

# OAA Hearing News

Summer 2002

## Special points of interest:

- *How loud does noise have to be to damage my hearing?*
- *What is earwax?*
- *Infrared Listening Systems*
- *Holly Blocker*
- *Black Bean & Corn Salad*

## Inside this issue:

Ask the Audiologists	2
Hearing Aid Care	2
Tips for Better Hearing	3
Someone New	3
Recipe Corner	3
Internet Spotlight	4

Lawrence Thomas, MD  
Stuart Thomas, MD

James Harrington, MD  
P. Mark Brown, MD

## What's new in hearing aid technology?

*Adapto* by Oticon: The first hearing aid that understands people



### Taking hearing care to a new level

The introduction of *Adapto* marks a new milestone in Oticon's history of groundbreaking hearing aid revolutions. A result of intensive research and development, *Adapto* draws not only on Oticon's leadership in state-of-the-art digital technology and audiology; but also on the experience gained through listening to the problems and wishes of hearing impaired people. For three of the most important unsolved problems for hearing aid users today, *Adapto*'s unique features offer convincing solutions:

- **VoiceFinder™** Instant speech understanding and comfort - automatically
- **OpenEar Acoustics™** Clear, natural sound quality - without side effects
- **Client-Focused Fitting™** A truly individualized solution that responds to people's needs, aspirations and desires.

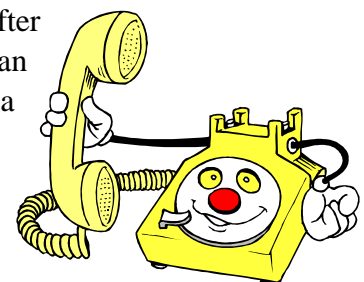
### A clear focus on people

No other hearing aid has ever been designed with a stronger focus on the user. *Adapto*'s combination of exclusive features makes it the most advanced and flexible hearing care solution available today. *Adapto* represents a giant step forward, ensuring a better quality of life for people with hearing impairment.

## Free Amplified Telephone!

Texas provides phones for it's hearing impaired residents! If you are a Texas resident with a proven hearing loss, then you can apply for a voucher that can be exchanged for an amplified telephone for FREE! If you are interested in this service please let our audiology department know. We need a recent hearing test so that we can complete a form that you send in with a copy of your drivers license. After a few weeks a voucher will be mailed to you that can be exchanged for the telephone at our office. It is a great service, please take advantage of it!

**817-784-6673 ext. 7**



# Ask the Audiologists

**Kristin Robbins, MS, CCC/A**



- ◆ Texas licensed to practice audiology and fit and dispense hearing aids
- ◆ Certified by American Speech Language and Hearing Association
- ◆ Fellow of the American Academy of Audiology



**Lisa B. Fell, MS, CCC/A**

## How loud does noise have to be to damage my hearing?

Experts say that continual exposure to more than 85 decibels (dB) of noise is hazardous. Take a look at the decibel rating for a few everyday sounds. Remember, the longer you are exposed to exceedingly loud levels of noise the more damaging it can be. *Contact out office to learn more about protecting your hearing. 817-784-6673 ext. 7*

<u>dB level</u>	<u>Sounds</u>
20 – 30	Whisper, ticking watch.
45 – 60	Normal conversation, sewing machine, typewriter.
85 – 90	Lawnmower, shop tools, truck traffic, average factory.
100	Chainsaw, pneumatic drill, snowmobile, blow dryer.
115	Sandblasting, loud rock concert, auto horn.
140	Gun muzzle blast, jet engine; noise causes pain and even brief exposure injures unprotected ears.

## What is earwax?

According to the American Academy of Otolaryngology-Head and Neck Surgery public brochure, earwax is healthy in normal amounts. Earwax is created by glands in the ear canal. The purpose of earwax is to line the skin of the ear canal so that it acts as a water repellent as well as keep dust and dirt from reaching the eardrum. Usually wax accumulates, dries out and migrates out of the ear, carrying dirt and dust with it. The ear canal may become occluded with wax when attempts to clean the ear push wax deeper into the ear canal and cause a blockage. The absence of earwax may result in dry, itchy ears.

