

Inside
A Guide to
Spring
Wellness

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Thank You

to everyone who donated to our 2019 Howl-a-day Donation Drive! Our office collected pet food, treats, blankets, dog and cat beds, toys, and other supplies that are needed by the animal shelter and really appreciated by our furry, four-legged friends! The Center for Animal Health & Welfare in Easton was extremely grateful for all your donated items. And a big shout-out and thank-you to our front-office coordinator, Stacy Wambold, for initiating and organizing this donation drive!



Community Appreciation Event

Save the Date: June 18

We're excited to announce our seventh annual community appreciation event! This is our way of thanking everyone for choosing us as their provider of hearing care services. Join us here at our office for our Ice Cream Social on Thursday, June 18, from 1-4pm. Enjoy a dish of delicious ice cream from the Bethlehem Dairy Store with all the toppings, and other special treats!

We can't wait to see you!
Don't delay — please RSVP today.

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Dr. Janet Westlund, Au.D., Audiologist
Dr. Laura Grinstead, Au.D., Audiologist
Deborah Muhleisen, M.S., Audiologist

Jennifer Brown, Audiology Technician/HIS
Stacy Wambold, Front-Office Coordinator
Linda Minnich, Patient Coordinator



Sound News

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5 MYTHS ABOUT Hearing Loss

Get your journey to better health back on track with facts to debunk these five common hearing loss myths.

1 Myth: I'm coping just fine with hearing loss. I don't need to treat it.

Fact: Leaving hearing loss untreated increases your risk of depression, social isolation, cognitive decline, and even falling. However, research has shown using hearing devices can reverse or prevent these conditions.

2 Myth: I don't need hearing protection for yard work.

Fact: If you're using anything electric or gas powered, you do. Any sound louder than 85 decibels (dB) can damage your hearing. A push mower hits 90 dB, an edger 96 dB, a leaf blower 99 dB — and at 99 dB, damage occurs in 19 minutes — so hearing protection is a must.

3 Myth: Hearing devices cure hearing loss.

Fact: Hearing technology treats hearing loss. It's caused by damage — to the structures in your ear, the nerve connecting your inner ear to your brain, or the sound-processing part of your brain — so there is no cure. Hearing aids help you hear despite the damage.

4 Myth: Personal sound amplifiers (PSAPs) are the same as hearing aids.

Fact: PSAPs are meant for those without hearing loss, to enhance recreational activities. They amplify all sound. In fact, PSAPs can damage your hearing rather than help it. Hearing aids, however, adapt to your environment and amplify only the sounds matching your unique hearing loss.

5 Myth: My "good ear" will compensate for the hearing loss in my other ear.

Fact: Your brain has to work harder with single-sided hearing loss. It relies on input from both of your ears to pinpoint the source of a sound, filter out background noise, and process the sound. Hearing loss robs your brain of an important source of information.

Get the *facts* about hearing loss — contact us today to schedule a hearing consultation!

University of Florida Environmental Health and Safety. Noise Levels for Common Equipment. <http://webfiles.ehs.ufl.edu/noise/vl.pdf>. Accessed Oct. 24, 2019. Abrams H. Hearing Loss and Associated Comorbidities: What Do We Know? Hearing Review. 2017;24(12):32-35.