



Hearing Professionals OF ILLINOIS

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For all of your hearing healthcare needs,
we are “hear” for you!



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Summer Issue,
2015

LOCATIONS

Golf-Western Prof Bldg
8780 W Golf Rd Suite 200
Niles, IL 60714

Old Orchard Prof Bldg
4905 Old Orchard Ctr Suite 630
Skokie, IL 60077

Hawthorn Health Center
1900 Hollister Dr Suite 220
Libertyville, IL 60048

Highland Park Prof Bldg
767 Park Ave West Suite 220
Highland Park, IL 60035

Glenbrook Prof Bldg
2150 Pfingsten Rd Suite 2260
Glenview, IL 60026

Lake Shore Office
680 N Lake Shore Drive Suite 1207
Chicago, IL 60611
312-266-6200

MAIN PHONE NUMBER
847-674-5585

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Illinois on Facebook, you’ll be the
first to know about our upcoming
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up to date information on hearing
loss and new technology.
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BETTER LIVING THROUGH BETTER HEARING

Summer Tips for Hearing Aid Maintenance

Summer is a great time to enjoy the outdoors, take a much needed vacation, or spend time lounging on the beach. All these activities can introduce wear and tear on your hearing aids. Here are five ways to extend the life of your hearing aids.

1. Keep your hearing aids out of direct sunlight or in a hot car. The plastic coating can melt away, so you need to keep hearing aids in temperate zones.
2. Do not wear your hearing aids to the beach if you are planning to get wet. This applies to rainy weather too, so make sure you have an umbrella to protect your hearing aids. The dampness, wetness, or condensation can damage the circuitry in hearing aids.
3. If you are going out for a night on the town, remove your hearing aids before applying makeup or hair product. Hairspray is especially damaging to hearing aids. If you are putting lotion or sunscreen on your body, do not touch your hearing aids until you have cleaned your hands.
4. Clean your hearing aid well during the summer months, as bacteria builds up faster in the heat. You may want to open the battery door to let air circulate when you are not using the hearing devices.
5. This applies to all seasons, but when removing your hearing aids, you should make sure to handle them over a soft surface. If you are at the beach, be extremely careful not to drop them in the sand. First, you might have a hard time spotting them. Second, tiny grains of sand might damage the components.

Follow these tips for a hassle free season and have a GREAT summer!

Dear Patients,

We hope you are doing well and enjoying the sounds of summer! While the warm weather is upon us, remember to take advantage of these beautiful, sunny days and schedule an appointment to see your audiologist for your routine check-up. At Hearing Professionals of Illinois, we are here to help and are constantly striving to better service our patients. See the ABOUT US on Page 2 to read about our newest audiologist, Megan Sowle. We are thrilled to have her as part of our growing practice!

Remember that your hearing is an important part of your overall health and we look forward to helping you maintain the lifestyle you desire. Refer to our article on Page 3 for more information about how summer sounds and activities can affect your hearing. Our office continues to raise awareness about hearing health throughout the summer with Educational Seminars. Check out Page 3 to learn about our educational event on “Hearing Well with Hearing Loss” at Saranello’s in Wheeling. We would love to see you! For our patients using hearing aids, don’t miss our article on Page 4 for great summer tips for hearing aid maintenance.

Remember, it’s never too late to hear better and regular check-ups are important for maintaining your hearing health. For those of you that are traveling during the summer, make sure to schedule an appointment to have your hearing aids checked and cleaned when you are back in town. At Hearing Professionals of Illinois, we are “hear” for you and we look forward to seeing you soon!

Warm Regards,
The Staff at Hearing Professionals of Illinois

Have questions? Call us or consult our website
www.HearIllinois.com

FUN FACT:

SUMMER HUMIDITY

Today's hearing aids have improved protection against humidity, but summer humidity and moisture can still cause occasional problems. Regular use of a dri-aid kit or electric dry and store unit will minimize these problems and eliminate or significantly reduce moisture-related repairs.

ABOUT US



Megan C. Sowle, Au.D.
Doctor of Audiology

Megan received her Doctorate in Audiology and her Bachelor of Science degree in Communication Sciences and Disorders from Illinois State University. During her graduate studies, she gained experience in a variety of settings including the Veterans Affairs clinic in Peoria, Southern Illinois University in Springfield, IL, and at the Carle ECHO (Expanding Children's Hearing Opportunities) Program in Urbana, IL. Megan worked as a student for Hearing Professionals, performing her full year clinical internship starting in 2014. Megan is a fellow of the American Academy of Audiology (FAAA) and is a certified member of the American Speech-Language-Hearing Association (ASHA). She is a licensed Audiologist in the state of Illinois.