HEARING  
AID  
CARE

**Dry & Store®**  
Hearing Aid Conditioning System

Moisture is the leading cause of hearing aid failure; therefore, we recommend the use of a *Dry & Store!* *Dry & Store!* is an electrical home appliance for nightly use to store and care for hearing aids.



## Summer Savings!

✂️ *Call our office at 817-784-6673 ext. 7 to reserve your Dry and Store unit for \$10.00 off the regular price (\$175)! This offer expires 8-31-02...hurry while supplies last!*

*Limit one unit per person*

## TIPS FOR BETTER HEARING

# Does Your Hearing Loss Keep You From Enjoying Movies at the Theater?

### SOLUTION: INFRARED LISTENING SYSTEM

An infrared listening system, also known as an assistive listening device (ALD), provides clear sound and personal volume control. Complimentary headphones equipped with infrared technology are available at movie theaters. Ask a manager at the customer service desk for “a listening device for the hearing impaired.” Not every screen is equipped with this technology so ask before purchasing your movie tickets. Typically, you can use your driver’s license in exchange for the device to secure your rental. The following theaters in the Arlington area are prepared to provide such a service:

Loews Theatres Lincoln Square  
United Artists East Chase Stadium 9

United Artists Grand Prairie 10  
United Artists Bowen 8

Please Welcome Our New Audiology Intern... **Holly Blocker**

Holly Blocker is a Clinical Fellow in Audiology who joined our office in May 2002. She has a Bachelor of Science and a Master of Science degree in Speech and Hearing Sciences from the University of Arizona. During her studies, Holly assisted professors in conducting research and in teaching undergraduate laboratory sessions. She was also actively involved in organizing and implementing hearing seminars and hearing aid troubleshooting clinics at assisted living facilities. As the child of Army nurses, Holly was drawn to a health profession and was interested in a career that would allow her to interact and help those with communication difficulties achieve a better quality of life. In her spare time, Holly enjoys reading, traveling and spending time with family and friends.



**Holly S. Blocker, M.S., CFY/A**

## Recipe Corner



### **Black Bean & Corn Salad w/ Zesty Lime Vinaigrette**

#### **Bean Salad:**

**1 can black beans, rinsed & drained**  
**1 can corn kernels, drained**  
**1 tomato, seeded & chopped**  
**1/4 cup finely chopped red onion**  
**2 T minced fresh cilantro**

#### **Vinaigrette:**

**3 T fresh lime juice**  
**1 1/2 T extra-virgin olive oil**  
**Hot pepper sauce to taste**  
**1/8 t garlic salt**

In a bowl, whisk together all vinaigrette ingredients. Stir in remaining ingredients. Cover and let stand at least 20 minutes to allow flavors to blend. Serve at room temperature. Makes 4 servings.

**Physicians' Hearing Aid Center at  
Otolaryngology Associates of Arlington**

3300 Matlock Road  
Arlington, Texas 76015

Phone: 817-784-6673  
Fax: 817-784-6880

PRE-SORT  
STANDARD  
U. S. POSTAGE  
**PAID**  
Arlington, TX 76010  
PERMIT #255

We will be on the web soon!  
Stay tuned...

*“Blindness separates us from objects but  
deafness separates us from people.”*

*-Helen Keller*

## **INTERNET SPOTLIGHT**

If you have internet access, you should check out this website...

**[www.sinuscarecenter.com](http://www.sinuscarecenter.com)**

This is a great site for general ear, nose, and throat issues and more. A lot of the site's information comes from American Academy of Otolaryngology-Head and Neck Surgery brochures. You will find accurate information on topics like "why your ears pop on an airplane" and "what you can do for dizziness and motion sickness." Happy Surfing!