

INFORMATION FOR YOUR EARS



HEARING, HEALTH, AND FITNESS TRACKING

Hearing loss affects about 25 percent of individuals aged 65-74 and nearly 50 percent of those 75 and older. Although it is not possible to prevent hereditary causes of hearing loss, there are many things you can do to decrease your risk. When it comes to our health and overall well-being, maintaining an active and healthy lifestyle is key, and the ears are no exception. Engaging in physical activity, with proper safety precautions, may help delay or reduce age-related hearing loss.

Cardiovascular exercise, such as walking, biking, or running, is vital to hearing health as one ages. Yoga and stretching can be used has a healthy alternative to cardiovascular exercise. Often practiced under guidance of a certified instructor, yoga focuses on breathing and relaxation through a progression of poses which decrease stress and increase blood flow throughout the body. According to The Hearing Review, individuals who engage in cardiovascular activity for 20-30 minutes five times a week are more likely to maintain a healthy auditory system than someone with low

cardiovascular activity.¹ Researchers believe cardiovascular health is important because the inner ear, requires strong blood flow to deliver oxygen and nutrients essential to normal function. When blood flow is obstructed, the protective nutrients are not adequately delivered which places the ear at risk for damage and hearing loss¹.

Fitness tracking is a way to monitor your activities throughout the day. Many individuals use fitness trackers, such as a Fitbit or Apple watch, but did you know that “the ear is the new wrist” and provides a more accurate recording of your movement. Simply wearing your hearing devices will allow you to monitor your progress throughout the day, via a free downloadable application on your smartphone, to ensure that you are meeting your goals.

It can be overwhelming to make lifestyle changes. Start small to build good habits over time. Just like adjusting to your first pair of hearing devices, success does not happen overnight it is built over time with dedication and use.

¹Staff, H. R. (2004, April 4). Exercise Promotes Hearing Health. Retrieved March 6, 2020, from <https://www.hearingreview.com/hearing-loss/hearing-loss-prevention/exercise-promotes-hearing-health>



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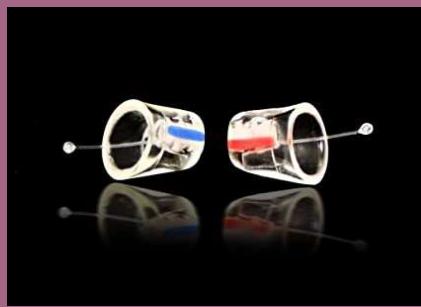
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Product Spotlight: Earasers

The Center for Disease Control and Prevention (CDC) reports that noise exposure is responsible for permanent hearing loss in approximately 26 million adults and 5.2 million children and adolescents. Noise induced hearing loss is caused by loud sounds that damage the delicate structures of the inner ear. Fortunately, noise induced hearing loss is preventable. Loud music is a leading source of noise exposure that most people experience and even enjoy. Live concerts, although enjoyable, often exceed safe listening levels. Many individuals do not wear hearing protection due to comfort issues, lack of access, or because they do not want to muffle the music. Musician plugs may be the solution.

Eerasers are non-custom musician plugs that will not plug your ears or muffle sounds like more conventional earplugs. Eerasers filter out loud noise while still allowing you to clearly hear at safe, comfortable levels. These devices are appropriate for musicians and spectators for use during practice and live venues. Eerasers are discrete and comfortable to wear. They come in a variety of sizes, are easy to clean, reusable, and affordable.

Dr. Tracey Irene, one of our audiologists, wants to protect her hearing and wears Eerasers recreationally. She shared, "Eerasers adequately protect my ears, while being comfortable to wear." If you want to protect your hearing while not muffling sounds contact our office today to be fit with your pair of Eerasers.



HEARING IN BACKGROUND NOISE TABLE MICROPHONE

Are there situations you find yourself struggling to carry on a conversation? Not all environments are created equal. Busy restaurants, family gatherings and large meetings can be challenging listening environments. The background noise and poor acoustics can make it difficult to follow conversations and enjoy social interactions in these environments. Hearing in background noise is like looking through a dirty window¹ by impacting our ability to hear parts of speech. Technology can help "clean the window" by making it easier to hear speech hidden by the competing noise.

Table microphones are a new solution to capture the voices in challenging noisy situations. Starkey's table microphone is an accessory that can be placed in the center of the table. It utilizes eight built-in microphones to determine the main speaker's voice and sends it directly to the hearing aids, filtering out much of the background noise. The user has controls to select specific speakers at the tap of a finger. The easy to use device has helped many to overcome the challenges of hearing in background noise.

¹ Pinkerton, C. (2017, May 8). Why Do I Have A Hard Time Hearing In Noise? Retrieved March 9, 2020, from <https://www.starkey.com/blog/articles/2017/05/Why-is-it-hard-to-hear-in-noise>

A SAD FAREWELL: JULIA GAJEWSKI

We are sad to say good-bye to our current Fourth Year Extern, Julia Gajewski. She will be graduating with a Doctor of Audiology degree from the University of Wisconsin-Madison on May 8th. She has accepted a position at Oro Valley Audiology, a private practice in Tucson, AZ. We wish her all the best on her new position and know she will do wonderful things.

