

Serving the local community since 2001

Back in Shape



Physiotherapy & Pilates



Helen's Mat Classes

Term dates: 2020 Term 2

Start: Wednesday 14 April 2020

End: Friday 26 June 2020

Alphington Bowls Club

Parkview Rd, Alphington

All ages and abilities classes

Mon: 12-1pm & 7-8pm

Wed: 5.30-6.30pm

Fri: 9.15-10.15am & 10.30-11.30am

Cost: Mon: 9-week term: \$207 or
\$28/class casual

Wed: 11-week term: \$253 or
\$28/class casual

Fri: 11-week term: \$253 or
\$28/class casual

Fairfield Community Room

Station St, Fairfield

Over 50s class

Mon: 9.30-10.15am

Cost: 9-week term: \$108 or \$14/class
casual

Limited mobility class

Mon: 10.30-11.15am

Cost: 9-week term: \$108 or \$14/class
casual

PUBLIC HOLIDAY ALERT:

There will be no classes on:

Monday 8 June

(Queen's Birthday)

Tim's Pilates

Call Tim for information on 0410 010818

These classes will resume on Wednesday
25 March. Please note the new class time.

Alphington Bowls Club

Parkview Rd, Alphington

Wed: 7-8am

Cost: \$120 for a block of 10 classes or
\$15/class casual

Hearing loss linked to dementia

I recently went to a very interesting lecture at the University of Melbourne—by Audiologist, Andrew Campbell—concerning how untreated hearing loss can lead to dementia.

A 12-year study of 700 people has highlighted some alarming statistics. A 25 per cent loss of hearing makes an individual twice as likely to develop dementia. A 25-40 per cent loss of hearing increases this to three times more likely, while a person suffering a 50 per cent loss will on average be five times more susceptible to the onset of dementia.

The mechanism for this correlation is due to the decrease in cognitive ability that commonly accompanies hearing loss. MRIs of the test subjects show there is a measurable physical change in the brain for people suffering hearing loss, and this can result in as much as 40 per cent loss in brain volume in the areas responsible for memory, speech, language and, of course, hearing itself.

Ageing is the principal cause of hearing loss, followed by overexposure to noise. Remember those concerts you went to when you were younger? Or perhaps you don't!

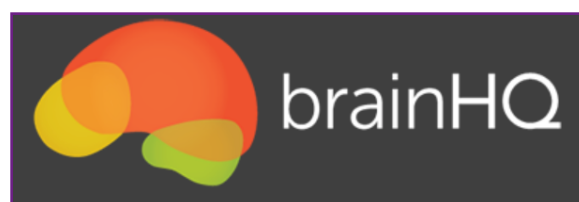
Hearing loss due to ageing typically starts around the ages of 50-55, manifesting itself initially by the loss of high pitch sounds, which in speech are most associated with consonants. For people suffering in this way, a standard response is to avoid social events and places where there is a high degree of ambient noise, and this can easily lead to social isolation.

Frighteningly, although perhaps understandably, it takes a person 10 years on average to take positive action after first noticing a decline in their hearing ability. Even then, only a third of people with hearing aids wear them for the recommended 12 hours a day, while a third don't both to wear them at all.

The good news is that if hearing loss is detected and treated early, positive changes are seen in the brain within three months. However, once the loss becomes moderate to severe, brain changes are irreversible.

Interestingly, there is no evidence that a loss of sight has any link with dementia. Helen Keller—who was both blind and deaf—appears to have hit the nail on the head when she famously said that while blindness separates us from things, deafness separates us from people.

Now I'm sure you are all finding this very interesting, but the more perceptive of





you might be wondering what the link is with Pilates and physio. Well, my interest was sparked by an American study that shows that hearing loss is further associated with a 20-50 per cent increased risk of falls and fractures, compared with somebody the same age with no hearing loss. Added to this, there also the numerous lifestyle risks caused by hearing loss: social isolation, depression, decreased activity, heart disease, and even further hearing loss.

The likelihood of falls and fractures increases as the brain needs to apportion a greater percentage of its capacity to vision and memory in order to maintain

communication, thereby predisposing the hearing-challenged person to devoting less attention to other cognitive functions.

So reduce the risk of dementia, falls, fractures and other health risks by getting your hearing checked if you notice a decline, and get it treated early. The best advice is to go to an independent Audiologist Clinic, that is not restricted to a single brand of hearing aid.

The last two years have seen great advances in hearing-aid technology. Today, hearing aids are more discrete than ever before, can work better with background noise and can even synchronise with your smart devices.

You can download a free copy of Andrew's full report at www.neuaudio.com.au/Hearinglossreport

Active Standing Exercises

Do you find yourself often standing around during your normal day, perhaps while you wait for your morning coffee, or at the supermarket checkout? Well 'Active Upright Exercises' are designed to allow you to do some exercises in otherwise unproductive time when you are on your feet. So don't just stand there. Stand actively!



Lumbricals

Lumbricals are the little muscles in our feet that help support the arches. Wearing shoes actually decreases the need for these muscles to work, so they often get weak. Foot pain under the fore-foot can be caused by weak Lumbricals, as can tired, achey feet. If this sounds familiar, try the following:

- While standing, become aware of the contact between your foot and the ground.
- Your weight should be distributed in a tripod between your big toe, little toe and the centre of your heel.
- Keeping your toes straight, press the pads of your toes into the ground and try to shorten and narrow your foot by a few millimetres.
- Do not let your toes curl. You should be able to see your toenails the whole time (but not, obviously, if you are wearing closed shoes!).
- You should feel a gentle lift of the arches and a squeezing feel between the bones of your foot. See picture above.
- Hold for 10 seconds and then relax.
- Aim to do ten repetitions every hour.
- Initially, do this in bare feet so you can check you are doing it right.
- Once you know what it feels like, you can do it in shoes.



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Brain training

Time to work out those mental muscles

Chances are, if you are reading this, you are probably doing some of the right things for your body in terms of exercise and nutrition.

Pilates is a great way to supplement existing exercise regimes, or as a form of rehabilitation following illness or injury. And likewise, physio is one of the best ways to aid a speedy recovery after illness, injury or an operation.

But how much time do you devote to keeping your mind fit, and would you even consider trying to increase your mental fitness in the same way that you probably already work on your physical fitness in the quest for that next PB?

If you have read the main article in this issue of *Back in Shape*, then you may be concerned by the risk of dementia. But what can you do about it, you might wonder.

Andrew Campbell recommends to his patients that they embark on Brain HQ, a scientifically proven program to improve cognitive function and short-term memory.

His advice is to do three sessions a week for 30 minutes a time. If you do this, you might not qualify for MENSAs, but you will be doing the best you can to retain your faculties as you get older.

What is the point, after all, if at the age of 80 you are fit enough to run a marathon, but can't remember where you left your running shoes?

Check out www.brainhq.com. You might just find it more fun than watching the latest mind-numbing reality TV offering!