**Hearing Associates**
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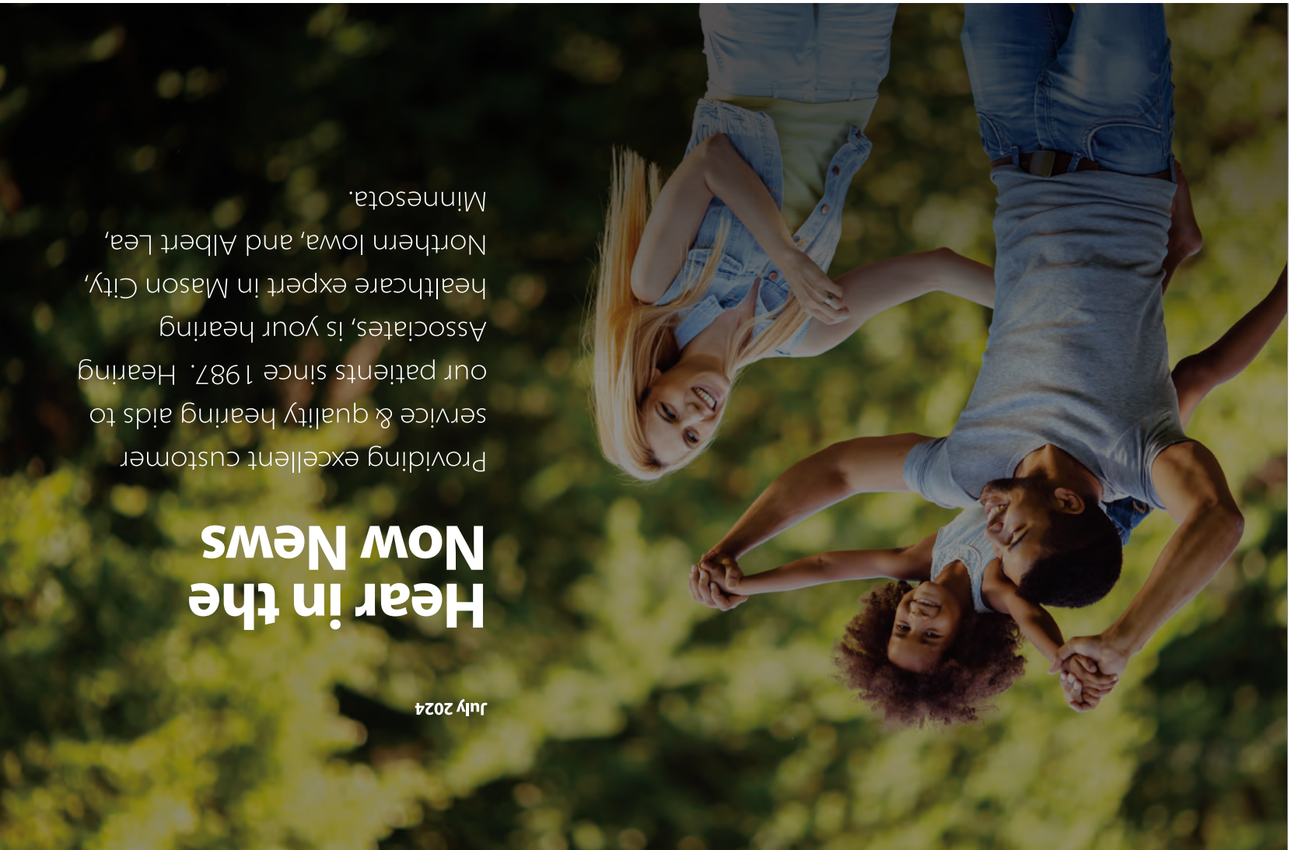
HEARING ASSOCIATES

