

Inside this issue:

- Welcome to 2014
- Latest Technology
- The Year to Hear Better
- Winter care for your hearing aids
- Signs, causes and risk factors of hearing loss in children

Latest Technology

Phonak DECT CPI

This cordless phone looks like a regular phone, but it's actually much more powerful, transmitting sound to both ears simultaneously, reducing noise and maximizing understanding.



Contact an Auburn & Mountain Hearing Clinic near you to learn more: [1-888-460-EARS \(3277\)](tel:1-888-460-EARS)

Welcome to 2014!

New Year! New Adventures!



Welcome to 2014! It's a new year, which means new adventures, experiences, activities, and all the stories that come with them! Why not make it your resolution to be able to hear the best you can? You can experience better hearing today, and Auburn & Mountain Hearing Centres is here to help! We offer flexible payment plans, affordable hearing solutions, and accept most forms of insurance. If cost is an issue, good instruments are still available at reasonable prices. Don't miss out on the fun due to hearing loss, make an appointment to come see our Doctor of Audiology today! Together we can help make your hearing problems a thing of the past!



The Year to Hear Better!

Your ears can have access to those wonderful sounds you've been missing out on.



Hearing loss is often seen as a problem for "older" people - a common misconception, but very likely the main reason why people wait so long before admitting they have a hearing problem.

Perhaps because people value their eye sight, mobility, health, and loved ones more than their hearing, many people are more likely to seek help in those areas than with their hearing difficulties. Hearing is more than simply listening, it's about connecting and engaging. Your ears play an important part in your social, romantic, and family interactions. Untreated hearing loss can impact physical and emotional health, as well as employment and financial stability. However, early intervention can help!

Early Intervention: On average, people take between 10-15 yrs. to act on their hearing loss, but the longer hearing loss is left untreated, the worse it becomes and the harder it is to address the problem easily. Getting hearing aids early means you can gain much more benefit and satisfaction than those who wait. Furthermore, technology has come a long ways from the clunky, unattractive hearing devices. Today, there are many styles of high-tech, virtually invisible and intelligent hearing aids. Hearing devices are small, but their impact on your life is enormous!



The Proof: There is overwhelming evidence that shows that using hearing aids brings major improvement to your quality of life, as well as the quality of life for your friends and family. Those who make the decision to wear hearing aids enjoy better overall health and self confidence than those who don't. Furthermore, hearing aid users play a more active role in family, social, and business activities. Your ears can have access to those wonderful sounds you've been missing out on, and even the sounds you didn't know you were missing out on. Hearing is important because it connects you the world, enables communication, and allows you to enjoy socializing with those you care about.



The ability to hear is such a fundamental part of life that most of us take it for granted, when in fact it is a valuable gift to be treasured.

Winter Care for Your Hearing Aids

Protect your hearing aids in the colder weather!



January had some of the coldest, record-breaking temperatures. Many of you need to venture out in the cold to remove snow, take down the holiday decorations, and perform other outdoor chores. This means that not only do you need to protect yourself from the elements, you also need to protect your hearing aids as well. Below we have provided a list of tips to help you keep your hearing aids safe during the cold months.

1) Use your memory settings to reduce noise

Snow blowers and snowmobiles emit sounds of more than 100 dB (decibels), with permanent hearing loss occurring with prolonged exposure to noise levels above 85 dB. Since hearing aids amplify sounds, you will want to protect your hearing from further noise damage. Therefore, it's important to adjust your hearing aids. Ask your audiologist if your hearing aid has a memory setting feature, and if so, ask them to show you how to program them for noise reduction.

2) Wear earmuffs for protection

If your hearing aids don't have memory settings, you can still reduce your risk of noise damage by purchasing a pair of noise reduction earmuffs. There are different styles of earmuffs, and they can cost from \$10 and up, and reduce noise by as much as 30 dB.

3) Buy a pair of sweat bands

Consider buying a pair of sweat bands which help minimize the amount of moisture your BTE's (behind-the-ear) hearing aids are exposed to as a result of perspiration, or precipitation during the winter. Sweat bands come in various sizes and colours, are machine washable, and easy to slip on. They protect your microphone from wind and repel moisture. Ask our hearing care representatives at a clinic near you on how to acquire a sweat band.

4) Keep batteries dry

Your hearing aid batteries are greatly affected by temperature changes, therefore; it's very important to keep your batteries and the battery compartment dry and free from moisture. Before bed, remove the batteries and wipe the compartment with a warm, dry cloth before storing them for the night.

5) Consider purchasing a dehumidifier

With temperatures dipping below freezing, it's important to take precautions to protect your hearing aids. Extreme changes in temperature can cause condensation inside the device which will prevent the device from working properly. Consider purchasing a dehumidifier. A dehumidifier can help prolong your hearing aids by effectively and safely removing any moisture from the device as you sleep.

By following these simple tips, you can help protect your hearing aids and ensure that they work properly during the winter months. Have extra questions? Contact one of our hearing care representatives at a clinic near you.

Signs of Hearing Loss In Children



What are the signs, causes, and risk factors for hearing loss in children?

There are a number of risk factors for hearing loss in children, so it's important to have them screened or tested. Common indications to have your child's hearing evaluated include:

- **Speech delay**
- **Frequent or recurrent ear infections**
- **Family history of hearing loss**
- **Syndromes known to be associated with hearing loss (ie: Down syndrome, the Alport syndrome, etc)**
- **Infectious diseases that cause hearing loss (for example, meningitis, measles, etc)**
- **Poor school performance, and**
- **Diagnosis of a learning disability or other disorder, such as autism or pervasive developmental disorder (PDD).**

Some parents may start to suspect that their child cannot hear properly because the child does not respond to their name consistently, or asks for words, phrases, or sentences to be repeated. Another sign can be that the child does not seem to be paying attention to sounds, or to what is being said.



Can very young children have their hearing tested?

Yes, very young children can have their hearing tested with the appropriate hearing test. The type of test used depends on the child's age in years or developmental level. Some hearing tests require no behavioral response from the child, while other tests use games that entice a child's interest. The key is to find the right test method for each child.

Who tests hearing in children?

At Auburn & Mountain hearing Centres, Sarah Mason, our audiologist with pediatric training has over 10 years of clinical experience from a top pediatric hospital, she has assessed children of all ages with complex medical backgrounds. Your child's hearing will be assessed using developmentally appropriate testing techniques using state of the art equipment. Special attention will be made to determine what acoustic modifications are needed, if any, both at school and at home. Managing children with hearing loss takes special training and expertise. Auburn & Mountain Hearing Centres understands that "family centered care" and a "team" approach works best.



Auburn & Mountain Hearing Centres
Audiology and Hearing Aid Services