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WINTER 2021



Don't Let Hearing Loss Hamper Your Holidays

Socializing with friends and loved ones during the holiday season can be as important to your overall health as the leafy greens on your dinner plate! However, if you suffer from hearing loss, being a part of the conversation at a family gathering can be a real struggle, often making it more tiresome than enjoyable to participate in. If you find yourself straining to hear over background noise, make preparations in advance to help ensure you're fully engaged in every memorable moment!

- If you wear hearing devices, make sure they are functioning their best by scheduling a clean-and-check with Austin Auditory Specialists before the party date!
- Wear your hearing devices with confidence. The stigma that once accompanied hearing devices is long gone. It's better to wear them and have a good time, instead of straining to hear what others are saying and possibly misunderstanding key information.
- Don't be afraid to provide communication tips. Your family and friends will appreciate the opportunity to make it easier for you to follow along. You might want to mention maintaining eye contact and speaking slowly and clearly.
- If you're having trouble conversing in a crowded room, ask to move the conversation to a quieter location—away from the bustle of the kitchen or the noise of the sporting event on the TV in the family room.
- Politely request that music be turned down or off during mealtime so that you can focus on enjoying the conversation without the additional background noise.
- If possible, select a seat at the table where you can see the other guests' faces well. Reading lips will help in situations where it's harder to hear when several conversations are happening at once.

Don't miss out on the best part of the holidays—spending quality time with family and friends! If it has been more than one year since you last had your hearing tested, or if your hearing devices aren't working as well as they used to, call us at (512) 354-4482 to schedule an appointment with your audiologist.

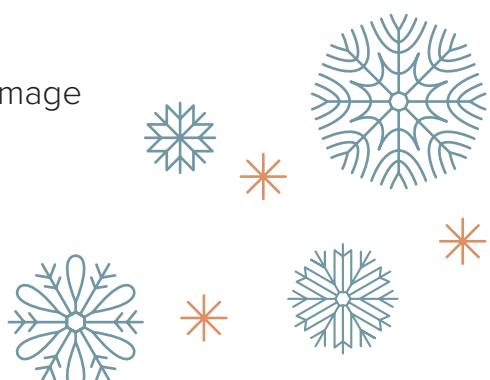
NEW TECHNOLOGY DEMONSTRATION

Schedule an in-office listening demonstration of WIDEX MOMENT™ hearing devices.

This technology delivers the most pure, natural sound ever and is personalized for your unique needs with SoundSense Learn artificial intelligence technology. Features include:

- Rechargeable batteries
- Durable, water-resistant coating for reduced risk of moisture damage
- Bluetooth® connectivity for easy streaming from smartphones

**CALL (512) 354-4482
TO SCHEDULE AN APPOINTMENT.**



**Austin Auditory
SPECIALISTS**



We Listen So You Can Hear

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(512) 354-4482

www.austinauditoryspecialists.com

THE IMPORTANCE of Follow-Up Appointments

ONCE YOU'VE BEEN DIAGNOSED WITH HEARING LOSS, you'll get to know the inside of our office very well as you go through the fitting process and subsequent appointments for fine-tuning adjustments. Those visits don't end once you have your hearing devices working properly. Your audiologist will schedule regular follow-up appointments to ensure your devices are operating at their optimal performance level and you are receiving the maximum benefit.

Hearing devices are a major investment, so there is a strong incentive to make them last as long as possible. The benefits are many: You'll enjoy an improved quality of life, and your risks of developing any of the side effects associated with untreated hearing loss are greatly reduced. Routine care and maintenance help keep your devices in good working order, and follow-up appointments allow you to meet with your provider regularly and share any concerns you may have.

Follow-up appointments are beneficial for many other reasons. Hearing changes over time; while hearing devices help amplify sounds and improve your communication abilities, keep in mind that they are not a cure for hearing loss. Regular hearing evaluations will enable your audiologist to track changes in your hearing and make programming adjustments to help you continue to hear well. And because your devices are exposed to heat and moisture daily, regular clean-and-check appointments are a great way to prevent damage before it occurs. Should you encounter problems, you'll have an opportunity to discuss repairs or replacements or purchase extended coverage once the manufacturer's warranty has expired.

To get the most from your appointments, come prepared with a list of questions or concerns you might have, especially if there has been a change in how well you hear with your devices. It is often helpful to bring along a family member or friend, as a neutral third party can provide additional insight or a different perspective on your hearing ability.

Follow-up appointments might seem like a strain on your already busy schedule, but the relationship you build with your audiologist through regular checkups, and the comfort in knowing that your devices are working optimally, should convince you to make them a priority.



Custom, in-ear devices available!

Avoid losing your hearing aids while wearing a mask.



Are mask straps dislodging your hearing devices?

Many of our patients who wear behind-the-ear devices say that taking face masks on and off can cause them to fall off their ears—risking damage or even loss. If this is a concern, you may want to consider in-the-ear devices. Ask your audiologist about the custom options available from Austin Auditory Specialists.

How Moisture Affects Hearing Devices

One of the greatest enemies of your hearing devices is moisture. While hearing aids are built to withstand the rugged environment of your ear, they are still high-level technology that can malfunction if not properly cared for. Be sure to keep your hearing devices out of moist or damp environments.

Below are signs moisture has infiltrated your hearing devices:

- Sound cuts out when there are loud noises.
- Sound fades in regular listening environments.
- You hear a lot of static.
- Sounds are distorted or unclear.
- Your hearing device stops working completely, even temporarily.

There are several things you can do at home to try to remedy moisture in your hearing aids. If you have behind-the-ear (BTE) devices, look in the earmold tubing. If you see moisture droplets, you can purchase an earmold puffer to blow the moisture out. You can also have your earmolds fitted with a moisture-dispersing tube.

If you have in-the-ear (ITE) hearing devices, you can purchase a drying device or dehumidifier. This is a small investment to protect your valuable health care technology.



Contact your audiologist right away if your hearing devices are still malfunctioning after trying these methods.

Welcome, Laura!



Laura De La Cruz
Audiology Coordinator

We are delighted to welcome Laura De La Cruz to our team! Laura is the audiology coordinator for Austin Auditory Specialists, where she assists with administrative needs and minor hearing aid repairs.

Laura graduated from the University of Houston in 2017 with a bachelor's in communication sciences and disorders. She was inspired to pursue a degree in communication disorders because of a relative who has special needs.

Laura recently relocated to Austin from Houston. In her free time, she likes to bowl with her husband and son, in addition to staying at home and spending time with her cat.

