

OAA Hearing News

Spring 2002

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Special points of interest:

- *Do I really need 2 hearing aids?*
- *What does it mean to "adjust"?*
- *Coping in Noise*
- *Rush Limbaugh*
- *Chocolate Banana Parfaits*

What's Tried and True among hearing aid technology?

Senso Plus by Widex

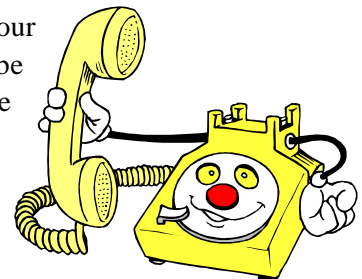
At Physicians' Hearing Aid Center, we have had tremendous success with fitting the Widex *Senso Plus* hearing aid. Widex is a leading hearing aid manufacturer because of its dedication to advanced hearing aid technology and its unprecedented customer service. Widex's dedication and service have allowed our audiologists to fit a large number of people successfully. Many of our patients have worn other hearing aids and find the *Senso Plus* to be superior to what they have tried. Widex first released the *Senso* in 1996. It was the first digital hearing aid of its kind and now serves as a model for future hearing aid products. If you are looking to try something that is cutting edge and preferred by those who wear it, you should find out if the Widex *Senso Plus* is right for you! Please call our audiology department at 817-784-6673 ext 7 if you are interested.

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Free Amplified Telephone!

As a result of the last Texas Legislative Session, the Texas Commission for the Deaf and Hard of Hearing changed its requirements for providing phones to Texas residents with hearing impairment. This means that any Texas resident with a proven hearing loss 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

Do I really need two hearing aids?

In most cases, if you have hearing loss in both ears, you would probably benefit from binaural amplification, which means to wear two hearing aids. Two hearing aids do the most for optimizing communication. Binaural amplification has been shown to improve one's ability to localize sounds and to understand speech in noise. The brain needs input from both ears in order to separate sounds effectively. Two hearing aids also allow both ears to be stimulated to lessen the possibility of auditory deprivation. Remember, if you don't use it you lose it! If you have reduced vision in both eyes, would you just wear one lens? Not likely.

What does it mean to "adjust" to hearing aids?

Everyone that gets a new hearing aid must go through an adjustment period. New users have to adjust to physically having something in the ear, making a hearing aid part of a daily routine, and hearing the new sounds. Think about how long one's brain might get used to not hearing, well then, think about how it takes time for the brain to adapt to hearing sound again after getting hearing aids. The time it takes to adjust to the aids varies from person to person, but anywhere from a few weeks to a few months. This is why being fit with hearing aids is not an overnight process.

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Dry & Store[®]
Hearing Aid Conditioning System

**"Spring is in the air" also means
moisture in your hearing aids!**

If you wear a hearing aid and spend time outside during the warmer months or if your ears tend to perspire easily, then you are an excellent candidate for a *Dry & Store*. Successful removal of moisture from hearing aids requires 3 important elements: heat, moving air, and a desiccant block for absorbing the moisture. The *Dry & Store* is the perfect tool for keeping moisture away and prolonging the life and function of your hearing aids!



Dry & Store units are great gift ideas for hearing aid users! Let our office know if you would like one.
817-784-6673 ext. 7

TIPS FOR BETTER HEARING

Suggestions for Coping in Noisy Restaurants

Typically, hearing in noisy restaurants is the most common complaint among hearing aid users. The noise of dishes, silverware, and people talking at other tables can make restaurants one of the most challenging environments for hearing. Even people with perfectly normal hearing complain about the noise levels in restaurants. Consider the following suggestions for making dining out more enjoyable:

Choosing the restaurant. Some restaurants are designed to be noisy & rowdy places. These restaurants should be avoided or you have to accept that you will have to work hard at communication while at them. Other restaurants are designed to absorb sound through fabric furniture and widely spaced tables.

Choosing the time of your meal. Try to plan having your meals at off peak hours. Beat the lunch or dinner rush or go later.

Choosing your location. Try to sit far from the kitchen, entrances to other rooms, and stereo speakers. Sit so that your back is facing a wall or with the least noise behind you. However, if you have a dual microphone hearing aid the reverse applies. If one ear is better, sit with that ear closest to the person you most want to hear.

Choosing the size of your group. Dining with 2-3 people is easier than a large group. Do not expect to hear people at the end of the table.

Someone Famous

Rush Limbaugh

Radio Political Commentator

In May of 2001, Rush Limbaugh quickly began to lose his hearing in both ears. It took only three months for him to become profoundly deaf. He was evaluated by many doctors and audiologists. They concluded that he had a sudden sensorineural hearing loss caused by an autoimmune inner ear disease. Doctors believe that the autoimmune inner ear disease is caused by the body's immune system attacking the inner ear and damaging the hearing nerve. In December of 2001 he began hearing again with a cochlear implant. Mr. Limbaugh reports that he "could not be happier with the performance" of his implant. It is amazing that he can still successfully conduct a radio show for 22 million weekly listeners.

Recipe Corner



Chocolate Banana Parfaits

2 cups milk

1 pkg. (4-serving size) JELL-O
Chocolate Flavor Pudding

4 medium bananas, sliced

8 oz thawed COOL WHIP Lite

Prepare pudding as directed. Spoon 1/2 of the pudding evenly into 4 dessert glasses. Layer with banana slices, 1/2 cup of the whipped topping and remaining pudding. Garnish with remaining whipped topping. Refrigerate until ready to serve. Makes 4 servings.

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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 web site...

www.howstuffworks.com

This can be an entertaining website! It answers questions like **Why can you hear the ocean when holding a seashell to your ear?** and **How do fireworks work?** There are lists of questions that you might not have considered, but may find interesting! Happy Surfing!