

Hearing Associates
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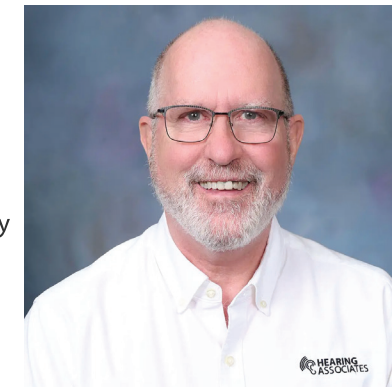
Hearing Associates is hosting an open house on Monday, December 30, at our Mason City office to celebrate Stu's retirement before he heads south for the winter. Patients, staff, family, and friends are all invited to join us. Food and drinks will be available, and guests will have the opportunity to greet Stu from **10 a.m. to 4 p.m.** Opening remarks will take place at **1:30 p.m.**

Visit our blog at hearingassociatesmc.com/blog or scan the QR code with your mobile device!



STUART TREMBATH IS RETIRING!

After 32 years of dedication, hard work and community involvement, Stuart Trembath will retire at the end of 2024.



Stuart Trembath: 2024 Boss of the Year Finalist

Stuart Trembath was recently honored as the 2024 Boss of the Year by the Mason City Chamber of Commerce. Scan the QR code to watch the video and see how his leadership and dedication have made a lasting impact on Hearing Associates and its employees.



Contact Hearing Associates to schedule an appointment with Stuart before the end of 2024.

BBB RAISES THOUSANDS FOR BREAST CANCER RESEARCH:

We recently partnered with Breast Backyard Bash (BBB) to raise funds to support cancer research. The 2024 BBB event raised **\$24,387** to support breast cancer research. Donations went to the Mercy Foundation to support the Cancer Center, MetaVivor Cancer Research and My Happy Haven to provide makeovers for cancer patients.

Those organizations received the following donations:

- **Mercy Foundation: \$20,730**
- **My Happy Have: \$2,657**
- **MetaVivor: \$1,000**



Thank you to all who donated and participated. Contact Hearing Associates to learn more about our charitable opportunities.



Providing excellent customer service and quality hearing aids to our patients since 1987. Hearing Associates is your hearing healthcare expert with 11 convenient locations in Northern Iowa and Southern Minnesota.

Hear in the Now News

October 2024

What Causes a Tinnitus Spike?

Tinnitus spikes are caused by an internal or external trigger or a combination of the two. Learning what agitates your condition can help you avoid tinnitus-inducing scenarios.

Understanding Tinnitus Spikes

A tinnitus spike is an increase in the volume, pitch or intensity of the ringing in your ears. An episode can last for minutes, hours, days or weeks, depending on the cause.

Causes of Tinnitus Spikes

Internal factors that cause tinnitus spikes include:

- High sodium, sugar or caffeine
- Alcohol or nicotine
- Food sensitivities
- Medication
- Anxiety or depression
- Recreational drug use
- Dehydration
- Lack of sleep
- Allergies
- Earwax

External factors include:

- Weather patterns
- Noise exposure
- Air travel

Identifying Tinnitus Triggers

Tracking your symptoms and daily habits can help you identify which internal and external influences cause a spike. Keep a log of your symptoms to spot patterns and possible triggers.

Can I Avoid Tinnitus Flare-ups?

Tinnitus is manageable. Eating well-balanced meals, exercising and avoiding tobacco support cardiac health and blood flow, which can influence your tinnitus. Assess your lifestyle choices to reduce the frequency and intensity of tinnitus spikes.

How Do I Cope with a Tinnitus Spike?

While you can't control the volume or duration of a tinnitus spike, you can control how you react to the sensation and focus on your other senses.

Consider the following to cope with your symptoms:

- Sleep Habits
- Relaxation
- Therapy
- Support Groups
- Hearing Aids
- Sound Therapy



Scan the QR code to read the rest of the article online!

HOW LONG DOES IT TAKE TO ADJUST TO HEARING AIDS?

The answer depends on the severity of your hearing loss, how long you've lived with it and the type of hearing aid you wear. Some hearing professionals estimate a 30- to 45-day adjustment period, but it could take several months.

Why Does It Take Time to Adjust to Hearing Aids?

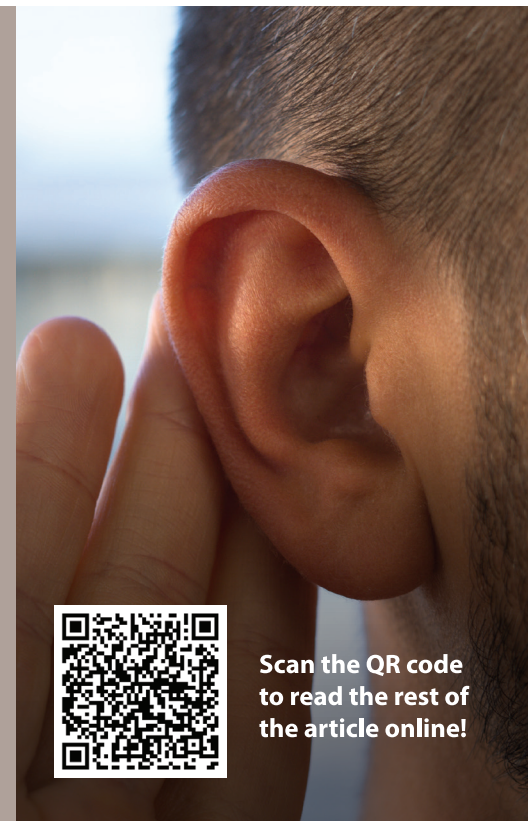
Hearing loss deprives your brain of auditory stimulation, affecting its ability to interpret sounds. Wearing hearing aids can be a shock to your brain's system because you're hearing sounds you've been missing, so your brain will need to adjust.

What to Expect When Adjusting to Hearing Aids

The physical and auditory sensations vary based on your type of hearing loss, ear shape and the size of your device.

Tips for Adjusting to New Hearing Aids

- Wear them at home first.
- Wear them often.
- Be realistic.
- Be patient and practice.



Scan the QR code to read the rest of the article online!

CAN EARWAX CAUSE HEARING LOSS?

Built-up earwax can lead to conductive hearing loss, preventing sounds from traveling through your middle ear.

What is an Earwax Blockage?

Earwax is produced by glands in your outer ear canal. An impaction is a hardened buildup that prevents sound waves from traveling through your ear. Total earwax blockages are rare and usually require professional removal.

Earwax Blockage Causes:

- Your body produces more earwax
- Age

Symptoms of an Earwax Blockage:

- Earache
- Infection
- Odor or discharge
- Sense of fullness
- Temporary hearing loss
- Dizziness
- Tinnitus
- Cough
- Itching or irritation

Earwax Blockage Causes:

An audiologist can provide the following treatments:

Ear irrigation: This method of removing earwax involves using saline or water to dislodge earwax.

Microsuction: An audiologist inserts a tool with a thin nozzle to suction earwax out.

Manual removal: Healthcare providers have special tools to manually loosen and remove