



HealthShare - scclhs.com

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Healthshare is focused on helping our subscribers improve the quality of their healthcare life. Here on our website, you can learn valuable information to develop a healthcare plan, organize your healthcare records. Be prepared for every MD visit, clinic visit, or hospital stay. Through learning and understanding, subscribers will get improved care from all your healthcare providers. You will get better care guaranteed!

Please review any suggestions with your health care provider.

HEALTHSHARE

Why Sleep Matters

Memory Strengthening

During sleep, the brain reviews the day and decides what information to keep. Important details—such as names, conversations, instructions, and new skills—are transferred from short-term holding areas into long-term memory. Without enough sleep, this process is disrupted, making it harder to recall information later. Consistent, quality sleep helps the brain lock in memories, supporting learning and everyday functioning.

Mental Clarity and Focus

Sleep restores the brain's ability to think clearly and respond quickly. Adequate rest improves attention, problem-solving, judgment, and reaction time. When sleep is poor, the brain struggles to process information efficiently, leading to mental fog, slower thinking, and difficulty concentrating. Good sleep helps you stay mentally sharp, make sound decisions, and navigate daily tasks with confidence.

Emotional Balance

Sleep plays a key role in regulating emotions and stress responses. During sleep, the brain resets the systems that manage mood and emotional control. When sleep is inadequate, emotions can feel amplified—small problems may feel overwhelming, patience may wear thin, and anxiety or sadness may increase. Healthy sleep supports emotional resilience, helping you cope more calmly with life's challenges.

Brain Detox and Repair

While you sleep, the brain activates a powerful cleaning system that removes waste proteins and toxins produced during waking hours. These substances, if allowed to build up, can interfere with communication between brain cells. This nightly "detox" process helps maintain healthy brain tissue, supports repair, and protects long-term cognitive function. Sleep is essential housekeeping for the brain.

Protection Against Cognitive Decline

Long-term sleep problems are associated with increased risk of memory loss and cognitive decline. Regular, restorative sleep supports brain cell health, reduces inflammation, and helps

preserve thinking abilities over time. Prioritizing sleep is a proactive step in maintaining brain health, independence, and quality of life as we age.

Sleep is also when your brain does its daily housekeeping. While you rest, the brain's glymphatic system kicks into high gear, clearing out abnormal proteins and other molecular garbage, including the protein amyloid, which is a major contributor to Alzheimer's disease. A buildup of amyloid is one reason experts think that people who routinely get less sleep have a higher risk of dementia.

What Happens When Sleep Is Inadequate

- Reduced concentration and slower thinking
- Increased forgetfulness
- Greater risk of falls and accidents
- Higher stress and emotional reactivity
- Weakened immune response
- Less ability to cope with daily challenges

How Much Sleep Do Adults Need?

- Most adults benefit from 7–9 hours of sleep per night
- Quality matters as much as quantity
- Consistent sleep and wake times support brain rhythms

Simple Habits That Support Better Sleep

- Keep a regular bedtime and wake-up schedule
- Create a calm, dark, and cool sleep environment
- Limit caffeine after early afternoon
- Eliminate all screen time at least one hour before bed
- Use relaxation routines such as reading and gentle breathing exercises
- Get daylight exposure and light physical activity during the day

Sleep Is Preventive Brain Care

Sleep loss accumulates. Even small nightly disruptions can add up and affect brain health. Sleep supports independence, clear thinking, emotional resilience, and quality of life. It is one of the most powerful, natural tools you have to care for your brain—starting tonight. Protect your sleep. Protect your brain.

Neuroplasticity & Movement Literacy since 2005



Lily Chambers Klutz

What is Neuroplasticity?

Neuroplasticity is your brain's remarkable ability to reorganize itself by forming new neural connections throughout life. It allows neurons (nerve cells) to adjust their activities in response to new situations, learning, or environmental changes, and to compensate for injury. This dynamic process enables the brain to "rewire" its structure and functions. (VA.gov)

What is Movement Literacy?

Movement or Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. (IPLA, 2017)

Need help with both? Where Do I start?

Start moving, right where you are. Begin with slow, small, gentle movements. Grow your movement vocabulary progressively over time. Go easy, no pain, means more gain. Check out my blog for more tips on simple ways to move better and feel better today.

WholeLifeMovement.com

Enhance Your Neuroplasticity & Movement Literacy

- **Continued Learning** take on new and challenging tasks and activities
- **Aerobic Exercise** increases blood flow to the brain and supports neural health
- **Quality Sleep** essential for consolidating memory and promotes brain repair
- **Mindful Movement** builds sensory awareness, helps improve brain/body communication in daily activities
- **Accountability is Key** join a movement community, club or find a buddy
- **Invest Time and Energy** in your movement life book the appointment, join the class or workshop

Call 803-792-4386 with ???

