



Summer, 2013

## **Protect your hearing!!**

Noise is one of the most common causes of hearing loss. Noise from traffic, trucks, lawnmowers, motorcycles, vacuum cleaners, radios, guns, and music can damage hearing. Noise not only causes hearing loss, it can cause other health problems, such as tinnitus (ringing ears), high blood pressure, and anxiety.

Remember to use hearing protection whenever there's enough noise that you have to raise your voice to be heard. If your ears ring or sound hollow after noise exposure, there probably has been damage to your hearing. Ear protection is particularly important to those with hearing loss...preserving what's left is vital.

We offer custom ear protection to suit your needs. Call for an appointment to learn more.

*walk-ins are welcome for a hearing aid cleaning, or minor repairs, without an appointment.....Tuesdays through Fridays.*

## **Secondary Effects of Hearing Loss**

Hearing loss often goes undetected and untreated, despite being one of the most common chronic conditions in the over-50 population. Untreated hearing loss has significant negative consequences.

Interestingly, family members report more negative effects of hearing loss than does the person with the loss. Hetu found that "Intimate relationships are very vulnerable to the effects of hearing impairment. These feelings are rarely shared, much less understood or negotiated to develop mutually beneficial outcomes." On the other hand, family members reported greater improvements following hearing aid use than did the hearing aid users themselves. In a recent British survey of 1,000 adults with hearing loss, about 65% of the respondents said they often "faked" understanding during conversations. About one third reported marital strains due to the person's reluctance to recognize the hearing problem and because the unaffected spouse "does not understand how I suffer."

**Did you know???** People with significant high blood pressure are 75% more likely to have hearing loss. Smokers are 1.7 times more likely.



## Summertime Battery Special:

Mention this newsletter and get  
**16 batteries for \$10**  
Limit 32, Expires 9/30/13

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Greenfield, MA 01301  
**413-774-0100**

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**Lisa C. Alber, Au.D.**  
Audiologist

### **My hearing aid is whistling, and it's not Dixie!**

Most hearing aid users have experienced whistling or feedback at one time or another. It is perfectly normal for a hearing aid to whistle while a hand is cupped over the ear or when the hearing aid is inserted or removed from the ear while still switched on. One of the most common causes of inappropriate feedback is earwax. Should whistling occur for no apparent reason, call us to schedule a visit so we can find the cause.