



## Newsletter Spring 2018

### MAY IS BETTER HEARING AND SPEECH MONTH

The American Speech, Language and Hearing Association has named May as the "Better Hearing and Speech Month". During this month there are many opportunities for those of us in the field of hearing health to address certain issues. One of the more pressing issues in today's world is the prevention of noise induced hearing loss (NIHL). Years ago, most of the NIHLs were associated with military service and occupational exposure. Steps have been taken in these cases to improve the noise protection.

The newer issue in NIHL prevention is the constant or near constant exposure to excessive noises by children and teens while listening to their music. Even though the percentage of teens showing signs of NIHL (13-18%) has remained constant for over 20 years, those of us in the field are seeing more and more teens and young adults whose main complaint is either hearing loss or tinnitus. Tinnitus is often the first sign of an impending NIHL.

Children, teens and adults who develop healthy hearing habits early on can take steps to protect their hearing for life!

Noise-induced hearing loss can be prevented by adopting these healthy hearing habits:

1. Lower the volume.
2. Move away from the noise.
3. Wear hearing protectors such as earplugs or earmuffs.

Give us a call with any questions about this issue!

### TINNITUS: WHAT IS IT?

**It is reported that 50 million Americans experience tinnitus at some point in their lives. Yet, only 12 million of these individuals seek help for the condition.**

Tinnitus is defined as "*The perception of sound in the ear that is not the result of an external sound.*" The "sound" is often described as buzzing, hissing, ringing, pulsing, crickets, static and even music.

Q: What may be causing the tinnitus?

A: The following are some of the more common causes:

- Outer or Middle Ear Disorders
- Damage to Inner Ear Hair Cells
- Medications
- Medical Conditions : HBP, Diabetes, Thyroid, Cardiac
- Trauma to the head and/or neck
- Temporomandibular Joint Misalignment (TMJ)
- Acoustic nerve tumor

Q: What makes some people seek help while others do not?

A: The perceived severity of the tinnitus and its effect on the individual's life. The effects of the tinnitus can be both physiological and psychological in nature.

1. Interference with sleep, concentration and attention to detail
2. Depression and anxiety
3. Irritability

It is recommended that you seek a full diagnostic evaluation, if you experience tinnitus.

Join the BATTERY CLUB and SAVE  
MONEY!

\$30.00 entitles you to 36 batteries that you can either stop by to pick up or have mailed to your home.

### TINNITUS RELIEF

More and more of the hearing aid manufacturers are developing circuits that not only address the hearing loss; but, the device will also assist in reducing the awareness of the tinnitus. There are multiple choices in regard to the type of noise that is used and many of the circuits allow the user to make adjustments to the tinnitus device as needed.

There are also devices that are used by individuals who do not have hearing loss and only want to address the tinnitus. These devices also offer multiple choices in regard to the type of noise that is used and many of the circuits allow the user to make adjustments to the tinnitus device as needed.

Feel free to call our office with any questions!

### SO WHAT IS NEW IN HEARING AIDS?

1. **Better Connectivity:** Many of the new circuits offer direct connection of the hearing aids to your cell phone, TV, remote microphone and landline phone without the need of a device around your neck.
2. **Better reduction of background noise with better speech understanding** for better ease of listening.
3. **Rechargeable batteries** that can be exchanged for the regular batteries when needed.