

Spring Cleaning

HEARING HEALTH EDITION

March is upon us once again, and so is that ol' spring-cleaning urge. We're all familiar with throwing open windows, moving furniture, and clearing corner cobwebs — but what does hearing health spring cleaning look like?

CLEARING OUT OLD NOTIONS

Hearing loss isn't about aging or clunky hearing aids. Plenty of infants, tykes, and teens experience hearing loss, too. Plus, today's hearing tech is discreet and sophisticated.

BRUSHING UP ON KNOWLEDGE

Informed hearing care is successful hearing care. Our website and many other reputable sites such as HearingLoss.org are packed with information. And don't hesitate to ask us questions!

LOOKING THROUGH DRAWERS

Do you or a loved one have hearing aids sitting in a drawer unused? Call to make an appointment so that we can work together to see how we can optimize that investment in better hearing.

REMOVING OBSTACLES

This one is for us! We're on the lookout for ways to make hearing care even easier to access. Ask about no-contact or drop-off hearing aid cleanings and shipping your supplies to you.

Stay connected to all that's important. Why not start with a clean and check of your hearing technology? Call us to schedule an appointment — get started on your spring cleaning today!





IS YOUR TECH KEEPING UP?

Did you know your hearing changes over time? Aging and exposure to loud noises are the main culprits. Indeed, after about four years, there's a strong chance your hearing devices no longer meet your needs. That puts stress on your brain.

But the good news is that hearing devices get more and more sophisticated — yet easy to use — every year as well. They're better than ever at filtering noise, pinpointing sounds, and focusing on the person you're talking to.

What's more, now you can send the audio from a mobile device right to your hearing aids. Video calls and telehealth appointments are so clear, it's like your hearing aids are headphones! With some models, you can even use an app to contact your provider remotely for programming adjustments — no appointment necessary.

Schedule a hands-on tech demo today — see if your devices are truly keeping up!

707.832.4744

Rocking HEARING AIDS & FACE MASKS Together: *Here's How*

Face masks may be the new normal, but many people are still getting the hang of wearing them with hearing aids. From falling out during mask removal to being obstructed by the mask itself, hearing aids — specifically behind-the-ear styles — can become lost or damaged.

What can you do? As your hearing care team, we want to make sure nothing stands in the way of communicating your best. That includes helping you protect your devices. With these quick and easy tips, we'll have you handling your face mask and hearing technology together like a pro.



TRICKS FOR WEARING A MASK

Pull long hair into a bun and wrap the elastic of the mask — if it's long and strong enough — around the bun instead of your ears.



Sew a button on either end of a 4-inch piece of fabric. Wrap the mask elastic around the buttons. The fabric sits at the back of your head and eases the strain on your ears.



Sew a button on either end of a soft headband. Position the headband above your ears and wrap the mask elastic around the buttons, removing the strain from your ears.



Choose masks that tie in the back. You can find videos online showing how to create your own that don't place pressure on your ears.

TIP FOR SAFELY REMOVING A MASK

Take your mask off slowly and mindfully, making sure your hearing technology remains positioned in or behind your ear as intended.



COMMUNICATING WHILE WEARING A MASK

- ◇ Speak clearly and slowly at a natural volume.
- ◇ If not understood, rephrase rather than repeat.
- ◇ Ensure hearing aids are turned on.
- ◇ Avoid or minimize background noise.
- ◇ Face your conversation partner.
- ◇ Keep your smartphone or pen and pad handy to write or type out a note if needed.
- ◇ Choose a well-lit area to aid in making eye contact, interpreting expressions and — if clear masks are used — reading lips.



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SOUND NEWS

THEY *Love You*, BUT Your HEARING LOSS Affects Them, Too

If you have hearing difficulties, you're not experiencing them alone. Hearing loss is a family affair, which adds to the importance of addressing it early. Learn how your hearing loss may be affecting the person closest to you — and what you can do about it.

Has your friend or beloved asked you one, two, or a ton of times to turn the TV down? It's not uncommon for loved ones to have to deal with louder volumes when a significant other has hearing loss. In fact, it's one of the potential signs of hearing problems.

What's more, untreated hearing loss may mean the other person has to:

- ◆ Speak at higher-than-normal volumes to help you follow the discussion
- ◆ Repeat themselves often, which can feel frustrating and tiring
- ◆ Serve as a constant go-between to explain what others are saying

Partners of those with hearing loss have also reported stress, isolation, and other challenges, according to research.* Plus, poor hearing can lead to miscommunication or the perception that the other person isn't listening or engaged. It can all add up to a strain on the relationship.

The good news? Adults treated for hearing loss report significant improvement in relationships — and so do the people who love them.† Here are some steps you can take:

- ◆ If loved ones are complaining about your TV volume, schedule a hearing exam.
- ◆ Already have hearing aids? Wear them regularly and practice good maintenance.
- ◆ Explore your hearing aids' streaming capabilities, sending customized audio directly to your ears — without changing the volume for everybody else.
- ◆ Speak honestly about how hearing loss affects both of you — and how you can support each other.

Hearing plays a BIG role in relationships, so don't wait. Schedule a consultation with our caring team today!

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*Sage Journals | Trends in Hearing. A Data-Driven Synthesis of Research Evidence for Domains of Hearing Loss, as Reported by Adults With Hearing Loss and Their Communication Partners. <http://journals.sagepub.com/doi/abs/10.1177/2331216517734088>. Accessed Nov. 9, 2020.

**National Council on Aging. The Consequences of Untreated Hearing Loss in Older Persons. <https://www.ncoa.org/resources/the-consequences-of-untreated-hearing-loss-in-older-adults/>. Accessed Nov. 9, 2020.



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