

## Experience the Freedom of Better Hearing!

The best feeling in the world is knowing you finally took a step in the right direction.

Summer and sunshine – what a perfect combination! Getting together with family and friends for picnics, family reunions, water play, and outdoor activities is at the top of the list. These events with loved ones allow us to share laughter, have meaningful conversations, and make memories. As we move into another summer season, let's remember to take care of our ears too.

Hearing loss is not selective based on age. We are finding hearing loss is occurring in younger people. This is often due to noise exposure from loud music at concerts or from wearing earbuds and jamming while exercising. Over time, those loud noises can affect your hearing and cause hearing loss.

To protect your hearing, use protective earmuffs or earplugs when doing things such as mowing the lawn, using power tools, being around loud music, or attending a fireworks display. They'll help tone down the noise and keep your ears happy. Swift Audiology can create a pair of custom earplugs for that perfect fit!

Be smart with your headphones and earbuds. If you're rocking out with headphones or earbuds, keep an eye (or ear) on the volume. Don't turn the volume up too high and take breaks to give your ears a breather. Did you know there are noise-canceling headphones that block out background noise so you can listen at a lower volume?

If you're worried about your hearing or notice any changes, don't be shy about seeing one of our hearing professionals. The staff at Swift Audiology appreciate your support, and we're here to help if you need anything. Have a memorable summer filled with laughter and good times!

*Deb*

Deb Swift & the Swift Audiology Team



# Don't miss out on the sounds of life because of hearing loss. Age does not matter when it comes to your hearing health.



As a child and through my adolescence, I was often told that I was louder than necessary by family, teachers, and even my friends. Many just thought I was obnoxious, and I was sometimes accused of yelling at people when I wasn't. As a young adult, I developed Tinnitus, or ringing in the ears. This was quite bothersome, but I just "lived with it."

A little over a year ago when I was 29, I started working at Swift Audiology. I laughed when Debra advised that I have a complete hearing evaluation performed, but I am so thankful she did. The professional discovered that I have hearing loss. When the professional asked me various questions during my examination, many thoughts were going through my mind. I never

really understood the difficulties I experienced – until now.

Swift Audiology believes everyone, even young adults, should have a hearing test performed. It was during one of these routine checks that I found out about my hearing loss. It was a revelation – everything made sense. I was loud because I wasn't able to hear my own voice clearly. Particularly, I struggled with vowels and low-frequency sounds.

Thanks to Swift Audiology, I was given the chance to demo hearing aids. In just one week, I noticed my hearing had dramatically improved. It felt incredible – I was experiencing the world of sound in a whole new way. No more constant ringing from tinnitus, no more trying to read lips. I felt involved, included, and, for the first time in a while, "normal."

Working at Swift Audiology, I've seen first-hand how patient care always comes first.

We understand how hearing loss can lead to isolation, mental fatigue, and an increased risk of Dementia. We encourage everyone to get their hearing tested once a year. Your hearing can change, so staying up-to-date is vital.

I urge you – don't wait like I did. Be proactive about your hearing health. Call Swift Audiology and begin a yearly routine. Have a hearing test and evaluation or check to see when you're due for one. You might be surprised by what they discover. I certainly was. I'm forever grateful to Swift Audiology and Ms. Deb for helping me on my journey to better hearing health. Thank you, Courtney, for sharing your journey as a patient and an employee.

# Introducing Oticon Intent

At Swift Audiology, we take pride in being a leader in providing high-quality hearing solutions to all of our patients. We are pleased to announce that we are now offering the most advanced product in the hearing industry to date. In fact, we will be one of the first practices to offer this technology.

Released in May 2024, we introduce to you, the new Oticon Intent™.

Oticon takes BrainHearing™ technologies to the next level, with new 4D Sensor technology fueling the sounds of processing.

This groundbreaking technology seamlessly adapts to the user's specific listening needs – even within the same sound environment. Oticon Intent helps users move beyond just hearing and listening, helping them to communicate and fully engage in life.

Traditional hearing aids understand sound, but not the user. They apply a one-size-fits-all approach to sound processing. Oticon understands that you can't treat all users the same way.

By introducing the world's first user-intent sensors together with the new Deep Neural Network 2.0, MoreSound Intelligence™ 3.0 provides individualized help based on the situation and the listener's intention.

With its new sleek design, Bluetooth® LE Audio, Intelligent miniFit Detect, improved rechargeability and shorter charging time, Oticon BrainHearing technologies take your hearing needs to the next level.

Call Swift Audiology today to schedule your free **Hearing Aid Test Drive™** (or refer a friend) to experience how life-changing innovations can improve your hearing health and wellness.



## From Deb's Kitchen

I always look for new recipes to try and this Lemon Chicken with BEST Lemon Butter Sauce is easy to make and will become a family favorite!

### Ingredients for parmesan crusted chicken:

- 1 ½ lb. chicken breast, (2 large), patted dry with paper towels. Pound the chicken.
- 1 Tbsp olive oil, to sauté
- 1 Tbsp parsley, to garnish (optional)
- ½ Lemon, sliced for garnish (optional)

### For the egg mixture:

- 2 large eggs
- 1 garlic clove, minced
- ½ tsp Italian seasoning
- ½ tsp salt
- ¼ tsp ground black pepper

### For the parmesan breading mixture:

- 1 cup Parmesan cheese, grated
- 3 Tbsp all-purpose flour

### For lemon butter sauce:

- 8 Tbsp unsalted butter
- 2 garlic cloves, minced
- ¼ cup lemon juice
- ¼ cup chicken broth
- ¼ tsp ground black pepper

### Instructions:

1. Cut the chicken breasts in half lengthwise. Lightly beat with a meat mallet until even thickness.
2. In a bowl, whisk together the ingredients for the egg mixture. In another bowl, combine the ingredients for the parmesan mixture. Dip chicken into the egg mixture, then dredge chicken in the parmesan mixture. Allow any excess ingredients to fall off from each bowl.
3. In a large skillet heat enough oil to cover the bottom of the skillet. Once hot, add the chicken and cook 4-5 minutes per side, or until crispy golden and cooked through to 165°F on an Instant Read Thermometer. Reduce the heat if chicken browns too quickly.
4. Meanwhile, in a separate saucepan, melt butter and garlic, cook until fragrant. Add the chicken broth, lemon juice and pepper. Allow the sauce to cook for about 2 minutes. Pour the sauce over the cooked chicken, turning to coat. Garnish with lemon slices and finely chopped parsley if desired.





Learn more about better hearing solutions at [swiftaudiology.com](http://swiftaudiology.com)

 [facebook.com/swiftaudiology](https://facebook.com/swiftaudiology)

Email us at [hello@swiftaudiology.com](mailto:hello@swiftaudiology.com) to subscribe to our e-newsletter.

## Swift Anniversaries

Congratulations to our staff members celebrating their work anniversaries this summer!

**Melissa**, our Front Desk Coordinator in South Hills – 11 years

**Dr. Megan Auria** – 10 years

**Laura**, our Office Manager – 8 years

**Dr. Lauren Carmen** – 4 years

**Amanda**, our Front Desk Coordinator in Washington – 2 years



## 3 Locations Serving the Greater Pittsburgh Area

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