

Hearing Matters

Middle TN Ear, Nose & Throat

Fall 2009

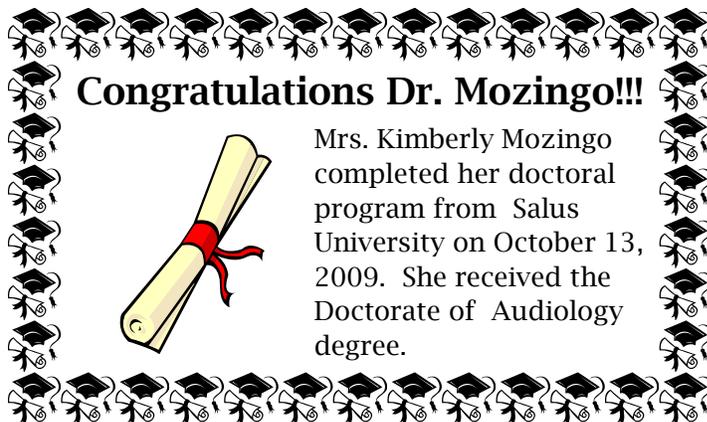
When should I purchase new hearing instruments?

The following are a few reasons to buy new hearing aids:

- Your hearing instruments are no longer loud enough for your hearing loss
- Your hearing instruments are breaking down more often
- Technology has improved since you bought your hearing instruments
- Your hearing instruments are more than 4 years old

If you are interested in discussing new hearing instrument options, please call us at 848.9265. Also, remember to get your hearing tested every year to make sure your hearing aids are adjusted properly and that you are hearing to the best of your ability.

Congratulations Dr. Mozingo!!!



Mrs. Kimberly Mozingo completed her doctoral program from Salus University on October 13, 2009. She received the Doctorate of Audiology degree.

PROTECT YOUR HEARING

Hunting season is upon us...if you or someone you know hunts or is exposed to loud noise, consider custom noise plugs. Since these plugs are made using an impression of your ear, they are more comfortable and block out loud sound better than foam or rubber ear plugs. Call for your appointment today at 848.9265.

Hearing Exercises

Are you having trouble understanding others? Do you have trouble hearing in noise? First you should know that hearing does not equal listening. Listening requires a person to not only hear but also to pay attention. As much as possible, be face to face with the person you are talking to and watch for visual cues such as facial expressions and body language. If you continue to have difficulty, you may have problems processing sound. Mental exercises may indeed help you hear better or at least give you a stronger, healthier brain to process the information. Here are some things you can do to boost your brain power:

- Practice recalling letter sequences
- Practice matching patterned squares
- Use your opposite hand to brush your teeth
- Do crossword puzzles
- Play Scrabble
- Be active! Eat healthy!



HAPPY HOLIDAYS



1370 Gateway Blvd, Ste 100
Murfreesboro, TN 37129

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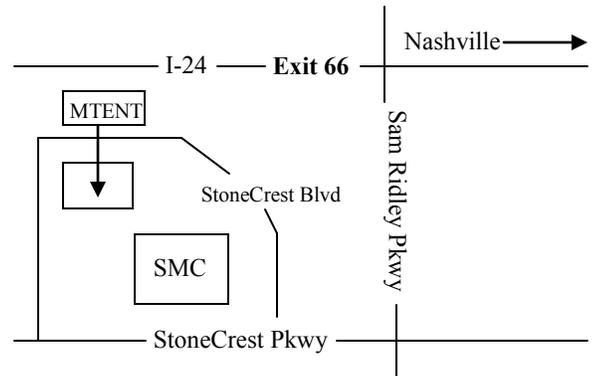
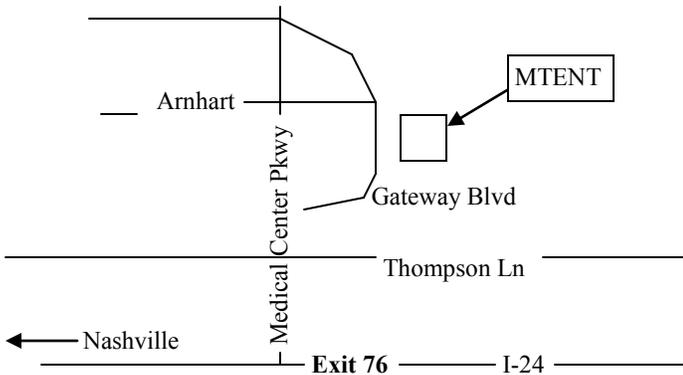
Murfreesboro

1370 Gateway Blvd, Ste 100
615.848.9265

Call today for an appointment

Smyrna

300 StoneCrest Blvd, Ste 375
615.223.9913



Helping you hear better because your hearing matters.

Walk-In Hours
Thursday 1:30pm-4pm

What is a Walk-In? A Walk-In is a time set aside for hearing aid users to come by our Murfreesboro Office for cleanings and basic hearing aid repairs such as tubing changes and battery door replacements. No appointment is needed for this first-come first-serve opportunity!

Just walk in!

Going Green

In order to reduce waste and preserve our environment, we will only be sending out our newsletter twice a year instead of four times. We are also going to try to send them to email addresses so if you use email, **please call our office to make sure we have your current email address or email us at midntent_audio@comcast.net**. We hope you enjoy reading our newsletter. If you have comments or suggestions, please let us know! We always welcome new ideas!

