

Sound BYTES

INFORMATION FOR YOUR EARS

“RINGING” IN THE NEW YEAR

Many individuals experience a sound, such as ringing or buzzing in the ear, which is medically called tinnitus. Tinnitus impacts approximately 50 million Americans, according to the American Tinnitus Society. Symptoms of tinnitus can vary in duration, intensity, and overall impact on daily functions. A hearing test and medical evaluation is recommended if you regularly experience tinnitus, to rule out any medical cause for your tinnitus. Hearing loss and noise exposure are common causes of tinnitus, consistent use of hearing protection in noise is strongly recommended.

Tips for coping with tinnitus:

1. **Introduce sounds into a quiet environment.**

Many individuals experience temporary relief from the tinnitus when other sounds can be heard. For example, a ceiling fan, radio, or television can be an easy and readily available strategy.

2. **Utilize a sound machine to provide soothing relief of the tinnitus.**

Sound machines can offer a variety of sounds to choose from, such as waves, nature sounds, and white noise. These machines can be especially helpful at night to offer relief and help you to fall asleep.

3. **Portable easy access to sounds on the go with smart phone apps.**

We recommend the following free apps from our hearing aid manufacturers: ReSound Relief, Starkey Relax, and Phonak Tinnitus Balance. These apps offer a variety of sounds, educational



material, and relaxation exercises that have been found to be a nice way for patients to have relief away from home.

4. **Hearing aids and tinnitus maskers are strongly recommended as a first step in treatment if you are diagnosed with hearing loss.**

Treating the hearing loss can offer relief from the tinnitus while wearing the devices in many patients. If the hearing aid alone does not provide relief, noise makers can be activated within the devices as a second line of defense to combat the tinnitus.

5. **For those who find the tinnitus to strongly disrupt their daily life, tinnitus retraining therapy and cognitive behavioral therapy are a method of treatment.**

Tinnitus does not have to be something you live with. There are many strategies and treatment options available to help you to cope with the tinnitus. If you are suffering with tinnitus, the first step is to seek the medical advice of a physician and audiologist.



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CaptionCall Mobile App

With CaptionCall Mobile, you can use your mobile device to make and receive captioned phone calls wherever you are. CaptionCall Mobile is available at no cost to people with hearing loss who need captions to use the phone effectively on Apple iPhone, Apple iPad, and Android devices

What you can do with the CaptionCall mobile App?

Make and answer calls as usual – Use an in-app dial pad and choose to show captions when you answer a phone call.

Follow the conversation – Captions smoothly display what your caller says on your mobile device.

See incoming calls – CaptionCall Mobile will post an alert on your screen when a call comes in.

Receive voicemail – If you miss a call, CaptionCall Mobile saves a recording with captioning.

Save calls – Save conversations to keep track of dates, call details, and reminders.

CaptionCall Mobile user requirements

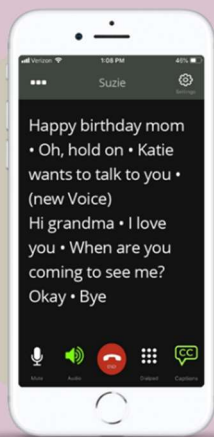
Hearing loss – CaptionCall Mobile is only for people with hearing loss that necessitates the use of captioned telephone service to use the phone effectively.

Self-certification – Because CaptionCall is a no-cost service, you must verify your hearing loss. It's easy – we can do it when you authorize the app.

Mobile device – You'll need an iPhone or iPad with iOS 11 or later, Android 7 or later. Go to your system's app store to download CaptionCall Mobile.

WiFi or cellular service – CaptionCall uses voice over internet protocol to digitize your voice calls and transmit the captions.

Check out CaptionCall's website to see if you are eligible. <https://captioncall.com/mobile>



MINDFULNESS

DURING A COVID WINTER

Now that the holidays are over, a COVID winter may seem overwhelming and isolating. Due to communication break downs, those with hearing loss often feel more isolated from others. As hearing care providers, not only do we want you to reengage with loved ones through better hearing but improve your overall quality of life. Even from a distance, there are ways to help keep you healthy and connected to loved ones. Here are some ideas to consider:

- 1) Learn how to make a video call with your loved ones. Video calls allow you to see your loved ones in real time and feel more connected. There are many options including, FaceTime, Skype, Zoom, Google Hangouts, and more. There are many "how-to" videos online to walk you through each step.
- 2) If your hearing aids are paired to your cellphone for audio streaming, play or download music from a favorite musician. Browse your smartphone for new music, audiobooks, podcasts, or videos. OverDrive is a free app that allows you to check out audiobooks and ebooks from your local library.
- 3) Bundle up and snowshoe or cross-country ski through one of the many beautiful state parks
- 4) Help others. Whether it is picking up curbside groceries for your neighbor who cannot drive or shoveling their sidewalk. Helping others is a great way for you and the recipient to feel good!
- 5) Try a new recipe or start a recipe exchange with your friends and family
- 6) Start a virtual book club with your family and friends.
- 7) Order curbside or delivery from a new or favorite restaurant.

Remember, we are here to keep you connected and safe. If your hearing aids are not working, but you do not want to come into the office we have options for curbside drop offs or virtual appointments. Call the office to learn more about safe appointment options.