



Southern Vermont  
**AUDIOLOGY**

*total hearing solutions*



# DID YOU HEAR?

## HEARING LOSS:

### The Third Most Common Health Problem in the United States

Hearing loss currently affects more than 37 million Americans. Almost twice as many people report hearing loss as report diabetes or cancer. Although hearing problems are commonly associated with the normal aging process, more than half of all hearing-impaired people are younger than 65. Hearing loss can affect patients of all ages - newborns, infants, toddlers, children, teens, adults and the elderly. With the increased use of personal music players and

earbuds, the number of Americans experiencing hearing loss at a younger age is growing.

As part of Better Hearing Month, Southern Vermont Audiology is encouraging patients to be more aware of their hearing health. Hearing loss can be caused by exposure to loud noises, ear infections, trauma, ear disease, certain medications, or deterioration due to the normal aging process.

If you have trouble hearing conversation in noisy environments (e.g. restaurants), frequently ask people to repeat themselves, need the television louder than others, or have ringing in your ears (tinnitus), you may have hearing loss and should be evaluated by an audiologist. Untreated hearing loss is associated with stress, fatigue, isolation, memory loss, and a reduced sense of well being. **By treating your hearing loss, you can improve your quality of life!**

## CELEBRATE THE SOUNDS OF YOUR LIFE



**MAY IS BETTER HEARING MONTH**

# Communication Strategies

## Better Hearing Requires More Than Simply Hearing Aids

Most of us understand that communication is key to healthy relationships. People with hearing loss have to work extra hard to successfully communicate in their daily lives. Even though hearing aids can significantly reduce communication difficulties, they do **not** restore normal hearing.

Better communication strategies can help reassure both the person with hearing loss and their family members or loved ones that they are being understood clearly. If you suspect or know that the person you are speaking with has hearing loss, please consider the following tips to enhance communication:

- Sit or stand within 3 to 6 feet to maximize audibility.
- Remain at eye level to foster visual cues.
- Gain the person's attention before speaking.
- Use facial expressions and gestures to give clues to the meaning of your message.
- Raise your voice but do not shout, because loud speech may sound distorted.
- Rephrase your words if the person does not appear to understand or responds inappropriately.
- Avoid speaking directly into the person's ear, because it can distort your message and hide all visual cues.
- Speak slowly and distinctly.



## How Well Do You Hear?

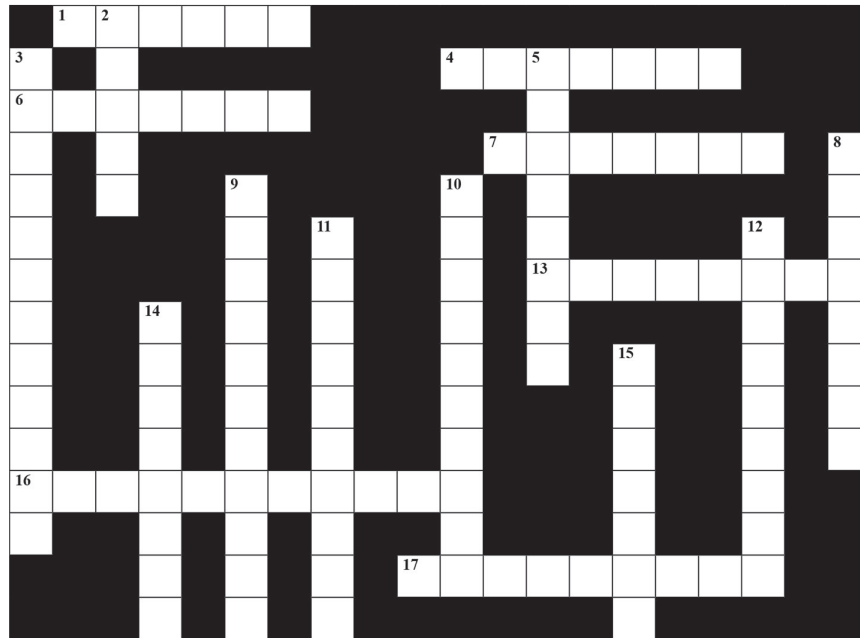
### Across

- 1 There are three bones in the middle ear, what is another name for the stirrup?
- 4 Sound is measured in what unit?
- 6 Tympanic membrane is also called what?
- 7 This month is National Protect Your Hearing Month.
- 13 If you are going to be around loud noises, it is best to put in a pair of these?
- 16 Who is the healthcare provider for hearing problems?

- 17 Another term for pitch is?

### Down

- 2 How many parts of the ear are there?
- 3 The portion of the ear that controls balance contains three \_\_\_\_\_ canals.



