

May is Better Hearing
and Speech Month!

Southern Vermont AUDIOLOGY

total hearing solutions



Why Sudden Hearing Loss Should Never Be Ignored

With May being Better Hearing and Speech Month, it's a good time to raise awareness of sudden hearing loss and why you should not ignore it.

The majority of hearing loss happens gradually over years and decades due to age and noise exposure. But a sudden onset of hearing loss, also known as sudden sensorineural hearing loss (SSNHL), occurs all at once or over the course of several days. There are about 66,000 new cases of SSNHL per year in the United States but these numbers could be much higher due to those that go unreported or undiagnosed.

DID YOU HEAR?



Many people experiencing SSNHL assume they are suffering from allergies, earwax blockage or a sinus infection, so they may not seek immediate treatment. This delay increases the risk of permanent hearing loss. Prompt treatment with steroids is recommended for patients with SSNHL and must be administered within two weeks of onset. Eighty-five percent of those who receive this prompt treatment regain some, if not all, of their hearing.

The symptoms of SSNHL are a decline in hearing over several minutes or hours. Afterward, a feeling of fullness in the affected ear, possibly accompanied by a sudden ringing in that ear and/or dizziness. Possible causes of SSNHL include viral infection, auto-immune reaction, exposure to certain drugs, inflammatory injury to the ear, blocked blood flow to the ear, or a combination of these.

One should not ignore a sudden change in hearing. An evaluation by an audiologist and/or otolaryngologist within a few days of onset is of utmost importance in order to preserve hearing function.

Better Hearing and Speech Month is designed to raise awareness of hearing loss and speech problems and encourage people to take action if they believe there might be a problem with their hearing or speech.

48 Million Americans of all ages suffer from hearing loss. It is important to detect hearing loss early, protect it from getting worse, and treat it to prevent negative health impacts including *cognitive decline, dizziness, depression and isolation.*

Does Insurance Cover Hearing Aids? Let Us Check Your Coverage For You!

Insurance coverage for hearing aids varies greatly from one insurance provider to the next and even within one provider's range of plans. Medicare does not pay anything towards hearing aids but there are some Medicare supplements that provide assistance. Some plans offer a "hearing aid benefit" but require you to go to a specific clinic or purchase a low-end device that may not work well for your specific hearing needs. **Remember, it is only a benefit if it helps you hear better.**

Let us help!

Our team will verify your insurance benefits so that you are fully informed.



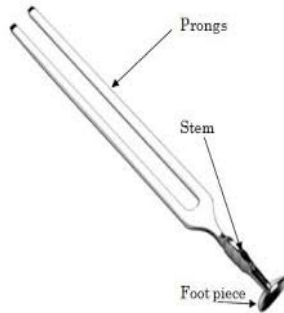
Hearing Aid Troubleshooting Tips



SYMPTOM	POSSIBLE CAUSES	POSSIBLE SOLUTIONS
No sound	Dead battery Clogged earpieces (dome, wax filter, or earmold)	Replace battery Clean mold Replace wax filter and dome
Intermittent or reduced sound	Clogged sound outlet Moisture Dead battery	Clean mold or replace wax filter and dome Wipe battery with a dry cloth Replace the battery
Squealing noise	Hearing aid earpiece inserted incorrectly Earwax accumulated in ear canal	Re-insert the earpiece Have ear canal examined by your doctor
Beeping	If your hearing aid plays 8 beeps, 4 times consecutively, your hearing aid needs a microphone service check You will hear a few short beeps when battery is low	Contact your hearing care professional Change the battery or put hearing aid in charger
Pairing issue with Apple device	Bluetooth connection failed	1. Unpair your hearing aids (Settings -> General -> Accessibility -> Hearing Devices -> Forget this Device). 2. Turn Bluetooth off and on again. 3. Open and close battery drawer on hearing aid. 4. Re-pair hearing aids

A Brief History of the Audiogram

As early as the 4th century BC, Hippocrates tested people's hearing using a tuning fork and wrote extensively on the causes of hearing disorders. By 1879 David Edward Hughes, a pioneer of the microphone, developed the first audiometer in London. This technology could measure the power of one's hearing but does not seem to have caught on since there are few references to it in textbooks at that time. The first electronic audiometer capable of measuring auditory thresholds across a broad frequency range was developed in the U.S. by Cordia C. Bunch in 1919.



Tuning Fork

For the next 20 years, Bunch tested people's hearing and published his findings laying the foundation for the field of Audiology.

Due to the substantial prevalence of hearing loss observed in the veteran population after WWII, the U.S. Army assigned Captain Raymond Carhart to head the acoustic division at Deshon General Hospital in Butler, PA. He was ordered to provide aural rehabilitation and dispense hearing aids to veterans. Carhart began developing audiology guidelines, as none yet existed, and is now often referred to as the Father of Audiology.



Benefits of Rechargeable Hearing Aids....

- **More convenient** - There is no need to replace batteries every 4-5 days. This makes it easier for those with dexterity issues.
- **More efficient** - save time, money and reduce the environmental impact of buying hundreds of batteries every year.
- **More reassuring** - charging your hearing aids overnight quickly becomes routine. The charger gives them a "home" so you always remember where they are and you can count on a full charge in the morning.

Patient Corner



"I love my hearing aids! I used to smile and nod and miss conversations. Now I participate in conversations and feel like I am engaged in life! I am much more confident in my personal and professional life. I can also sit on my porch now and hear the birds sing and owls hoot."

Vicki D.

DID YOU KNOW?

- A rabbit's most vital sense is hearing.
- Sounds can be detected by rabbits up to 1.8 miles away.
- They can swivel their ears independently of each other to capture sounds from specific directions. This gives the rabbit the ability to pinpoint where a predator might be located.
- Rabbits regulate their body temperature most effectively through their ears.



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