



NORTHWEST
HEARING + TINNITUS

SPRING 2022



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A new look to our website!



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@northwestaudiology

A Letter from the Owner

DR. MELANIE HECKER, Au.D.

It is with great excitement that I write this letter to all Northwest Hearing + Tinnitus patients in Seattle AND Olympia. Northwest Hearing + Tinnitus continues to **GROW!** I wish you could experience the positive energy of the staff coming together!

We had our first full company retreat this February! It was amazing to have us all working together, with the common goal of growing personally and professionally in order to provide you as our patients with the very best care. We want each of your visits to our offices to be enjoyable, educational, fun and have you leaving better than when you walked in the door.

Our doctors are providing the best in diagnostic testing protocol, premier technology and tinnitus management. You'll be excited to see more and more changes that will enhance your time with us. If it's been awhile since you've visited one of our offices, now is the time to come back in to see what's new and receive an elevated patient experience.

*All my best,
Dr. Hecker*



NEW

OLYMPIA LOCATION

S U M M E R
2 0 2 2

We are excited to share that the build-out for the NEW Olympia location is officially in progress.



**500 Columbia St NW
Suite 108
Olympia, WA 98501**

Our Olympia office will be moving to
a NEW location - Summer 2022
Follow the progress on our social media!



WHAT IS A HOME?

"A door that locks. A kitchen to cook in. The basic dignity of a private bathroom. Every person in our community deserves these things.

As the cost of rent grows, though, an increasing number of people in our community are finding themselves without a safe place to call home.

Every year, almost 900 people fall into homelessness in Thurston County.

About 25% of these are considered highly vulnerable due to a life-threatening combination of factors including mental illness and chronic health conditions." - **SideWalk**



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SIDE WALK

NWH+T PHILANTHROPY

Each quarter, Northwest Hearing + Tinnitus focuses on elevating a local Organization to support with our time or resources.

This quarter, we will be donating to **SideWalk** an organization helping the houseless population in Olympia.

See how you can help by visiting their website: www.walkthurston.org or scanning the QR code.



Many insurance policies offer hearing aid benefits that can **cover or contribute to the cost of new technology.**

The Regence Uniform Medical Plan is one example of a **fully funded hearing aid benefit** that covers Washington State Employees.

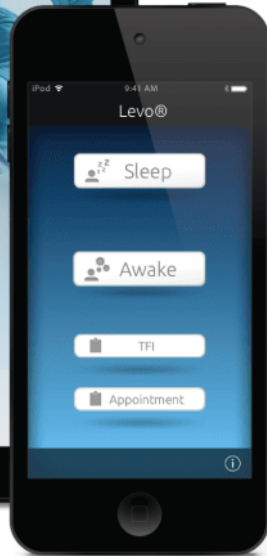
CALL US TO SET UP YOUR ANNUAL CHECK UP TODAY!

SEATTLE (206) 208-7665 OLYMPIA (360) 218-0992



PRODUCT SPOTLIGHT

Levo System for Tinnitus



1. Easy to Use Device:

FDA-cleared lightweight device installed with the Levo System's proprietary and patented software proven to reduce tinnitus symptoms.

2. Comfortable High Fidelity Earbuds:

These earbuds were designed to ensure maximum comfort during sleep by allowing for optimal positioning and controlled delivery of a patented personal sound therapy.

3. Built-in Assessment Tool:

Easily track your progress within seconds with our built-in assessment tool, which provides valuable insight for you and your audiologist.

If you want to find out more, please call us at these numbers:

SEATTLE (206) 208-7665 OLYMPIA (360) 218-0992



HEARING HEALTH

Each month, Northwest Hearing + Tinnitus is focusing on educating our community on how hearing health impacts one's overall health.



JANUARY

VISION & HEARING

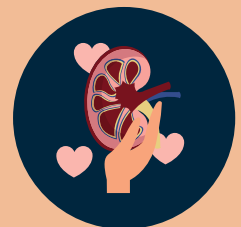
A growing body of research is demonstrating that vision loss can affect the brain's function, too. As with hearing, if the brain has to work extra hard to make sense of what our eyes see, it can take a toll on cognitive function.



FEBRUARY

HEARTS & HEARING

Read Dr. Veith's article on hearing + heart health in honor of American Heart Month in February on the next page.



MARCH

CKD & HEARING

"Older adults with moderate chronic kidney disease (CKD) have a higher prevalence of hearing loss and tinnitus than those of the same age without CKD",
- American Journal of Kidney Diseases



Heart & Hearing Health

Written by: Dr. Kindra Veith, Au.D., MHA, CH-TM

Two of the most common questions I get when diagnosing a hearing loss for the first time are "Why did this happen?" and "How can I prevent this from worsening?". The usual answers are "Noise exposure can cause hearing loss" and "Wear earplugs when around excessive noise", respectively. Those are valid answers, though the heart and cardiovascular system can play a much larger role in hearing loss than one may think. On average, 1 in 5 American adults have heart disease. Heart disease typically results from high blood pressure and/or high cholesterol. The disease process includes poor blood flow, which can restrict oxygen supply to important systems, including your auditory system.

"When the auditory system does not have adequate oxygenation, the hair cells responsible for hearing can become damaged, and thus hearing loss can occur or worsen."

When the auditory system does not have adequate oxygenation, the hair cells responsible for hearing can become damaged, and thus hearing loss can occur or worsen. Cardiovascular events such as heart attacks and strokes can have a major effect on hearing as well. While avoiding noise exposure is critical for auditory health, it's important to understand that maintaining your heart health is important as well! Those with heart disease should ensure they're monitoring their hearing on an annual basis.

- Dr. Veith



To set an appointment with one of our Doctors of Audiology, please call us at these numbers:
SEATTLE (206) 208-7665 OLYMPIA (360) 218-0992