- 5 A person who is deaf may use a \_\_\_\_\_ implant instead of or with a hearing aid
- 8 This instrument is used to look into the ear.
- 9 This is the third most common health problem in the United States. (2 words).
- 10 This instrument is used to test your hearing.
- 11 If you have hearing loss and need to hear better, what device would you use? (2 words)
- 12 \_\_\_\_\_ is the study of hearing and balance.
- 14 What is the term for ringing in your ears?
- 15 What is the organ responsible for your sense of hearing?

### Answers

- Across
- 1 stapes
  - 2 three
  - 3 semicircular
  - 4 cochlear
  - 5 hearing loss
  - 6 audiometer
  - 7 earplugs
  - 8 otoscope
  - 9 hearing aid
  - 10 audiologist
  - 11 hearing aid
  - 12 audiology
  - 13 earplugs
  - 14 tinnitus
  - 15 cochlea
- Down
- 1 frequency
  - 2 three
  - 3 semicircular
  - 4 cochlear
  - 5 hearing loss
  - 6 audiometer
  - 7 earplugs
  - 8 otoscope
  - 9 hearing aid
  - 10 audiologist
  - 11 hearing aid
  - 12 audiology
  - 13 earplugs
  - 14 tinnitus
  - 15 cochlea

# THE DANGER OF NOISE

## What is Noise-induced Hearing Loss?



Noise is one of the most common causes of hearing loss. Damage to tiny hair cells in the inner ear can happen with a onetime exposure to a loud sound but more commonly from repeated exposure over long periods of time. Noisy jobs such as construction, manufacturing, and landscaping or noisy hobbies such as hunting, music, and motorcycles can cause hearing loss.

Noise-induced hearing loss is permanent. **After the damage is done, it cannot be reversed.** Avoiding dangerously loud sound or wearing hearing protection, such as earplugs

or earmuffs, can help preserve your hearing. It is never too late to protect your hearing from further damage. Southern Vermont Audiology offers a range of custom fit hearing protection for musicians, hunters, and more.

If you think you might have noise-induced hearing loss, it is important to have your hearing evaluated by an audiologist. Although noise-induced hearing loss is not reversible, it is treatable with hearing aids that ease communication difficulties and improve overall quality of life.

### NOISE THERMOMETER



**140 DECIBELS**

**Immediate danger to hearing**  
*Jet engine at take-off, Gunshot*

**120 DECIBELS**

**Hearing damage < 8 seconds**  
*Rock concert, Ambulance siren*



**100 DECIBELS**

**Hearing damage in 15 minutes**  
*MP3 players, Snowmobile*



**94 DECIBELS**

**Hearing damage in 1 hour**  
*Electric drill*

**88 DECIBELS**

**Hearing damage in 4 hours**  
*Lawn mower, City traffic*



**125 DECIBELS**

**Pain threshold**  
*Fire alarm, Firecracker*



**115 DECIBELS**

**Hearing damage in 30 seconds**  
*Leafblower, Stadium football game*



**97 DECIBELS**

**Hearing damage in 30 minutes**  
*Motorcycle*



**91 DECIBELS**

**Hearing damage in 2 hours**  
*Hairdryer, Garbage disposal*

**85 DECIBELS**

**Beginning of OSHA regulations**  
**Hearing damage in 8 hours**

**30 DECIBELS**

**Faint sound**  
*Whisper*



## Patient Corner



Nobody can believe that I wear hearing aids. They think I am “too” young to need them. What they don’t realize is what a life-changer my hearing aids have been!! I’ve had hearing loss since I was very young. It’s hereditary. I thought that I’d always have to just smile and nod when I was being included in a conversation that I couldn’t hear. It’s exciting to hear everything I had been missing. I’ll never understand why there is a negative stigma about hearing aids. If you can’t see well, you wear glasses. If you can’t hear well, you get hearing aids.” - Kerry C.

# Circle of Friends Referral Program

Your referrals are the best compliment we can receive. As a valued Southern Vermont Audiology patient, you can be rewarded by telling your friends and family about us!

- ~ Refer a friend to SVA – make sure that he/she tells us when they come in that you referred them.
- ~ When your friend comes in for their appointment, you will receive 5 packs of batteries (30 batteries), a \$20 value!
- ~ It's that simple!



FOR MORE INFORMATION OR TO  
SCHEDULE YOUR APPOINTMENT  
TODAY, CALL 802 366-8020 OR  
VISIT US ONLINE AT  
[WWW.SVTAUDIOLOGY.COM](http://WWW.SVTAUDIOLOGY.COM)



69 Union Street  
Manchester, VT 05254