

PROFESSIONAL  
**HEARING**

S E R V I C E S

*Division of Moreland Ear, Nose and Throat Group, Ltd.*

July 2009

## Summer Update



### THE SOUNDS OF SUMMER



Welcome to summer! Summer brings about fun and different activities that introduce us to loud sounds, such as fireworks, music concerts, lawn mowing, sporting events, and even golf. These are activities that many of us enjoy, but do we consider the effects that these activities may have on our hearing health? Hearing protection should be worn when sounds exceed 85 decibels. It is recommended that if you cannot carry on a conversation with someone less than three feet away without shouting that ear plugs should be used.

- Fireworks are beautiful but the loud “bang” that the fireworks make can become damaging to your hearing. Fireworks that are 10 feet away can measure up to 155 decibels.
- Music concerts are not only a summer activity but can be attended all year round. Music concerts can range from 110-120 decibels and are much louder near the speakers and when held indoors.
- Sporting events are a fun and popular summer activity that produces a constant noise that in some cases can measure up to 130 decibels.
- Lawn mowing is another summer activity, maybe not as fun as the others, but lawn mowing is also very noisy. Lawn mowing has been found to produce noise at approximately 90 decibels.

The use of ear plugs are recommended with all of these activities. There are disposable ear plugs, custom ear plugs, musician ear plugs, or ear muffs all of which would be sufficient for these different situations. Disposable earplugs and ear muffs can be purchased from home improvement centers, large discount stores and pharmacies. Custom earplugs can be made through your audiologist who will take impressions of your ears. Musician plugs can be obtained in a generic version or a custom version. It generally takes two weeks to obtain the custom product. Musician plugs dampen the sound with a flat frequency response that does not interfere with the sound quality.. They can come with 9, 15, or 25 dB filters to help dampen the sound.

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### Wireless Communication: The Latest in Hearing Aid Technology

Almost all hearing aids being fit today have digital circuitry. Some digital hearing aids have wireless communication abilities. These capabilities allow a binaural set of hearing aids to communicate with one another so when automatic changes are made in one hearing aid, the change also takes place at the same time in the other hearing aid. This would include synchronization of automatic features like noise reduction and microphone directionality. Also, if the user makes a manual change on one hearing aid the change is made automatically to the hearing aid on the other ear. The synchronization of the hearing aids also allows more realistic hearing and localization of sounds. Some digital hearing aids can also wirelessly connect to Bluetooth devices such as cell phones so calls can be made and answered hands free and heard in both ears simultaneously. To learn more about digital hearing aid features contact an audiologist at Professional Hearing Services.

1111 Delafield St. Suite 102, Waukesha  
13900 W. National Ave, New Berlin  
240 Maple Ave., Mukwonago  
1185 Corporate Dr., Oconomowoc

Phone: 262-549-5150  
Fax: 262-549-1337



### Summer Opportunity

*Have you been told that the only hearing aid strong enough for you is a behind-the-ear? Have you ever wanted a more discrete option? Microtech has released mPower, a slim design with a custom canal mold. A free 30 day trial is being offered to the first 10 interested individuals. Call 262-549-5150 and ask to speak to an audiologist to reserve your spot.*

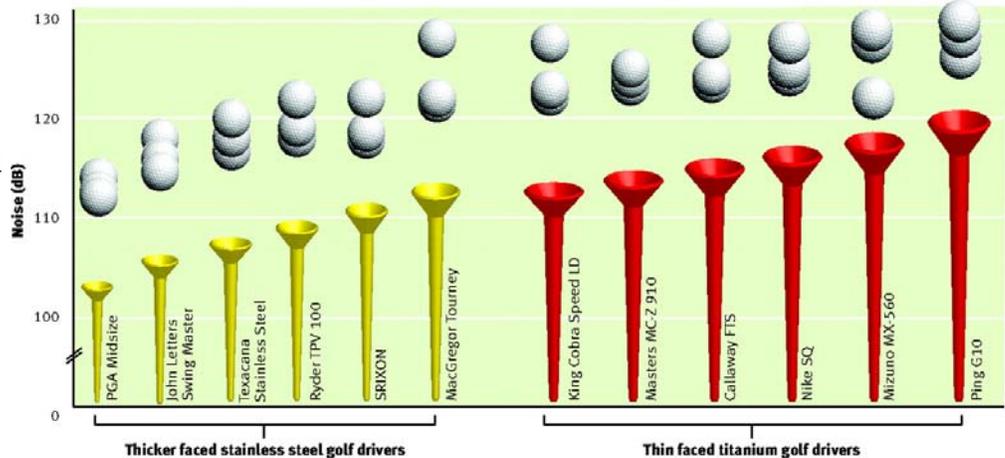


### Sounds of Summer Continued

There has been recent research that became available in December 2008 that golfing has been found to be damaging to hearing. Golfing is a favorite pastime of many but research shows that the intensity of the sound when the driver hits the ball, depends on the type of driver used. That sound has been described as sounding like “a gun going off.” The research indicated that the thin faced titanium made drivers were found to be louder than the stainless steel drivers. The thin faced titanium drivers at impact were measured from 120 to over 130 decibels in noise. One study completed with an individual who used a King Cobra LD titanium club up to three times a week for a period of 18 months was found to have an asymmetric high frequency hearing loss worse in the right ear, which would be expected when he golfs right handed. Based on this recent research it has been recommended that individual’s who use the thin faced titanium drivers utilize ear plugs to help prevent any future damage to their hearing.

These are some of the sounds of summer. When attending these events or participating in these activities please remember the importance of your hearing health and please protect your ears. Enjoy the summer!

**Fig 2 Comparison of peak emitted sound levels (dB) between thicker faced stainless steel (yellow) and thin faced titanium (red) golf drivers when hit three times by a professional golfer**  
Buchanan, M A et al.  
BMJ 2008;337:a2835



### New Offerings

- Free pack of batteries when 5 packs are purchased (36 batteries for \$30).
  - 12 months interest free financing through Citibank Financial
  - Extended payment plans with accrued interest through Care Credit
    - \$100 binaural discount on new purchases.

