

## FACT OR FICTION

### Over the Counter Hearing Aids

**1. Over-the-counter hearing aids are new to the market.**

**Fiction:** Non-custom amplifiers have been around for over 25 years. These amplifiers could be purchased in magazines, etc. There was even a disposable hearing aid called the Songbird that was produced; however, the device was not successful due to issues with comfort and fit. Many users could not even get them in their ear canals. A new product had to be purchased every 40 days, which was not popular among users.



**2. You still need a hearing test to obtain an over-the-counter amplifier.**

**Fiction:** A hearing test is not required or needed to use an over-the-counter amplifier. The device is not set to a prescription. It is somewhat comparable to reading glasses purchased from a store versus prescription glasses purchased from an optometrist.

**3. Over the counter hearing aids are appropriate for all hearing losses.**

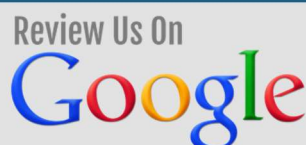
**Fiction:** Candidates for over-the-counter devices are adults 18+ years old with a mild to moderate hearing loss. There would be a concern for over-amplification if products for severe to profound hearing loss were available. For example, if the user had a mild hearing loss and the product provided gain (volume) designated for a severe hearing loss, it is possible that over amplification could occur. Over-amplification can potentially cause further hearing loss.

**4. The fit of the over-the-counter devices rarely is a problem.**

**Fiction:** The skin in the ear canal is thin and sensitive. If the fit is too tight, it can rub on the canal or hit the canal wall, pushing the product out. On the other hand, if the fit is too loose, the product may move around in the canal, causing itchiness or soreness. The fit also affects the acoustics and sound quality of the devices. Sometimes, sound trapped in the ear canal results in an occlusion effect (i.e. an echo). Alternatively, too much sound may leak out which can contribute to sound being too soft. A poor fit can also cause a whistle sound that others can hear, referred to as feedback.



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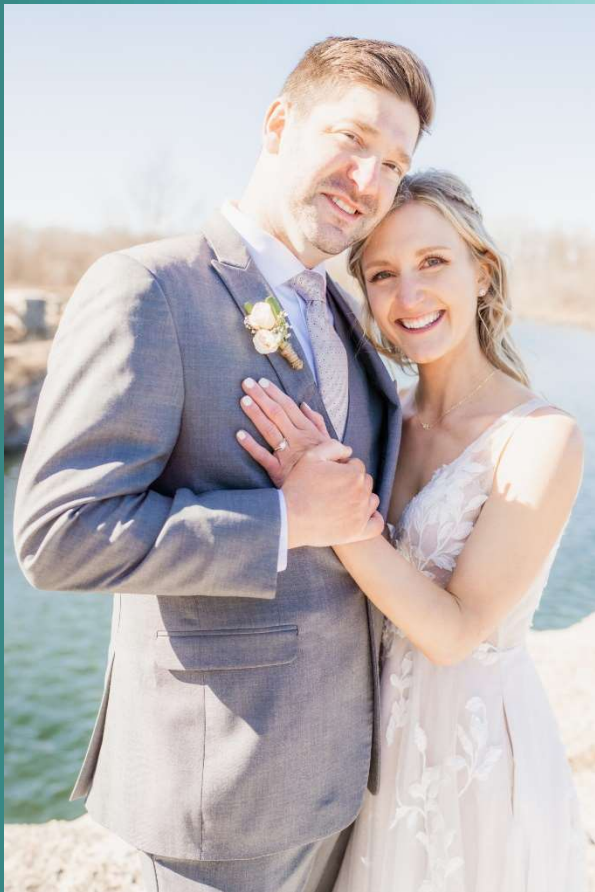


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# Congratulations!



## Congratulations to Ben and Victoria Steinhoff

The whole Professional Hearing Services team would like to extend our congratulations to Dr. Victoria Talmage and her new husband, Ben. Dr. Talmage and Ben tied the knot on March 15 in Lannon. The Professional Hearing Services team was excited to join the couple to celebrate their big day.



## A New Look

After years of using the same colors in our logo, brochures, and newsletters we are changing it up and matching the colors of Moreland Ear, Nose, and Throat. Keep an eye out for the new look.



## Summer is Loud

Wearing hearing protection can help reduce the risk of noise induced hearing loss.

It may come as a surprise, although cicadas are only one to two inches long a chorus of cicadas can reach 80 to 100 decibels.

Fireworks are some of the loudest sounds of summer at 150 to 175 decibels.

What is not as surprising is that a gas lawnmower produces 85 to 100 decibels of sound.

Close to the lightning thunder can be 120 decibels loud.

### NOISE THERMOMETER



Decibel (dB) + Time = Potential for hearing loss | Reduce exposure time in half with each additional 3 dB(A)

Hearing loss can occur after only 15 minutes when exposed to noise over 100 decibels. Wearing hearing protection can help reduce the risk of noise induced hearing loss when exposed to those loud sounds. Hearing protection can be purchased in most big box stores or you can contact your audiologists if you would like to order custom hearing protection.