ASK THE EXPERT

Q: I like to go swimming in the summer, but I don't like to get water in my ears. What should I do?

A: At Hearing Professionals of Illinois, we offer a variety of swim plugs for your swim needs. Custom swim plugs help protect your ears while swimming or bathing. They are comfortable to wear, come in a variety of fun colors and they even float! Ordering time takes two weeks. Pro Plugs are great for an instant fit option. These soft rubber earplugs come in a variety of sizes and can be fit in our office the same day. Pro Plugs work well for bathing and can be for used for swimming when coupled with a neoprene head band which is also available in our office.

OUR STAFF



(Back Row-L to R) Debbie Garber, Mary Ann Jordan, Sue Sherman, Brittany Nguyen, Megan Sowle, Merle Nathan, Sivan Blonz, Jeanmarie Carone and Sheri Yamashita
(Front Row-L to R) Susan Harris, Julie Landgraf, Andrea Karlin and Lindsey Portugal

HAPPY & HEALTHY HEARING

The Better Hearing Institute Encourages All Ages To Protect Their Hearing This Summer

The Better Hearing Institute (BHI) is encouraging people of all ages to protect their hearing this summer so they can treasure the sounds of the season for a lifetime. Hearing Professionals of Illinois recommends packing earplugs along with sunscreen for summer outings.

While many noisy recreational activities are part of summer fun, it's extremely important to take precautions to ensure that these activities don't harm our hearing.

Prolonged exposure to loud outdoor concerts, lawn mowers, power tools, motorized recreational vehicles, target shooting, sporting events and fireworks can potentially damage our ears. In fact, the single bang of a firecracker at close range can cause permanent hearing loss in an instant, making it forever more difficult to hear the quieter sounds of summer.

According to the World Health Organization (WHO), 1.1 billion teenagers and young adults (12 to 35 year olds) are at risk of hearing loss due to exposure to damaging levels of sound at noisy entertainment venues and the unsafe use of personal audio devices.

William Hal Martin, Ph.D., Professor of Otolaryngology, National University of Singapore, says, "Exposure to high level sounds cannot only destroy our ability to hear, it can cause tinnitus—ringing in the ears." "People of all ages are at risk of hearing loss from high level sounds, but it easily can be prevented by simple steps," Martin continues. "It is important to recognize when your ears are in danger and to safeguard them so you can enjoy listening to friends, music, and sounds you love for the rest of your life."

How Noise Affects Our Hearing

We hear sound when delicate hair cells in our inner ear vibrate, creating nerve signals that the brain understands as sound. But just as we can overload an electrical circuit, we also can overload these vibrating hair cells. Loud noise damages these delicate hair cells, resulting in sensorineural hearing loss and often tinnitus (ringing in the ears). The cells that are the first to be damaged or die are those that vibrate most quickly—those that allow us to hear higher-frequency sounds clearly, like the sounds of birds singing and children speaking.

Repeated exposure to loud noise, over an extended period of time, presents serious risks to hearing health as well. If you have to shout over the noise to be heard by someone within arm's length, the noise is probably in the dangerous range. Here are the warning signs:

- You have pain in your ears after leaving a noisy area.
- You hear ringing or buzzing (tinnitus) in your ears immediately after exposure to noise.
- You suddenly have difficulty understanding speech after exposure to noise; you can hear people talking but can't understand them.

Hearing Professionals offers many options for custom fitted noise protection. Call or visit us to learn more about the best solution for you.

Join Us for a Special Event

If you or a loved one suffers from hearing loss, you do not want to miss this exciting event. Our audiologist Sue Sherman, M.S., who has been with Hearing Professionals for 29 years, will be presenting a talk that is designed to help you make intelligent and informed decisions about hearing loss. This is a unique opportunity to have your questions answered in a casual, comfortable atmosphere without any pressure or obligation. Enjoy a complimentary breakfast while you learn about "Hearing Well with Hearing Loss."

Please call today to reserve your seat at 847-674-5585
Space is limited - RSVP by July 15th
Saturday, July 18th, 2015, 9:30 am - 11:00 am
Saranello's Restaurant
601 N. Milwaukee, Wheeling, IL 60090

