With Autumnal Sights Comes Autumnal Sounds

As the trees get ready to burst into crimson and gold, the hay gets baled and all the harvest-time activities give way to peak pumpkin spiced latte frenzy, we’re inundated with plenty of sights and smells of the fall.

And though we wouldn’t want to ever downplay the joy of that first sip of pumpkin spice, it’s important to also think about all the sounds that pop in tandem, from geese honking in v-formation over your head, to the crunch of all those beautiful leaves, the season certainly wouldn’t be the same without its aural pleasures.

So here’s our opportunity to remind you to protect your ears! Certainly to hear the goose honk and the leaves crunch, but also because come October, it’s Audiology Awareness Month, and a perfect chance to get more people to incorporate a healthy hearing lifestyle.

What does that mean? Well, currently 37.5 million Americans have hearing loss, and because only around 20 percent of those go on to seek treatment—with depression and social isolation just the tip of the iceberg paralleling that subset—the American Academy of Audiology started an annual month-long campaign to raise awareness, and perhaps, get people to get into the doctor to get their hearing checked.

We are ‘Hear’ for you! Our audiologists have the expertise to determine the best hearing protection for your needs. Call (847) 674-5585 to schedule an appointment today!

For all of your hearing healthcare needs, we are “HEAR” for you.

Prevent Noise Induced Hearing Loss with ear protection

More than 26 million Americans aged 20-69 have noise induced hearing loss. It is caused by damage to the hair cells in our inner ear due to repeated exposure to loud sounds at or above 85 decibels. Once damaged, our hair cells can’t grow back, causing permanent hearing loss.

The following situations put you in the danger zone:

- If you have to shout over background noise to make yourself heard
- If the noise hurts your ears or makes them ring
- If you find it difficult to hear for several hours after hearing the noise

Noise induced hearing loss is the only kind of hearing loss we have the power to prevent. The best way to prevent damage to your hearing is to wear ear protection when you know you are going to be exposed to loud sounds for any length of time. Custom noise plugs or musician’s plugs with filters that block noise but allow you to hear conversation are excellent choices.

ONLY 8% OF U.S. ADULTS CONSISTENTLY WEAR HEARING PROTECTION AT LOUD ATHLETIC AND ENTERTAINMENT EVENTS.

Always carry ear protection with you so you can put them on when you are:

- Working in an excessively noisy environment like a factory
- Using power tools, lawn mowers, leaf blowers, etc.
- Hunting or at a shooting range
- Attending loud concerts and sporting events
- Watching fireworks displays
- Riding motorcycles and other noisy vehicles

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Feeling tired lately? Hearing loss and listening fatigue

Hearing loss has been linked to a number of physical, social and psychological conditions including dementia, diabetes, anxiety, depression and social withdrawal. Fatigue is common as well.

If you have been feeling more tired than usual lately and experience hearing loss, there may be a correlation between the two. The reason boils down to a condition known as listening fatigue, a consequence of expending extra effort in order to hear and comprehend conversation.

WORKING HARD TO HEAR TIRES OUT YOUR BRAIN
Hearing actually involves the brain just as much as the ears. Your brain receives sensory input from the inner ear and is responsible for processing sound and translating it into recognizable speech. Damage to the hair cells of your inner ear – a common cause of hearing loss – limits your ability to hear properly, when this occurs, your brain is forced to “pick up the slack” and spends additional effort to understand what you are hearing. Doing so is taxing and often leads to feelings of exhaustion and decreased energy levels, not to mention increased stress and frustration.

HEARING AIDS REDUCE LISTENING FATIGUE
Wearing hearing aids should significantly reduce these feelings of exhaustion. They reduce the amount of effort spent listening and communicating by making it easier to hear sounds and speech in different environments.

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