Three Action Steps to Enhance Brain Body Communication Now

Embrace Your Foundation: Feet, Ankles & The Ground

Explore the **rich landscape of the feet and ankles**, not to fix or stretch them, but to *listen*. Through small, curious movements invite:

- Awareness of how the **soles of the feet** sense pressure and distribute weight
- Exploration of **ankle mobility**—not just front to back, but side to side and in gentle spirals
- Reconnection with the **toes as responsive agents** of balance, not just decoration
- Evolve a deeper appreciation of how the **ground is not just something we stand on—but something we relate to**

Try this Foot Awareness Scan:

Take a moment to stand barefoot. Notice the contact points of your feet on the ground—heels, balls, toes, outer edges. Shift your weight slightly forward and back. Then side to side.

Now, imagine the ground rising up to meet your feet—soft, responsive, and reliable. Can you allow your knees to remain slightly soft? Notice how even the smallest movement in your feet affects the rest of your body.

What happens if you walk across the room with more awareness in your feet than usual? What changes?

Understand Your Pelvis is Your Center for Stability and Mobility

The pelvis is a **bridge** between your upper and lower body. It provides both a **foundation for stability** and a **springboard for mobility**. It's meant to move in three dimensions:

Let's explore your pelvic mobility with curiosity rather than effort:

1. Sit at the edge of a firm chair with your feet flat and your hands resting on your thighs.
2. Gently explore rolling your pelvis forward and backward. Imagine your pelvis is a bowl filled with water. As you tip it forward, the water spills out the front. As you roll back, it pours out the back. Do this slowly, with minimal effort.
3. Now try shifting your weight slightly from one sit bone to the other. Notice how the pelvis tilts left and right in side flexion.
4. Finally, try a small rotation to the left and right, as if you wanted to look over your shoulder first one way and then the other. Keep the movement small and smooth.

You're now exploring the three planes of movement: sagittal (forward/back), frontal (side to side), and transverse (rotation). All are necessary for a pelvis that supports dynamic, adaptable balance.

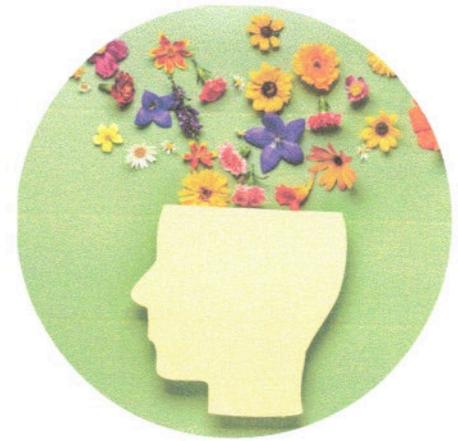
Start Seeing Function in Every Action

Have you ever paused to think about what's actually happening when you walk across the room? Or bend to pick something up? Or get in and out of your car? Most of us don't.

We tend to see these everyday movements as simple or automatic. But in truth, each one is a small miracle of **coordination, balance, and problem-solving**—a blend of thinking, sensing, awareness, and action working in harmony.

This is the **functional lens** of movement. And once you start seeing through it, everything changes.

COOL THE INFLMMATION



Simple Ways to Support Your Brain

Building Resilience, Finding Balance

Every time you eat, your gut and your blood sugar are sending a message to your brain: "Panic" or "Peace."

Everyday Food Choices That Help Cool the Fire

- **Feed Your Gut**

- Add more colorful vegetables (greens, broccoli, carrots, peppers).
- Enjoy berries and other fruits in moderation.
- Include fiber-rich foods like beans, lentils, oats, and apples.

- **Choose Gentle Fats**

- Use olive oil more often instead of deep-fried foods.
- Include fish such as salmon or sardines (as tolerated).
- Snack on a small handful of nuts or half an avocado.

- **Keep Blood Sugar Steady**

- Start meals with protein or vegetables before breads or sweets.
- Choose whole foods over packaged snacks and desserts.
- Make sugary drinks and sweets an occasional treat, not a daily habit.

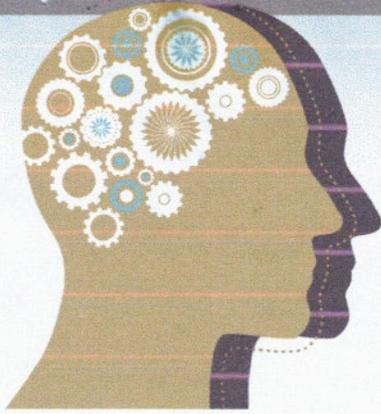


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Between the Ears: Hearing Loss and Cognitive Function

