Welcome

We hope you find the information both interesting and helpful. If you know someone who would enjoy reading it, pass it on, or let us know.

Our practice is based on three fundamental principles:

• Hearing loss is serious
• Hearing loss deserves professional care
• Hearing aids work

Slow down, you talk too fast!

When we see someone for a periodic hearing check-up, we often hear, “I think my hearing has gotten worse.” But as often as not, the results of the audiologic test indicate no change in hearing sensitivity or for understanding speech in quiet. However, our conventional audiologic test does not measure how well you understand rapid speech. Another common complaint we hear is, “I just can’t keep up when people talk fast.”

We live in a fast-paced world. We’re bombarded with information and entertainment, and sometimes it comes at us at a rapid-fire pace. Ordinary speech occurs at about 150 words a minute, but some people talk at more than 225 words a minute. That means we’re trying to understand almost four words a second!

Difficulty understanding rapid speech is one of the most common hearing complaints of older adults—including those with normal hearing. The problem may be related to reduced memory abilities and an age-related decrease in the efficiency of our nervous system. This difference is seen in adults even in their 40s.

While rapid speech is difficult even for older adults with normal-hearing, speech becomes easier to understand when there are occasional pauses in the speech. For anyone over the age of 50, communication is improved if the speaker uses pauses and phrases to allow the listener to “catch up.”

Of course, understanding rapid speech is more difficult if you have a hearing loss. Most people with hearing loss say that understanding fast speech is harder than understanding soft speech. Based on these findings, there are a few simple steps that can make life a little easier for you and the people around you.

Ask speakers to:

• Get your attention before speaking to you
• Speak at a normal rate
  (speaking slowly is not helpful; just don’t speak fast)
• Use pauses
• Face you when they’re talking to you

Doctors of Audiology

Mary Kochendorfer, AUD
Anna Bzdok, AUD
Laura Morrison, AUD
Kristi Albers, AUD

Miss a newsletter? Visit lakeviewhealth.org/hearing for previous issues.
For one in five people, tinnitus (or ‘ringing in the ears’) can have a substantial impact on their quality of life. From anxiety to sleep disturbance, the effects of tinnitus can reach into every aspect of your well-being. If this describes even some of what you are experiencing, we may be able to help.

We will be hosting private appointments on Thursday June 21, for tinnitus patients.

During this educational consultation, we will introduce you to an FDA-Approved tinnitus management system that is sweeping the nation! This revolutionary device is developed in the United States by Otoharmonics Corporation and is called the Levo System. The Levo System has been shown in clinical studies to have a dramatic effect on reducing tinnitus symptoms and improving the quality of life of its users.

Please join us to:
- Learn how your brain can retrain itself while you sleep
- Understand the fundamental science behind your tinnitus
- Discover how the Levo System has benefitted people affected by tinnitus
- Determine if you are a candidate for this science-based therapy.

Space is very limited and by appointment only. Furthermore, as we now have the technology to replicate the sound you are hearing; we encourage you to bring a loved one with you to your appointment as they may benefit from hearing exactly what you are experiencing. A hearing evaluation is required prior to this consultation.

To reserve your time, please RSVP by phone to 651-439-1234 Ext. 3546.
Your hearing health care team

Good hearing health care is based on teamwork—the partnership between you and us, your hearing health care provider.

Our job is to work with you to make sure you’re hearing as well as possible. We can’t cure your hearing loss, but we can evaluate your hearing, review the many sources of help available to you, and make sure you’re getting the maximum benefits from your hearing aids and other assistive listening devices. We can also work with you and your family to help you understand—and minimize—your hearing difficulties. We can’t do these things alone. We can only work with you as your partner in hearing health care.

As your partner, we use our knowledge and experience to make sure you’re hearing as well as possible. We keep you up-to-date with the advanced technology available today, thanks to the engineers and hearing scientists who are also a part of your team. We can make suggestions and recommendations, as well as talk with other members of your team—your family.

We want to know as much as possible about your hearing and any possible changes in your hearing. We want to know about your ability to understand words, your sensitivity to loud sounds and how much you’re affected by background noise. We also want to know about your particular hearing needs, such as hearing in meetings or on the telephone. We’ll make every effort to help you meet those needs and to make it clear if some of those needs can’t be helped.

What’s your role?

Another important person on the hearing health care team is you. Just as a professional fitness trainer can’t exercise for you, we can’t “do” the hearing health care for you. You have to decide how important hearing is to you. You have to decide if your hearing is worth regular check-ups and regular use of the best available hearing aids, and whether other assistive devices are a good idea.

Unfortunately, many people with significant hearing loss actually choose to do nothing. As a result, these people experience unnecessary stress and difficulties at home, at work and with friends. They tend to experience more social isolation and depression and may lose out on job opportunities at work.

A winning team

People with hearing loss who take advantage of the hearing care available today do well in all kinds of listening settings. There are millions of success stories—all thanks to the hearing health care team.

Your healthy hearing check-up

Regular hearing health check-ups are an important part of good hearing health care. Your hearing check-up includes the following:

**Hearing test.** Do you think your hearing has changed? We’ll compare the results to your previous hearing levels. If we find a change, we’ll recommend treatment or adjust your hearing aids to compensate for any change in hearing.

**Re-program your hearing aids.** Sometimes a re-programming of your hearing aids based on a change in hearing or a change in your hearing needs is helpful. Many people find they hear a little better after this adjustment.

**Ear canal examination.** Earwax is one of the most common causes of hearing aid feedback (whistle) and hearing aid repairs.

**Clean and adjust your hearing aids.** Regular cleaning minimizes hearing aid repairs and makes sure that your hearing aids are providing the maximum benefit. Cleaning your hearing aids sometimes provides a small but noticeable improvement.

**Review other sources of help.** This is a good time to ask about telephone amplifiers, clock and smoke alarms, and devices for television and group settings.
Believe It or Not...

Here are some things we **DO NOT** recommend you do with your hearing aids. These are true stories.

- **DO NOT** put your hearing aids in the toaster oven at 350 degrees for 30 minutes to dry them out. They will not survive the experience.
- **DO NOT** put your hearing aids in the washing machine. Few have survived.
- **DO NOT** wrap your hearing aids in tissue paper and then accidentally flush them down the toilet. They will not survive the experience.
- **DO NOT** eat your hearing aids. Yes, this has happened. A man put one of his hearing aids down next to a candy dish and wasn’t watching when he picked up what he thought was a little snack. He survived the experience.
- **DO NOT** feed your hearing aids to your dog. Dogs are attracted to the smell of the acrylic in hearing aids and are happy to chew on them. This makes for an expensive doggie treat.

Urgent Care

**FOR HEARING AID USERS**

- **Mon:** 12:30 to 2 p.m.
- **Tues:** 4 to 5 p.m.
- **Wed:** 12:30 to 1:30 p.m.
- **Thurs:** 8 to 9 a.m.
- **Fri:** 8:30 to 9:30 a.m.

Although these are considered walk-in hours, we recommend you call prior to coming in, so we can better prepare for your visit.

*If hearing aid programming is needed, please schedule an appointment.*