

Audiology HealthCare News

A newsletter for our patients, their families and friends

Fall 2015



Hearing Help for the Holidays

The Better Hearing Institute (BHI) is urging families across America to keep loved ones with hearing loss close this holiday season by encouraging them to get their hearing checked and to have any hearing loss properly treated.

"The holiday season is meant to be a time of thanks, celebration, and joy," says Sergei Kochkin, Ph.D. Executive Director of the Better Hearing Institute. "But for many people, it is a time of year when unaddressed hearing loss can cause them to feel particularly isolated and depressed."

Hearing loss is one of the most commonly unaddressed health conditions in America today, and affects more than 31.5 million Americans, 65% below retirement age.

When left untreated, hearing loss can lead to isolation and depression - already prevalent during the holiday.

Signs of hearing loss include not being able to hear well in a crowded room or restaurant, having trouble hearing children and women, keeping the television or radio turned up to a high volume, needing to ask family and friends to repeat or experiencing ringing in the ears.

Try these tips to help them feel included in your upcoming holiday celebrations:

- Keep the volume on the music and television down. Background noise makes it difficult for people with hearing loss follow the conversation.
- Face the person when you are talking to them, and keep your hands away from your face.
- Speak clearly and not too fast. Remember not to talk loudly or shout.

If you plan to host a holiday dinner or party, consider leaving the dishes and silverware in the china closet. Instead, use holiday-themed paper plates and plastic cutlery. This will cut down dramatically on the noise from cutlery clattering on plates.

What better gift can you give this holiday season? (Gift Certificates are available)

Free Accessory

Considering new hearing aids?
This is the time!

For a limited time, Audiology Unlimited and College Park Hearing Service are offering a free hearing aid accessory (up to a \$400 value) with purchase of new hearing aids.

Accessories include:

- Bluetooth Streamer—for cell phone/TV use
- ECharger—for hearing aids with rechargeable batteries
- Remote Control—to control volume and programs
- Dex phone—for better communication between landline phones and hearing aids
- Remote microphone—direct conversation during to your hearing aids.

More and more hearing aids are compatible with Bluetooth devices. This may be the time to consider new hearing aids.



"Attention travelers - please remove all jackets, shoes, laptops, metal, coins, belts and place them in a bin! No liquids greater than 3 ounces allowed. Remove all checked liquids from your bags and place them in a bin inside a clear, one quart-sized bag!" This is but one rendition of the instructions being shouted by Transportation Security Administration (TSA) screeners at all airports these days. Thankfully, hearing aids and cochlear implants are not on the restricted list of the TSA - at least not at this time.

Since it is always better to be safe than sorry, I've included a link to the TSA website specifically designed for travelers with disabilities and medical conditions. I recommend viewing this and the main TSA site prior to flying as the ever-changing landscape of airport travel can cause unwelcome surprises to those who are unprepared. It is not necessary to remove hearing aids or the exterior component of a cochlear implant at security checkpoints.

It is best if you wear your hearing device while going through the metal detector. <http://www.tsa.gov/>

I hope you found this information helpful and I wish you and all people traveling safe and uneventful travels!



**Happy Holidays from Audiology Unlimited
and College Park Hearing Services**

- Your hearing aid cuts out during loud noises.
 - The sound fades or comes and goes.
 - Everything you hear is punctuated by static.
 - Sounds are unclear or seem distorted.
 - Your hearing aid completely stops working and then starts again. This might happen a few times.
- While moisture is hard to avoid in extreme cold, there are some precautions you can take in an attempt to keep your hearing aids dry and safe. Here are some tips:
- Purchase a hearing aid drying kit or dehumidifier. Remove your hearing aid batteries and store your devices in this device every night.
 - Use an umbrella in the rain and make sure your ears are covered in the snow.
 - If you think your hearing aid has gotten wet, remove the battery immediately.
 - Purchase hearing aid sweatbands or spandex covers to keep them moisture-free.

PRECAUTIONS

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SIGNS OF MOISTURE AND COLD DAMAGE

Temperature extremes can be damaging to a hearing aid and its batteries. The cold itself is not necessarily damaging, but the condensation that occurs due to temperature change can set into the hearing aid and damage it. Even when it isn't snowing or raining, moisture is present because extreme temperature changes are common in the winter.

COLD WEATHER, MOISTURE AND HEARING AIDS



Here is the latest attempt at a newsletter. Hope you find it informative.

Sincerely, *Kathy Malloch, AuD*

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Refer a Friend and Get Free Batteries!

