

## Covid-19 And How it May Affect Hearing and Tinnitus

Adapted from "The Hearing Journal", November 2020

With the country bracing for second and even third waves of the COVID-19 pandemic, the medical community is just beginning to get its arms around related conditions and side effects, which range from short- to long-term, from treatable to permanent, and to varying degrees of seriousness.

For all the unknowns, early studies have revealed some interesting trends. While other viruses have long been known to settle in the middle ear and cause hearing loss, a team at Johns Hopkins University has conducted autopsies of three COVID-19 victims and reached some interesting conclusions. The study indicates it is "within the realm of possibility" that COVID-19 could also



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Covid and Your Hearing



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cause symptoms of hearing loss or vertigo.

The Hopkins study is the first evidence of the Sars-Cov-2 presence in the middle ear and mastoid mucosa, providing the first link in the causal pathway that COVID-19 may lead to hearing loss or balance disturbances, said Strickland.

"Patients who have tested positive for COVID-19 should be aware of the possible symptoms of hearing loss, tinnitus, vertigo, or changes in taste that could be associated with the virus—either around the time of infection or possibly even delayed after initial recovery," she added. Perhaps most enlightening so far are the results of a survey in the United Kingdom, which showed that nearly one out of 10 coronavirus patients self-reported either hearing loss or tinnitus eight weeks later.

Hard Evidence of Side Effects: What is well-known, some medications used to treat the coronavirus carry a relatively high risk of hearing loss, tinnitus, or vertigo as a side effect. These ototoxic drugs include quinine, chloroquine, and hydroxychloroquine. "Specific to ototoxicity, I think that studies that investigate hearing and balance issues in patients who have taken remdesivir, chloroquine, and/or hydroxychloroquine, particularly in higher doses, would be of significant value."

Accent on Hearing thought it important to share this information from one of our most trusted journals. You never know how an illness or virus can affect your hearing and/or tinnitus. If you have questions, please call us to schedule an appointment to evaluate or re-evaluate your hearing in our office with one of our providers or remotely with our new portable HearX test kit.



## Mask Mode by Starkey

Now more than ever, it's vital to help hearing aid users engage in the world around them and not feel limited when wearing face masks or social distancing.

Starkey is proud to introduce Mask Mode, a custom memory within the Thrive Hearing Control app that boosts the frequency response in certain channels.

No firmware upgrade required! Mask Mode is available to existing Livio Edge AI, Livio AI, and Livio hearing aid wearers with a simple update of the Thrive app. If you don't currently have one of these models and are looking to upgrade, please give us a call and schedule a consultation.

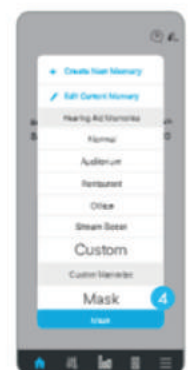
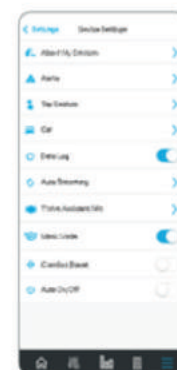


### Mask Mode

Mask Mode provides an additional boost to help enhance and focus on a speaker who is wearing a face mask. Add the Mask Mode memory to the Custom Memories list for easy access.

To add the Mask memory:

- 1 Tap the **Settings Menu** on the Navigation Bar.
- 2 Tap **Device Settings**.
- 3 Tap the slider next to **Mask Mode**.
- 4 The Mask memory will now be available in the Memory Menu under the **Custom Memories** list.



## Refer a Friend & Support Small Business!

At the beginning of last year, we introduced you to our new patient referral program. We want to thank all of you for entrusting your family and friends to Accent on Hearing. With the onset of the new year, we have adjusted our program to spotlight the small businesses of our community. When you refer a friend or family member and they decide to treat their hearing loss and purchase devices from Accent on Hearing, we will send you a \$50 gift card to a local small business. If they are not quite ready for hearing aids, you'll still receive a token of our appreciation.

Whether it be a restaurant, a boutique, or the local bike shop, as a small business ourselves, Accent on Hearing is happy to support local while thanking our trusted patients who are the lifeline of our practice.



## Play our Baby Shower Game

As most of you know by now, Dr. Martinez and her husband, Nick are having a baby girl. "Luna Rae" is expected to make her debut on March 18th, but as most of us know, that bundle of joy is the one who determines when she'll truly arrive. Join our "Baby Contest" to win a \$50 gift card!

### Your guess must include:

- Luna's Date of Birth
- Luna's Weight
- Luna's Length



Entering is easy! Call our office 303-663-2235 OR text us to 303-720-7421. Give us your full name, your email address, and your detailed guess based on the above criteria. The closest entry wins. As part of our extended family, we are so happy to have you share in Liz and Nick's joy!





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## Williams-Sonoma Roasted Tomato Soup

This 5-star rated soup is heart healthy and a favorite with some of our Accent on Hearing staff!

### Ingredients:

- 3 lb. plum tomatoes, cored and halved
- 8 fresh thyme sprigs
- 4 garlic cloves
- Salt and freshly ground pepper, to taste
- 5 Tbs. olive oil
- 1/2 cup mascarpone cheese (optional)
- 1/2 cup grated Parmigiano-Reggiano cheese (optional)
- 1 yellow onion, chopped
- 3 cups chicken stock
- 4 slices country-style bread, toasted

### Directions:

Preheat an oven to 275°F.

Arrange the tomato halves, cut sides up, on a baking sheet. Scatter the thyme sprigs and garlic on top of the tomatoes. Season with salt and pepper and drizzle with 3 Tbs. of the olive oil. Roast until the tomatoes have dried slightly and some of the skins have burst, about 2 hours.

Meanwhile, in a small bowl, using a rubber spatula, stir together the mascarpone and Parmigiano-Reggiano cheeses until smooth. Cover and refrigerate until ready to use.

Pass the roasted tomatoes through a tomato press according to the manufacturer's instructions. In a large saucepan over medium heat, warm the remaining 2 Tbs. oil. Add the onion and sauté, stirring occasionally, until tender and translucent, 4 to 6 minutes. Add the pureed tomatoes, stock and bread and simmer for 5 minutes.

Using a stick blender or blender, puree the soup and season with salt and pepper. Divide the soup among 6 warmed soup bowls and top each with a dollop of the cheese mixture. Serves 6.

