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The Newsletter of Audiology Services, Inc

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## WHAT'S NEW?

### Phonak Audeo BR

A new rechargeable hearing aid is now available from Phonak that uses an encased



rechargeable lithium-ion battery that can last up to 24 hours on one charge. The hearing aid charges

in just 3 hours. This is the quickest, longest lasting rechargeable hearing aid ever produced.

### Oticon OPN

Oticon's new receiver-in-the ear hearing aid can communicate with the iPhone, without a intermediary streamer, both for taking calls and making adjustments to the hearing aid(s). In addition, this hearing aid offers sophisticated processing to handle multiple listening environments.

### Phonak Lyric3

The extended wear Lyric 3 has an updated signal processor. This is a great option for people with mild to moderate hearing loss who want carefree hearing 24/7.



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## Communication Strategies

Regardless of hearing abilities, we all find ourselves in situations where we strain to hear: loud noise, crowds, listening to accents; and we use communication strategies to help us understand. When a hearing loss exists, these strategies become even more important:

“**Stage Managing**” the situation allows for better communication by using the following strategies:

- Preferential seating— sit near to and facing the speaker to give the best visual and auditory input. Most hearing aids now reduce steady state noise coming from the back automatically, so sit with your back to the loudest noise.
- Lighting— the speaker in front of you should not be in shadow, so keep the brightest light behind you and facing the speaker.
- Lipreading— watch the speaker to help distinguish between sounds that may not be heard correctly. This is often called “speechreading” because the entire face/body gives clues to the content of the message.
- If there is a “better” ear, seat the most important speaker at that side.

- Plan ahead— to help predict what the message may be.
- Reduce background noise- turn down the TV or mute it when conversing. Move to a quieter area or start a smaller group at social functions.

“**Clear Speech**” from others will also improve your understanding. Family and friends should be encouraged to:

- Speak in a normal tone but slightly slower than usual.
- Use short pauses after each phrase to allow time for your brain to try to fill in speech sounds that may not be audible.

“**Repair Strategies**” may be necessary if the message is still not understood. Instead of saying, “what?”, it helps the speaker know what you heard and what you didn't.

- Repeat what you thought you heard so only the incorrect information need be corrected. (“We're going to dinner at 9?”)
- Ask for clarification of a detail that you missed, such as a number, date. (“Did you say dinner is at 9?”)



### Routine Hearing Aid Check-Ups—What Should You Expect?

We recommend routine maintenance of your hearing aid twice a year to keep them working optimally and to discuss any issues you are still having. This includes, but is not limited to:

Otoscopic Inspection: checking your ears for accumulating wax

Cleaning the hearing aid: microphones, speakers, vents (if applicable), changing wax guards

Visual Inspection: check for cracks/ missing parts/ wax in the hearing aid(s)

Listening Check: check for intermittency, static, volume and program function (if applicable)

ElectroAcoustic Check: measuring amplification across frequencies for soft, medium and loud inputs; testing the integrity of directional microphones, and judging appropriateness of volume for your loss

Reprogramming: changing the hearing aid to address complaints, fine tune or adjust for hearing changes

Dear Friends,

Our office is now celebrating our 29th year! Our field has changed enormously since 1987. We have seen the introduction of digital hearing aids which are now the standard, and are able to process incoming sound at thousands of times per second and automatically change the way the amplification gets to the ears. Hearing aids can be connected to iPhones, iPads, TVs, remote microphones. We are constantly impressed by the technology but frustrated with some outcomes because the damage in the ear cannot be reversed. Our mission is to make the most out of the resources that each person has to improve their communication. The tips in this newsletter can help compensate for the limitations imposed by hearing loss.

Thanks to all of you for your support and confidence in us over the past 3 decades!

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