

Hear today.

Improving Lifestyles with Quality Hearing Care

An Informational Newsletter from Desert Valley Audiology



FALL 2016

Your Hearing Aids Are up For the Challenge

Do you wear your hearing aids while working out or playing your favorite sports? You should be. Your hearing aids are up for most challenges and often times can play a big role in your safety during your activities. A study conducted by the Hear the World Foundation found that 70 percent of hearing aid



wearers say they wear their devices during sporting activities without a problem. That number should be closer to 100 percent. Wearing hearing aids during physical activity doesn't only improve your safety, it can make your activity more enjoyable.

Unlike the hearing aids from the 20th Century, hearing aids are now made to resist dust and moisture. With a few precautions you can play safely while listening to your favorite

tunes or communicating with your teammates. If you tend to sweat a lot, we recommend that you put a hearing aid sweatband around your device. The little sleeves are made to protect against sweat, moisture, and dust. You may also consider wearing a hearing aid clip to stop it from coming out of the ear. And don't forget hearing aid disinfectant wipes to clean your hearing aids after a hard day at the gym or on the link.

And no matter if you're enduring physical activity or not, your hearing aids need to be cleaned and disinfected daily. Remove the earwax and debris carefully with a wax pick. If you wear BTEs, remove the ear mold from the hook and clean with soapy water or disinfectant wipes. Force moisture from the tubing with a puffer and dry overnight. It is also a good idea to invest in a dehumidifier for your aids. They are relatively inexpensive and they remove moisture and sanitize your hearing aids while you sleep.

If you have specific questions about wearing your hearing aids during your favorite sports or hobbies, call Desert Valley Audiology today. Our experts will be happy to show you the best way to keep your hearing aids in top shape, no matter what activities you enjoy.

So, don't delay get out there and get your heart pumping while taking in all of the sounds that surround you.

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Message from Dr. Hunsaker

I recently needed some work done on my house. Generally when I hire someone to do work for me I ask a friend that may know of someone to trust. If I don't have a friend that knows of anyone, my next step is to go to the internet. Rather than merely going to the website that is listed at the top of the Google search, I try to see who has the best reviews. I will search Google, Facebook or Yelp reviews. These reviews give me insight into how the company treats their customers. Rarely have I been disappointed in a company when they have outstanding reviews. Based on these reviews I was able to find a great company to come and work on my house. How does this apply to audiology?

As some of you have experienced, we started sending emails asking for your experience following your appointment. This allows us to know how we are doing as a clinic. I personally receive and read all reviews. It allows me to see how we are doing as a clinic and fix anything we have done wrong. I encourage you to let us know how we are doing both through email and through Google, Yelp or Facebook reviews. If you were satisfied with us, it lets other potential customers know that they will receive the same great service. And if you were not satisfied it gives me an opportunity to correct the problem. We are very interested in your feedback – in fact, you could say we are “all ears!”



Rechargeable Hearing Aid Now Available

For years research has indicated that rechargeable batteries and rechargeable hearing aids are at the top of the list of features that hearing aid users are seeking. And now the wait is over. The Phonak rechargeable hearing aid - Audéo™ B-R is now available. It's the first ever lithium-ion rechargeable hearing aid. While rechargeable batteries themselves are certainly not new to hearing aids, the use of lithium-ion technology is. It is touted to provide 24-hours of hearing with a simple charge of just 3 hours. The 30-minute fast-charging option gives 6 hours of immediate use. Additionally, lithium-ion batteries last through the lifetime of a hearing aid, even after years of repeated charging. This combined with the fact that the battery compartment is sealed, frees customers from the cumbersome task of regularly changing their batteries.



The Audéo™ B-R also gets a top-notch rating when it comes to their protection against dirt and moisture.

8 Tips for Getting Used to Hearing Aids

Wearing hearing aids can take a little bit of an adjustment period. Here are some simple tips and ticks to help make your adjustment go as smoothly as possible:

- ✓ If they feel funny at first, don't get discouraged. That funny feeling is very normal.
- ✓ In the beginning only wear them a few hours per day. And every week work up to more hours.
- ✓ Try them first in a quiet room.
- ✓ Leave the volume alone. Adjusting the volume too much is not the answer.
- ✓ Have your friends or family set the TV at a “normal” volume. Now that you have hearing aids, you shouldn't have to turn up the volume past what someone with normal hearing would.
- ✓ Read out loud to yourself. This will help you get used to the sound of your own voice.
- ✓ Close your eyes and test yourself. Try to figure out which direction sounds are coming from.
- ✓ Practice talking to close friends and family in groups.

Do you Have High Frequency Hearing Loss?

Can you hear, but you have problems understanding? You could be suffering from high frequency hearing loss. You may notice problems understanding speech even in a relatively quiet environment, but when background noise is present or several people are talking at once, it can become nearly impossible to follow a conversation. This type of hearing loss could be leading to frustration at work, at home, and even in social situations. In fact, many people with high frequency hearing loss avoid public places and social settings because interacting with others becomes extremely difficult. Below are some key indicators of high frequency hearing loss:

- You have trouble following conversations in quiet and noisy places. You can hear, but you are having trouble understanding.
- Communicating over the phone is challenging.
- Music is becoming distorted.
- While watching TV it's become more difficult to understand shows or movies even when you turn the volume up.
- Increased difficulty in understanding women and young children's voices because they tend to be higher in pitch.



Hearing aids are typically the best solution for high frequency hearing loss. Hearing aids can amplify the high pitches that you've been missing, without amplifying the lower pitches.

Early diagnosis and treatment of high frequency hearing loss can make a huge difference in your lifestyle. The sooner you can be tested and treated, the sooner you can begin to get back to enjoying life!

Congratulations Dr. Candace Coleman

We are thrilled to announce the graduation of Candace Coleman, Au.D. Dr. Coleman has been with Desert Valley Audiology since the summer of 2015 while completing her final year of her doctoral program. Dr. Coleman completed her degree in audiology from Missouri State University located in Springfield, Missouri and is now joining Desert Valley Audiology as a full-time clinical audiologist.

As she transitions from the role of extern to audiologist, she will continue to provide excellent service to our patients at our Rancho office. Please join us in congratulating Dr. Coleman on her graduation. We are excited about her new role within the company and she looks forward to serving your hearing care needs.



Candace Coleman, Au.D.
Doctor of Audiology

BATTERY PROGRAM

Join our battery bank.

If you are paying too much for batteries elsewhere, buy BATTERIES from us. **Just \$55 will buy you a year subscription to our battery program.**

This allows you to have as many batteries as you need for a complete year. Call us today to enroll.



PASS IT ALONG

Refer a friend for a hearing test at Desert Valley Audiology and receive a **\$25 gift card** or a **box of 60 hearing aid batteries.**



Not only will you receive a gift from us, your friend will also receive a **FREE hearing screening. THANK YOU!**

