

REDUCING TINNITUS

Wake Audiology offers tinnitus evaluations and treatment options. We look at diet and lifestyle factors that can cause or intensify tinnitus. Since hearing loss is the leading cause of tinnitus, a comprehensive hearing evaluation is the first step in determining the treatment plan for each patient.



Ways to reduce tinnitus:

- Avoid loud noise if possible: Use hearing protection for any noise exposure.
- Relax more: Muscle tension in the neck, jaw and shoulders can lead to ringing in the ears.
- Manage your stress: Exercise, get regular massages and take your vacation time
- Reduce intake of: Caffeine, nicotine and alcohol.

Hearing Aids: If you have hearing loss, wearing hearing aids typically reduces your awareness of tinnitus. Many hearing aids now offer Tinnitus Therapy Programs along with the standard hearing programs.

If tinnitus interferes with your sleep, consider a bedside sound machine or other source of masking sounds. There are many phone apps available that offer a variety of sounds to help mask the tinnitus.

Here are just a few:

- Tinnitus Sound by Oticon
- Whist-Tinnitus Relief by Sensimetrix Corp
- Tinnitus Balance by Phonak
- Tinnitus Measurer by Neonix (Apple only)
- Tinnitus Peace
- Tinnitus Therapy Lite by Sound Oasis (free)
- Tinnitus Therapy Pro by Sound Oasis (\$5.99)
- Pro Medical Audio (Apple only)

Note: App selections change, so explore your app store to see what else may be available.

DID YOU KNOW ...

- The majority of residential fire fatalities occur between 11 pm and 7 am when most people are asleep (FEMA, 2014)
- The standard signal emitted by residential smoke detectors falls between 3-4 KHz (Bankaitis, 2010)
- Nearly 50% of adults with moderate to severe high frequency hearing loss did not wake up to a smoke detector that remained active for 3 minutes (Bruck & Thomas, 2001)



Audiologists emphasize it's not enough to be able to hear a smoke alarm - you must be awakened by it. Be sure to have someone test your smoke detectors at a distance to ensure the sound can wake you. The Loudenlow Low Frequency smoke detectors have been shown significantly more effective at waking individuals with mild to moderate hearing loss. - www.loudenlow.com

BEST OF THE BEST VOTING ENDING AUGUST 19th

Thank you for voting us as Best of the Best Hearing Care in 2014 and 2015. We strive to offer you the best possible service. We know you have choices for hearing care, and we work hard to earn your trust.

Please consider voting for us as your favorite Hearing Care provider. Voting ends August 19. Thank you for your continued support.

<https://thewakeweekly.formstack.com/forms/bestofthebest2016>



HEAR FROM OUR PATIENTS

"Having my hearing aids allows my wife to lower her voice and not scream at me all the time. She also is in a better mood because she doesn't have to repeat herself." CDR

THANK YOU ...

We Appreciate Your Referrals

Referring your friends and family is the highest compliment you can pay us. As a thank you for referring new hearing aid patients, we will make a contribution to a charity of your choice.

Thank you for choosing Wake Audiology as your hearing care provider.

Sincerely,

Dr. Catherine Marquis
Carol and Sandy