



**GROSSE POINTE
AUDIOLOGY**

“Now Hear This”

N E W S L E T T E R

20239 Mack Avenue • Grosse Pointe Woods, MI 48236 • 313.343.5555
www.gpaudiology.com

Summer 2010

Ask THE Audiologist

Q: My church recently announced that it has a loop system to help people hear better. Can you explain what this is and how it works?

A: It is called an induction loop system and works in conjunction with your hearing aid. Hearing aid users with a “T” or telecoil setting can hear services, concerts or other programs in facilities that have the loop systems, directly through their hearing aids.

Unlike other assistive listening systems that require a headset, a loop system is inconspicuous. The loop system makes use of a special amplifier that transmits a magnetic signal through a wire installed in the facility.

The sound is then customized by your own hearing aid, which essentially serves as an in-the-ear loudspeaker. Most behind-the-ear hearing aids available today routinely come with telecoil sensors, as do many in-the-ear hearing aids.

If you wish to make use of the loop system, just switch your telecoil equipped hearing aid from the microphone (M) mode to the telecoil (T) mode. Some hearing aids offer a setting for simultaneous microphone and telecoil (MT) inputs. It is sometimes possible to add a telecoil program to digital hearing aids.

If you are unsure about whether you have a telecoil or how to access it, we can help. Simply call for an appointment.

WHAT'S NEW IN TECHNOLOGY?

LET THE OTICON AGIL PRO TRANSFORM THE WAY YOU LIVE YOUR LIFE

Agil from Oticon is like no other hearing device. It is designed to improve your ability to hear and understand, even in difficult listening situations.

There is a sound processing chip inside **Agil** that allows it do things that have been impossible until now. Its super fast speed means more power to differentiate sounds and more mental energy to understand, remember and participate.

There are four unique features that work together to make **Agil** one of the most advanced hearing devices on the market today.

- **Spatial Sound 2.0** – This technology supports the brain's natural process of understanding speech. You will never be bombarded with a “wall of sound.” Instead, you will be able to hear the voices that are speaking to you and shift attention to other voices as you choose.
- **Spatial Noise Management** – This technology employs wireless technology that uses spatial information shared between ears to capitalize on a better ear effect. This means that the hearing aids will automatically adjust so that the speech signal will be maximized and the noise will be reduced.
- **Speech Guard** – The **Agil** offers the ability to follow conversations naturally and immediately. This hearing device works in harmony with your brain to recognize natural speech cues and keep competing noise or voices from distracting you, giving you a sense of quiet clarity.
- **Connect Plus** – This feature allows you to connect to any Bluetooth device to better hear music, TV, telephones or cell phones.



The **Agil Pro** is available in all sizes and styles of hearing aids.

**Call today to set up your personal appointment to
Hear the Oticon Agil
313-343-5555**

TESTIMONIALS NEEDED:

We have just finished re-designing our website (check it out at www.gpaudiology.com). We are in need of some patient testimonials. If you have had an incredible experience at our office, please let us know. Send your comments to drlezotte@gpaudiology.com or drop off a little note at our office. Thank you!

Wax Traps:

We are no longer able to receive wax traps at no charge from our manufacturers. Since there is a cost for us to purchase them, unfortunately we have to carry that cost on to you. Effective 6-22-2010 there will be a \$3 charge for all packages of wax traps.

PREVENTING HEAT-RELATED ILLNESS

Now that summer is almost upon us, it is important to remember some basic health tips to insure a safe and healthy summer season.

- Avoid strenuous activity in very hot, humid weather.
- Give your body time to acclimate to the hot weather by cutting activities in half for 4-5 days.
- Drink plenty of water before, during and after you are active.
- Check your urine. It should be clear to pale yellow. If it's dark-yellow, you haven't had enough fluids.
- Take frequent breaks in the shade or by a fan.
- Wear lightweight, light-colored, loose fitting clothing to keep your skin cool.
- Exercise during the cooler times of the day.
- If you have to stand for long periods of time in hot weather, flex your leg muscles often to prevent blood from pooling in your lower legs.
- Do not drink caffeine or alcohol while physically active, as they increase your risk of dehydration.
- Medications, both prescription and over-the-counter, can increase your risk of heat-related illnesses. Check with your doctor or pharmacist.

