Having a healthy body will make any goal easier to accomplish.

Try to get about 2.5 hours of physical exercise per week (around 20 minutes a day), and incorporate a mix of aerobic, weight-lifting and balance activities.

GIVE YOUR BRAIN A WORKOUT

Engaging in brain-stimulating activities keeps the mind sharp. It's fine to participate in hobbies you already enjoy, but also be open to trying new things, like learning to play an instrument or speak a different language, to give your brain a boost.

You can also give online brain-training exercises a shot—they may help improve your memory, cognition and creativity.

STAY CONNECTED TO OTHERS

You've accumulated a lifetime's worth of friends and family members, but when was the last time you got

together? Prioritize regularly reaching out to your loved ones. It can be as simple as chatting on the phone once a month or maintaining a weekly meet-up for coffee—meaningful interactions don't have to take much time.

It's also good to meet new people as you age. Volunteering or taking a class can give you a chance to connect with others interested in the same things you are, allowing you to turn mere acquaintances into forever friends.

KEEP YOUR HEARING GOING STRONG

Did you know that treating age-related hearing loss is a quality-of-life booster? Hearing aid users report improved communication abilities, better relationships at work and home, more self-confidence and a greater sense of independence!

At San Diego Hearing Center, helping you stay connected and focused on your holistic health through improved hearing is our passion.

If at any time you feel you are not hearing as well as you should, please schedule an appointment. We're here to help! (858) 279-3277

DR. SMITH on Oticon's Latest Hearing Aid Technology



Shelby Smith, Au.D.
Doctor of Audiology

Our audiology team is thrilled to now offer the Intent™, the revolutionary hearing aid by Oticon! It's the world's first hearing aid with user intent sensors, which means it understands your listening needs and provides personalized listening support no matter how complex your environment is.

WITH THE INTENT, YOU'LL ENJOY:

Clarity

Never miss a word again in noisy settings! Hear more clearly, be more engaged and enjoy life fully with 4D sensor technology, which adjusts based on your movement and listening intentions. Find it difficult to concentrate on what others are saying? Oticon's BrainHearing™ approach enhances natural sound processing, making communication effortless by reducing cognitive strain to improve speech clarity.

Confidence

Whether you're having an intimate, one-on-one conversation or talking to a group of friends, get the power to make the most of every moment with Intent's all-day battery life (up to 20 hours). Plus, you'll love how its small, sleek, rechargeable design is so discreet that other people won't even notice you're wearing hearing aids!

Connectivity

Thanks to state-of-the-art LE Audio Bluetooth®, you can quickly and easily connect to the devices—such as your smartphone, tablet or TV—and the people that matter most to you, allowing you to experience high-quality streaming of your favorite shows and movies, as well as easy call answering.

Ready to enjoy effortless hearing and seamless engagement in every conversation and digital interaction? Call or text us today to learn more about Oticon Intent (858) 279-3277



1. Carr, K et al. (2022). *Multitrial—tracking the pulse of the hearing aid market.* Seminars in Hearing. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC377520/>