

# HEALTH & BEAUTY

www.thelife.ca  
**THE INDEPENDENT  
& FREE PRESS**

Thursday, Feb. 12, 2015

Special pullout section

4 Pages



**Constantine Karolidis is a Hearing Instrument Specialist with over 20 years of experience and owner of Halton Audiometric Centre. Call 905-877-8828 or visit the state-of-the-art clinic at Unit 44, 360 Guelph Street, Georgetown today.**

*The importance of better hearing:*

## The average person has trouble hearing for 7-10 years before seeking help

More than half of Canadians over the age of 65 will experience some degree of hearing loss; yet, the average person has trouble hearing for 7 to 10 years before having their hearing examined by a hearing healthcare professional.

Studies have shown that people with a mild hearing loss are twice as likely to develop dementia and that hearing loss can lead to social isolation and depression.

Untreated hearing loss has been linked to reduced alertness and increased risk to personal safety.

If you already have hearing aids, it's important to ensure they are programmed appropriately. Recent studies show that only 30% of hearing aid fittings are verified correctly. Verifying today's hearing aids require special equipment and training to set hearing aids to provide appropriate amplification.

If you or a loved one:

- Often ask people to repeat themselves
- Have trouble understanding what's being said
- Often complain about people mumbling
- Experience persistent ringing in your ears

Schedule an appointment to have your hearing tested, or if you already have hearing aids, visit your Hearing Instrument Specialist to have them verified correctly and make sure you are hearing all you can from them.

Sources: ASHA, Hearing Foundation of Canada, Better Hearing institute, Audiologyonline

*Submitted by Constantine Karolidis*

## Karmy Chronic Pain Medical Clinic

We are an OHIP covered Medical Doctor supervised treatment centre that provides care for patients who suffer chronic non-malignant pain from headaches, neck pain, shoulder pain, back pain and fibromyalgia.

We have offices in Brampton, Mississauga and North York  
**Monday to Friday 9:00 am to 5:00 pm**

Our friendly staff would be happy to speak with you.  
Please contact us at **905-456-6816**  
Or

Please have your Family Physician Fax a Referral Letter to 905-456-0490

## The Ideal Protein Weight Loss Method



★ **New Year  
New You!** ★

Our Healthcare team of Pharmacists,  
Nurses and staff are available to assist you

**Available at Young's Pharmacy!**

Program involves weight loss and lifestyle education to sustain results on a long-term basis.

Food and Product Information available in store.



**Guardian** **Young's**  
Pharmacy & Homecare  
47 Main Street, Georgetown, ON L7G 3G2  
info@youngspharmacy.com 905-877-2711  
www.youngspharmacy.com