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# SOUNDNEWS

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## When the Heat is On | How to take care of your hearing devices during the summer

Knowing how to use and care for your hearing device in the boil and blare of a summer's day can save you expensive repair or replacement costs, and protect your hearing technology investment. They are sensitive pieces of technology — hearing instruments can be easily damaged by heat, moisture, dust or dirt.

For example, any drastic change in temperature, such as going from an air-conditioned house to the hot—and possibly humid—outdoors creates condensation within the

device. And such dampness can prevent a hearing device from working properly. That's why it's especially important during the summer to keep your device dry.

Fortunately, there are easy-to-use tools available that can take care of this for you overnight while you are sleeping. The Dry & Store<sup>®</sup> drying conditioning system, for example, is an electrical appliance that removes moisture, kills germs, dries earwax and deodorizes the hearing instrument.



## AGX9is is 100% Invisible When Worn



Yes, you'll not only be able to wear it unseen, but will also hear better, unlike other similar hearing aids. AGX9is sits comfortably in the second bend of your ear canal and uses your ear's natural anatomy to provide outstanding sound quality. It features noise tranquility, the smartest noise reduction and speech preservation system design to filter out unwanted background noise.

### Patient Corner

How has your life changed since receiving a hearing system? We would love to hear from you! Send us your success story and we may publish it in a future newsletter.

Please send your information to [indaudiology@yahoo.com](mailto:indaudiology@yahoo.com)

**CHECK OUT**  
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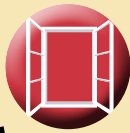


# I'll Have the Scallops and Hold the Loud Noise

*Maximize your listening experience while dining in a restaurant*

When you dine out with friends, you don't expect to find yourself in the middle of an echo chamber. But that's often what happens to those with hearing difficulties, especially in restaurants with sleek hardwood floors, high ceilings, wall-to-wall windows, and, of course, the loud music playing in the background better suited for a rock concert than a dining experience.

Here are the five main areas to avoid when eating out.



## OPEN WINDOWS

Chirping birds may be nice, but noise from passing cars and sidewalk traffic can be an obstacle to better hearing.



## KITCHEN

Even in the quietest of restaurants, the kitchen is still one of the loudest areas. Avoid sitting near the kitchen door and you'll enjoy much more of your dinner conversation.



## RESTROOMS

The most heavily trafficked area of a restaurant is often the hallway to and from the public restrooms.



## WAITER STATION

The clink of glasses and dishes can easily be a distraction when you're seated next to the waiter station.



## FRONT DOOR

With each new customer walking in the door comes more noise and another distraction from your own dinner conversation.

## So, Where Should You Sit?

Public places present a challenge for the hearing device user. Here are some tips to help you hear your best so you can enjoy dinner out with friends and family.

- Don't be shy. Tell the host, waiter and your dining companions you have a hearing loss, and request they slow down their speech, speak a little louder and face you directly while talking— you'll be glad you did.
- If your hearing devices are set to "directional," remember to sit with your back to the main source of noise.
- Remember, noisy environments affect everyone's hearing, even those without hearing difficulties.
- Find carpeted restaurants with rolling chairs, plants and sound-absorbent materials on the tables and walls.
- Choose less busy days and times to dine out.
- Dine with a smaller number of people.
- Request that the staff turn down background music.

# Communication is a Two-Way Street

**Conversation is a collaborative effort between speaker and listener. The following suggestions will help both the normal hearing (in this case, the speaker) and the hearing impaired (the listener) understand each other better:**

## **SPEAKERS**

### ***Speak in a slightly louder normal voice.***

Do not shout. Shouting distorts not only the voice quality, but also the lip movements. Speak at a slightly slower rate. Do not exaggerate lip movements.

### ***Be visible.***

First, attract the hearing impaired person's attention (e.g., tap them lightly on the shoulder). Remember to sit close to the person, preferably 4-6 feet away, at eye-level when speaking.

Proximity may be the single most important thing you can do to help the conversation's success. Avoid eating, gum chewing, or covering your mouth when speaking. In addition, adequate lighting should be available.

### ***Use facial expressions.***

This can help the listener remain on-topic and pick up on cues of the conversation. Appropriate gestures, if not overdone, can be helpful. Try to avoid too many visual distractions.

## **LISTENERS**

### ***Inform others.***

Do not hide the fact that you wear a hearing instrument or that you depend on speech reading to understand conversation. By letting others know about your situation, you will make communication easier for all involved.

### ***Select your setting.***

If possible, avoid communicating in a noisy place. The best environments for conversations are those free of background noises. When convenient, turn off the television, radio, stereo, dishwasher or other background noises, and shut windows and doors to enhance communication.



### ***Learn speech reading.***

Consider taking a course in lip reading or practice it on your own. Speech reading can't replace a hearing instrument, but it can supplement your use of a device and will make conversations easier to understand.

**For more tips on communicating with hearing loss, contact your AudigyCertified™ professional.**





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[www.indianaaudiology.com](http://www.indianaaudiology.com)

### *Donna's Corner*

It has been a busy spring. Dr. Webber and I have been going to trainings on new technologies. This spring has had more new releases than usual. We are excited about the new "invisible hearing aid". It has state-of-the-art technology, which has been miniaturized to fit deeper into the canal of the ear. While it won't work for everyone, it will fit a large number of people and is a wonderful alternative to other hearing technologies. It is especially nice that it also contains some of the best technology available today, and is made in America—in fact, Dr. Webber and I visited the factory last week! Another feature is a new way of dealing with noise, which is present with speech. The circuit can eliminate noise between syllables and words without distortion. This operates even in relatively quiet situations and can also operate with directional microphones to give extra help in areas with higher background noise. We continue to be amazed at the progress that is being made to help people do better in difficult listening situations. Please call for an appointment if you would like to see if you are a candidate for the "invisible hearing aid" called the AGX9is, or if you are interested in the newer technology in other styles.

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