

Sound BYTES

INFORMATION FOR YOUR EARS



HAVE YOU MET YOUR DEDUCTIBLE?

If you have had the distinct honor of meeting your insurance deductible this year, you understand that health costs can add up. If hearing health has been on the back burner for any reason, it's a great time to take a step toward help in that area. Contact your insurance to see if you have a hearing aid benefit.

We have a team of Audiologists who are passionate about helping people understand hearing loss and improve quality of life through better hearing. Take the first step and schedule a hearing test and hearing aid evaluation today. The entire process from the hearing test through the hearing aid follow-up typically takes about 60 days, so it's best to start in early fall if you're hoping to use your coverage by the end of the year. Due to holidays and high demand, appointments scheduled in December, cannot guarantee delivery by the end of the year, so starting sooner is better.



CAN THE USE OF EARPLUGS PREVENT TINNITUS?

Hearing loss that occurs as a result of noise exposure is certainly common. Research suggests that as many as 40 million adults suffer from noise-induced hearing loss (NIHL)¹.

People are often persuaded to use hearing protection to save their hearing; however, many do not consider the prevention of tinnitus as well. Tinnitus (tin-i-tus) is described as a ringing or noise in the ears and may be caused by several factors, some of which may be avoidable. Tinnitus can occur from an overexposure to loud sounds and is often accompanied by hearing loss.

Research suggests that tinnitus can be present in over 40% of people with noise-induced hearing loss who have been exposed to noise for over 10 years².

It's a known fact that NIHL is a preventable diagnosis. The use of earplugs and other hearing protection devices can greatly reduce the amount of damage done to the ear, and thus prevent both hearing loss and tinnitus associated with NIHL. So be sure to give us a call today to learn more about the newest, affordable custom and non-custom options for hearing protection.

1. U.S. Department of Health and Human Services. (n.d.). *Noise-induced hearing loss*. National Institute of Deafness and Other Communication Disorders. Retrieved September 17, 2021, from <https://www.nidcd.nih.gov/health/noise-induced-hearing-loss>.
2. W., K. S. S. (n.d.). [Tinnitus in noise-induced hearing impairment]. Medycyna pracy. Retrieved September 17, 2021, from <https://pubmed.ncbi.nlm.nih.gov/11828843/>.



Like us on Facebook to read tips on system and application updates, troubleshooting advice and fun facts.



Let others know how we are doing and review us on Google. We value and appreciate your feedback and support.



Follow us on Instagram to read tips on system and application updates, troubleshooting advice and fun facts.

PRODUCT SPOTLIGHT:

PHONAK SERENITY CHOICE HEARING PROTECTION

Noise-induced hearing loss (NIHL) is the only preventable type of hearing loss. However, 70% of people exposed to loud noise never or seldom wear hearing protection! Research also shows that individuals with NIHL are at a greater risk for increased difficulty understanding in background noise and clarity. Hearing protection is a great investment to help prevent hearing loss, tinnitus, and poor communication abilities.

Phonak Serenity Choice or Serenity Choice + are high-end hearing protection devices. They are available in non-custom and custom styles. Serenity Choice hearing protection reduces noise and loud sounds while keeping relevant sounds and speech allowing situational awareness and communication. It also lets the ear breathe by ventilating the ear to prevent a build-up of excess moisture. Whether it's music, hunting & shooting, motorsport, sleeping or occupational noise, Serenity Choice has a product designed just for you. Make an appointment today to discuss all your options to help prevent additional hearing loss.



MASKS HIGHLIGHT EVEN MILD HEARING LOSS

The COVID-19 pandemic has caused many changes to our daily life. For most of us, we may be wishing that many of those changes never occurred. However, one positive change we have noted in audiology is an earlier awareness of hearing loss. With the introduction of masks individuals have started to seek help at some of the earliest signs of hearing loss!

Oftentimes individuals with mild hearing loss compensate by lip reading and report little to no difficulty hearing. Not only do masks reduce the volume of the person speaking, they also take away all lip reading cues. By taking away this compensation strategy, many are left with increased difficulty understanding, especially at a distance and in background noise.

Typically, it takes the average person 7 years from the time they suspect hearing loss to the time they seek treatment! This is seven valuable years where the brain is losing out on important stimuli. The longer a person waits to get help, the longer it takes the brain to adjust to hearing sound again. As the old saying goes, "If you don't use it, you lose it." This idea results in a greater risk of listening fatigue, cognitive and memory decline, social isolation, and loneliness.

It is important to get a baseline hearing test at the first signs of difficulty. Early signs of hearing loss may include difficulty hearing in background noise, at a distance, thinking everyone mumbles or just talks too fast, increased TV volume, use of closed captions, and tinnitus. Even if amplification is not recommended at your baseline hearing test, it is important to know where you stand and how to monitor and protect your hearing over time. If you have a friend or loved one who has been putting off a hearing test, encourage them to schedule a hearing test.