ON AGING

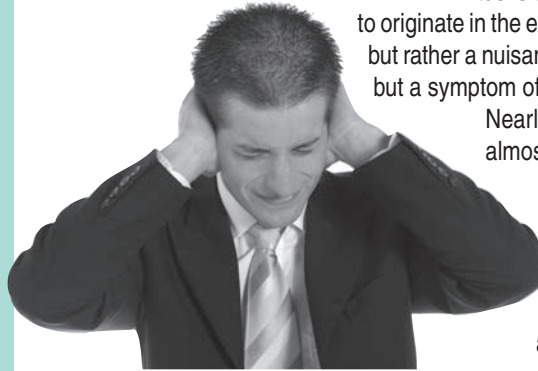
- "I'm growing old by myself. My wife hasn't had a birthday in years." – *Milton Berle*
- "A diplomat is a man who always remembers his wife's birthday but never remembers her age." – *Robert Frost*
- "Life would be infinitely happier if we could only be born at age 80 and gradually approach 18." – *Mark Twain*
- "Youth is a wonderful thing. What a crime to waste it on children."
– *George Bernard Shaw*

WHAT IS TINNITUS?

Tinnitus is a ringing, swishing or other type of noise that seems to originate in the ear or head. In many cases, it is not a serious problem, but rather a nuisance that eventually resolves. It is not a single disease, but a symptom of an underlying condition.

Nearly 30 million Americans suffer from this disorder. In almost all cases, only the patient can hear the noise.

Of adults ages 65 and older in the United States, 12.3% of men and nearly 14% of women are affected by tinnitus. Tinnitus is identified more frequently in white individuals and the prevalence of tinnitus is almost twice as frequent in the south as in the northeast.



KEEP YOUR KIDS SAFE WITH KIDZSAFE™

Protect your children's ears with KidzSafe™ Earbuds and Headphones. They help prevent noise induced hearing loss by using safe volume technology. These earbuds and headphones are compatible with any audio device and no matter how high the device volume is turned up, the volume level will always remain below 85 decibels.

An MP3 player turned up to maximum volume level can reach 120 dB. Sounds under 85 dB are considered generally safe according to the National Institute of Safety and Health and the Center for Disease Control and Prevention. KidzSafe keeps the volume at a safe level at all times without any software to download or parental controls to install. Just plug and play. This brand new earbud features rich sound quality, a comfortable design with three sizes of silicon ear pads, thick gauge no-tangle cord, a storage pouch and fun color choices which make it the perfect companion for your child's portable game system, DVD player, iPod or MP3 player.



KIDS CORNER:

Dr. Lezotte



Aidan, Brooke and Dane are so happy to be able to go swimming! They love swimming and never want to get out of the pool. Dane is talking now and his new favorite word is, "Why?" Dr. Lezotte is finding very creative answers to all of the "why" questions.



How to Buy a Hearing Aid

The world is full of unscrupulous hearing aid sales people. The following are some guidelines from the Hearing Loss Association of America to help insure that you receive the best hearing health care possible honestly and professionally.

THE TEST

- Have a complete hearing test by a licensed Audiologist in a sound treated room. There will be a charge for hearing tests performed by Clinical Audiologists.
- Ask to have your ears looked in, to determine if you have wax in the ear canals, and to make sure that your eardrum is intact.
- Your hearing test, called an audiogram, should be explained to you.
- The effects of your hearing loss on your daily life at home, at work, socially or interpersonally should be explained to you and your spouse or family members.
- You and your family members should have an opportunity to ask questions about your hearing loss.



THE HEARING AIDS

- The types and styles of hearing aids should be explained to you.
- Hearing aid technology should be explained.
- The cost of hearing aids is dependant on the level of technology you choose. Make sure you understand what is included in the cost of the hearing aids you choose.
- Ask about the warranty on the hearing aids you choose.
- Make sure you are given a 30 day trial period. Ask what the fee will be if the hearing aids are returned during that time. This fee should not exceed \$250.
- You should sign a Trial Agreement that states the cost, the return time limits, and the warranty.
- Your insurance benefits should be checked to determine if you have coverage for any part of the cost of a hearing aid.
- Ask how many different hearing aid manufacturers your audiologist works with.
- Find out how long the Audiology office has been in practice.

THE FITTING OF YOUR HEARING AIDS

- The hearing aids should be comfortable in your ear. There should be no pain.
- The hearing aids should be programmed on a computer while the hearing aids are in your ears. Be suspicious if the person fitting you tells you they will program the hearing aids on the computer in the back and you cannot see what they are doing.
- The hearing aids and their functions should be explained to you and a family member if present.
- It is always a good idea to have a family member present if possible.
- Care and cleaning of the hearing instruments should be explained to you.
- You should know how to turn the hearing aid on and off and how to change the batteries.
- Make sure you understand how to use the telephone and other programs that may be available on your hearing aids.
- Ask questions about anything you don't understand.

