



Do you hear what I hear ... or do these little sleigh bells sound a bit duller than they should?

# Hearing matters

Do you hear those sleigh bells ringing?

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**A**ustin, Texas – At year's end, calendars become packed with holiday parties, church celebrations, volunteer events, road trips to see loved ones and hearty gatherings with family and friends. Do hearing problems already have you feeling on edge in anticipation of these events? There are some steps you can take to hear as well as possible this season.

Here are my Top 5 Holiday Hearing Rules to help you hear as well as you can during your noisy and fun holiday events.

1. Avoid cross talk. Get close to the person you are talking with so other conversations do not cross your path.
2. Minimize multi-

## GOLDEN HEARING RULE

Do not isolate yourself at holiday gatherings. Find a quiet spot for a nice conversation.



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conversations. Encourage one person in a group to talk at a time. Discourage anyone from taking part in more than one conversation at the same time.

3. Use attention getters. Get a person's attention before making your comment or asking your questions. For

example, "Carol ... how is your son's freshman year at college going?"

4. Talk slower. When you speak a little slower, other people have more time to decipher what you are saying.

5. Maintain eye contact. Eye contact means your hearing is aimed in the right direction. Don't turn your back, walk into another room, or talk around corners.

I hope your hearing doesn't trip you up during this busy holiday season.

Concerned? Contact us for a complimentary appointment at the Better Hearing Center of Austin at 512-282-4327. Receive insightful information throughout your detailed exam and hearing aid demonstration.

If you decide it is time to hear better, we are ready to help you.