



DID YOU HEAR?

Kelley Rohrer, Doctor of Audiology joins our team!



Originally from Ohio, Dr. Rohrer moved to Vermont in 2013 after graduating from the Northeast Ohio AuD Consortium, an educational collaboration between the University of Akron, Kent State University and the Cleveland Clinic. For the past decade she has been dedicated to the hearing healthcare of Bennington and Rutland counties and is excited to continue that service at Southern Vermont Audiology.

Dr. Rohrer brings not only her expertise but also a profound passion for audiology, further enriching Southern Vermont Audiology's commitment to exceptional hearing care.

Just a reminder that we have moved into our new office located at **5420 Main Street in Manchester Center.**

Our new location is open Monday through Friday from 8am - 5pm.

Our phone number, fax number and email have remained the same:

Phone 802 366-8020, Fax 802 366-8030
Email info@svtaudiology.com



Got Sweat? We got the Redux System



Hearing aids are exposed to a variety of environments daily but keep in mind that electronic devices and moisture do not mix well. Sometimes, no matter how hard you try to keep your hearing aids dry, moisture is inevitable, especially in the hotter, more humid months.

One of the most common reasons hearing aids are sent to the manufacturer for repair is due to moisture. The smallest amount of liquid is all it takes for hearing aids to start losing their functionality. Since the ears are prone to humidity and moisture, it's not surprising that hearing aids need to be aired out often. Because of this, we now offer a treatment called the Redux hearing aid drying system.

The average out-of-warranty repair costs about \$300 per hearing aid, but the Redux is part of our repair service and only costs \$40 (whether you drop off one or two hearing aids).

To avoid any moisture issues, we encourage you to be extra careful in summer months but if your hearing aids get exposed to moisture, we can help you with the Redux!



A Golden Opportunity



The "Golden Bachelor" follows in the footsteps of the reality television show "The Bachelor." The new spinoff highlights those looking to experience and find love in their golden years. Gerry Turner was introduced in the premiere episode spotlighting hearing aids as his daily routine. And, surprisingly, a contestant confidently showed her "ear candy" to Gerry: maybe it could be real love at first sound? The premiere episode has sparked an opportunity for discussion about hearing aids and overall hearing health.

Hearing aids are used by millions, of every age and demographic, but we seldom notice the devices. Innovative design and technology advancements have transformed hearing aids into discreet, sleek and sophisticated devices.

Today's technology provides rich sound quality, better speech understanding in noisy environments, and Bluetooth streaming and apps that allow adjustments to be made through a smartphone.

The Golden Bachelor solidifies that addressing hearing loss can support not just a healthy but a thriving lifestyle. During the show, Gerry rides ATVs, hikes, is on horseback, and travels all the while wearing hearing aids. Both an active lifestyle and addressing hearing loss can result in better overall health and wellbeing, including increased social engagement, communication and lower risk of depression and cognitive decline. The Golden Bachelor has encouraged people to consider hearing aids and avoid the associated risks of untreated hearing loss.

If you or a loved one struggles with hearing loss, we hope this might inspire you to take action. Our audiologists are here to guide you from diagnosis to treatment.

Earbuds, Headphones - A Rising Threat to Kids' Hearing



Many younger children could be permanently damaging their hearing by blasting loud music on their earbuds and headphones, a new report finds.

Two in three parents say that their child between the ages of 5 and 12 regularly put listening devices in their ears, according to the University of Michigan Health C.S. Mott Children's Hospital National Poll on Children's Health. This includes half of children ages 5 to 8, which is an alarmingly early age to expose ears to extended bouts of loud noise.

"Over recent years, we've been most concerned about teens overusing audio devices," said Dr. Susan Woolford, a pediatrician at the University of Michigan and co-director of the Mott Poll. "But earbuds have become increasingly popular and prevalent among younger kids, exposing them to more intense noise on a regular basis."

"Young children are more vulnerable to potential harm from noise exposure because their auditory systems are still developing," Woodford added in a news release. "Their ear canals are also smaller than adults intensifying perceived sound levels."

Half of the parents reported their children use listening devices at least one hour a day, while one in six say a typical day includes at least two hours of use, poll results showed.

Tiny hair cells inside the inner ear pick up sound waves to help you hear. When those get damaged or die from loud sound, the resulting hearing loss is irreversible.

"Noise exposure among children can affect their sleep, academic learning, stress levels and even blood pressure," Woodford added.

The poll found that only half of parents said they have tried to limit their children's use of listening devices by asking them to take a break, setting specific hours for use or using a timer. Further, parents of kids who use headphones more than two hours a day are less likely to set time or volume limits, compared to parents who report less use.

Parents can reduce the risk of noise exposure by employing several strategies below:

- Monitor the volume levels on devices -- a good way to tell if the volume is too high is if a child wearing headphones can't hear you when you are an arm's length away.
- Follow the 60/60 rule -- no more than 60 minutes a day at no more than 60% of maximum volume.
- Purchase devices that emit less than 70 decibels (dBA).
- Encourage your child to enjoy music playing at a low volume in their rooms and have "device-free time" each day.

Patient Corner



At 52, I found myself struggling to hear conversation in noisy settings. I decided to look into hearing aids, and I'm so glad I did. Dr. Lowkes helped me select the right pair for my lifestyle, and she continued to work with me, tweaking them, until they were the perfect fit.

They are easy to use and the crisp and clarity of sound is amazing. Working with Southern Vermont Audiology was a pleasant experience, and I'm so grateful to have my hearing back!

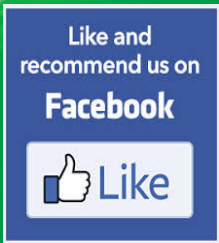


Living with untreated hearing loss is one of the worst things you can do for your overall health and well-being and affects many aspects of life such as:

- Relationships - there is often a breakdown in relationships due to hearing loss. Also, one tends to withdraw from conversations when they cannot hear well.
- Mental health - many studies point to cognitive decline and brain atrophy with hearing loss.
- Physical - falls are the most common cause of injury and death among older people and more common among those with hearing loss.



Please take the time this month to address your hearing health!



FOR MORE INFORMATION OR TO
SCHEDULE YOUR APPOINTMENT
TODAY, CALL 802-366-8020 OR VISIT US
ONLINE AT WWW.SVTAUDIOLOGY.COM



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