The purchase of hearing aids is a life-changing experience and a major expense. Make sure you make a well informed decision. Come to Grosse Pointe Audiology where we provide the sizes and styles to fit all hearing losses and technology levels to meet not only your hearing needs, but your financial needs as well. Grosse Pointe Audiology offers a two week no obligation, no money down trial in the hearing aids of your choice. Once purchased, you have an additional 60 days for a full refund. All of our hearing aids come with up to a three year warranty. Call today to hear what you are missing.

10 Totally UNRELATED FACTS:

1. 32 million people in the U.S. have a hearing loss.
2. Doctors who work with older patients have the highest job satisfaction levels.
3. The American Medical Association is considering banning doctor's neckties because they spread germs.
4. Four million people in the U.S. wear hearing aids.
5. The average price for certain drugs has gone up more than 15% since October 2009. The average price of hearing aids is unchanged.
6. Women earn 58% of all college degrees.
7. Hearing loss negatively impacts household income on-average up to \$12,000 per year. The use of hearing aids mitigates the effects of hearing loss by 50%.
8. The morning rush hour is twice as safe as the evening rush hour, in terms of fatal and nonfatal crashes.
9. The better your cardiovascular health, the better your hearing.
10. 63% of all households in the United States have at least one family pet.

It May be Time for a HEARING TEST If...

- You ask people to repeat.
- You have trouble hearing women or children.
- Family or friends complain about the volume of your TV.
- People seem to mumble.
- You have problems following conversation when two or more people talk at the same time.
- You have to strain to understand conversations.
- You get confused about where sounds are coming from.
- People get annoyed with you because you don't understand what they are saying.
- You avoid social activities because you cannot hear well or fear that you might say the wrong thing.
- Your family tells you that they think you have a hearing loss.

Hearing tests are painless. Call us today at 313-343-5555 to schedule yours.

**Trust Your Hearing to
A Doctor of Audiology.**

The construction is finished! Come by and see our expanded space.





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PRACTICE THESE 6 STEPS AND ENJOY BETTER LISTENING

Everyone lives in a world of sound and all of us depend upon our abilities to communicate with each other for a better life. It is said that 70% of a person's time is devoted to communication with other persons. Of this 70%, about 45% of the time is spent listening. One can improve upon this ability to listen by practicing the exercises listed here. Like any part of our body, the more you exercise, the stronger it will be. This is also true with our hearing. We will improve our understanding of what we hear by exercising our hearing. To improve your hearing, follow and practice these exercises:

Listen with your Mind. The basic function of the ear is to transmit sound to the brain and interpret what is heard. Understanding is achieved by the brain. To train yourself to be a good listener, you must remember that your brain reacts quickly, much faster than we speak. Therefore, to improve your listening and understanding, you must train yourself to concentrate. For example, when listening to a speaker, you must say to yourself this person has something of interest that I want to hear. This will help you to concentrate and keep your mind from day-dreaming. Remember, you can learn something from others.

Listen with your Eyes. You should always maintain good visual contact with the speaker. All individuals listen with their eyes. By close observation of a speaker's mouth, you can see words formed by the lips and this will help you to understand. The gestures that are used by a speaker will tell you of acceptance or rejection. The hand movements and facial expressions will tell you about the mood of the situation. Listen with your eyes.

Pay Close Attention. You must be prepared to pay attention. This can be accomplished by you only. You must feel that the speaker has a special message for you. In order to pay attention, you must clear your mind of worries,

frustrations and problems. You must concentrate on listening. Eliminate all prejudices and keep an open mind in order to maintain good attention. Listen to what the speaker has to say rather than the way he says it. By keeping an open mind, you will avoid mental blocks and mind wandering.

Overcome Tension. Your concern over your inability to hear satisfactorily can bring about nervous tension that may interfere with your ability to listen. The best way to overcome tension is to first admit to yourself that you have a problem. This will help you, your friends and business associates to relax. In doing this you have created a feeling of understanding. For example, if you plan to attend a lecture, attempt to read about the subject before attending. This also applies to business situations. This will prepare you to listen and familiarize you with the subject that will be discussed.

A Good Listening Position. In order to accomplish good listening, you must be able to see the speaker easily. Therefore, make certain that you arrive early at meetings, church affairs, conferences, lectures, etc. By proper planning, you can place yourself in a location that will enable you to see the speaker well. Do not sit near entrances or aisles as movement of people will distract you and block your view of the speaker. Take a seat close to the front and as near the center as possible in auditoriums and other large places.

Take Notes. When you attend an important meeting that requires your undivided attention, it is advisable that you take notes. This visual approach will act as a review for you when the listening situation has been completed. When you take notes, only put down the most important facts and points that you would like to refer to later. – *Mallory Battery Company*