The relationship between hearing loss, cognitive ability and cognitive decline is receiving significant attention among medical researchers around the world. As the third most common chronic health condition affecting older adults, hearing loss affects about 30% of patients 65 and older and as much as 70-90% of those 85 and older.¹ Basic cognitive skills like working memory, the ability to focus on a speaker in a noisy background or process information quickly, also decline with age.² The Alzheimer's Association reports that 5.1 million people over 65 have Alzheimer's, the main type of dementia affecting memory and cognitive processing skills and accounts for the sixth leading cause of death in the U.S.³

The processes involved in cognition, language and audition are tightly interwoven and interdependent.⁴ **Hearing** can be defined as the perception of sound where **listening** requires active brain involvement in which meaning is applied to the sound. Understanding speech involves more cognitive ability than just responding to pure tones, though. Attention, inhibition, and executive function, for example, are all required for listening and comprehension of speech. The ability to react appropriately to spoken dialogue also involves using perceptual-motor skills, another cognitive function.²

Untreated hearing loss can interfere with cognitive abilities due primarily to the large expenditure of mental effort toward understanding speech. New evidence shows that cognitive decline is more prevalent in elderly people with hearing loss than in those without hearing loss.

- In 2013, Frank Lin, MD, PhD, reported in the **Journal of the American Medical Association (JAMA)** that hearing loss is independently associated with accelerated cognitive decline. Those with hearing loss showed a 30-40% faster cognitive decline than those without hearing loss. The researchers also report that the levels of reduced brain functioning were directly related to the amount of hearing loss.⁵

Two more studies published in the past year not only echo Lin's findings but also show that treating hearing loss with the use of hearing aids can attenuate that cognitive decline:

- A 25-year study published in the **Journal of the American Geriatrics Society** in 2015¹ concluded that people with untreated hearing loss had significantly lower scores on the Mini-Mental State Examination (MMSE), a well-established test of cognitive function. They also found that hearing aid use mitigates that cognitive decline.
- In a study published in February 2016, Jamie Desjardins, PhD at The University of Texas at El Paso speech-language pathology program shows that hearing aids do improve brain function in people with hearing loss. Desjardins studied a group of 50-60 year olds with bilateral sensorineural hearing loss who had previously never used hearing aids. After two weeks of hearing aid use, tests revealed an increase in percent scores for recalling words in working memory and selective attention tests, and the processing speed at which participants selected the correct response was faster.⁶

Cognitive decline, age-related vision loss, poor motor skills and decreased health literacy are often associated together and patients with cognitive impairment often have deficits in these other areas as well.² This can affect how patients understand and incorporate medical instructions and treatments into their lives. Compounding the issue, too, is that symptoms of hearing loss can overlap with those of dementia. In combination with cognitive screening tools like the Mini Mental Status Examination (MMSE), the Clock Drawing Test (CDT), the Mini-Cog Test and the Montreal Cognitive screening assessment (MoCA), thorough hearing evaluations by an audiology specialist support a comprehensive care model to identify hearing needs.⁴ Because of the known negative consequences of untreated hearing loss on health and well-being, the National Council on Aging also encourages primary care providers to incorporate hearing loss discussions into routine exams.⁷

Reducing the mental load of understanding speech through better hearing is an important step in liberating more cognitive capacity for other brain functions.⁶ However, proper hearing rehabilitation is a complex process and involves more than just using hearing aids. Pathways like shared neuropathic conditions, cognitive load, and social isolation likely contribute to accelerated cognitive decline in people with hearing loss. While new studies are showing improved cognitive function by treating hearing loss with hearing aids, further research is needed to understand how these multiple pathways respond to hearing rehabilitation interventions. "As hearing changes, so do communication ability, cognitive function, and psychological factors...affecting quality of life and the whole person, not just hearing."⁸ A network of specialized providers, including hearing healthcare professionals supports improved health and lifestyle for hearing impaired patients.

“Hearing loss was recently qualified as a risk factor for accelerating brain aging by reducing brain volume and cognitive abilities.”⁸



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Cognitive Screening & Your Hearing Health

What is a Cognivue screening?

A five-minute, self-administered test that evaluates three cognitive functions: **Memory**, **Visuospatial**, and **Executive Function** and two speed performance parameters: **Reaction Time** and **Speed Processing**. The test objectively and reliably identifies changes in cognitive function.

Why should I take it?

Hearing ability is the #1 modifiable risk factor for cognitive decline*. People with untreated hearing loss experience a 30%-40% greater decline in thinking abilities and an increased risk of developing dementia.

Mild loss – **2x** more likely

Moderate loss – **3x** more likely

Severe loss – **5x** more likely



Palmetto Family Hearing Center uses the Cognivue screening along with traditional Speech in Noise testing to better determine the patient's needs and current level of processing. The treatment plan may consist of some of the following: Listening and Communication Enhancement (LACE) exercises, amplification, assistive listening devices, and effective communication strategies. With consistency, we may see an improvement in auditory processing, hearing, working memory, and attention.

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