**Inside this issue**

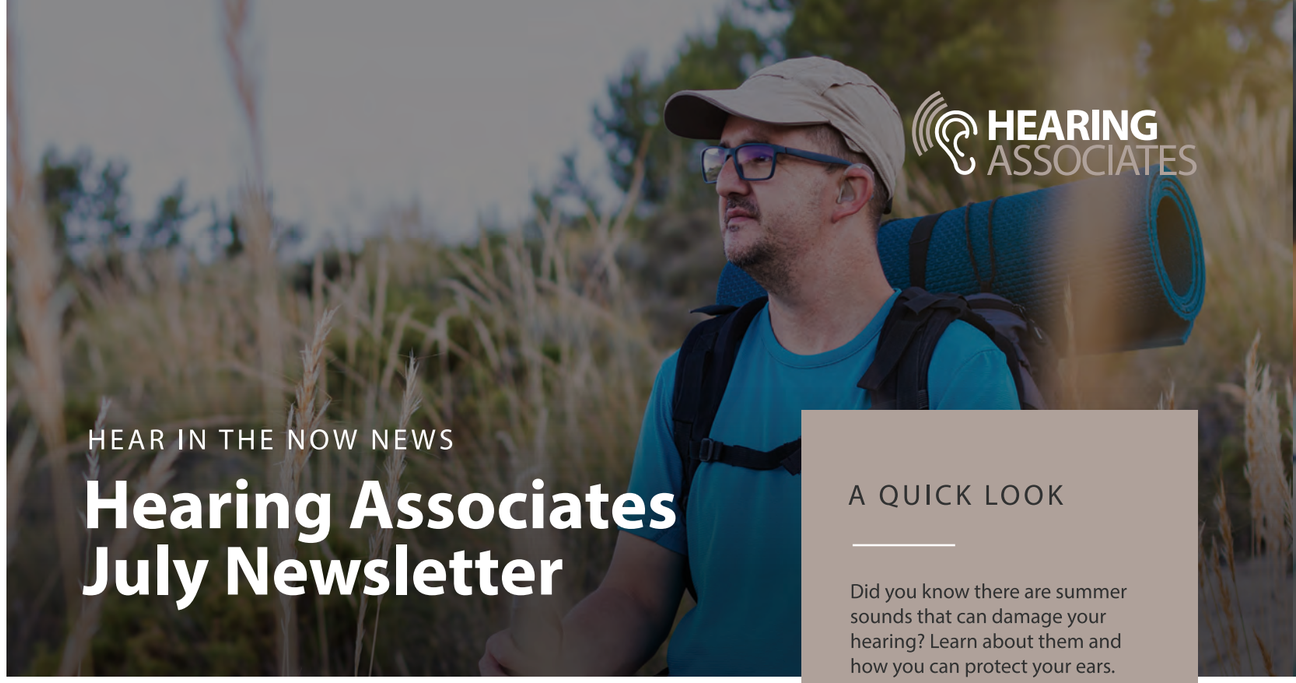




July 2024

# Hear in the Now News

Providing excellent customer service & quality hearing aids to our patients since 1987. Hearing Associates, is your hearing healthcare expert in Mason City, Northern Iowa, and Albert Lea, Minnesota.



HEAR IN THE NOW NEWS

# Hearing Associates July Newsletter

## WE'RE EXPANDING OUR FOOTPRINT!

We're excited to announce a new hearing center is set to open in Algona, Iowa, in July! Dr. Tanya Rowe is the attending audiologist and will accept appointments every first, third and fifth Wednesday from 8 a.m. to 5 p.m.

- Hearing Tests
- Hearing Aid Repair, Maintenance and Fittings
- Earwax Removal
- Aural Rehabilitation
- Tinnitus Treatment
- Consultation

**Visit us at the Kossuth Regional Health Center at 1515 S Philips Street. We look forward to serving this community!**

## A QUICK LOOK

Did you know there are summer sounds that can damage your hearing? Learn about them and how you can protect your ears.

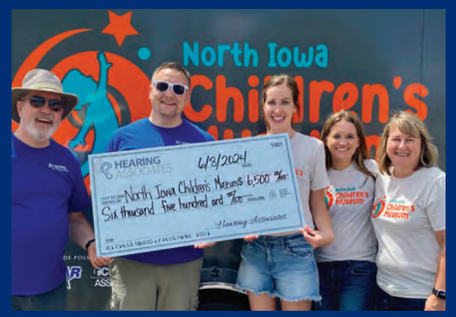
You'll find details about our new location and our latest community contributions, too!

**Interested in reading more similar articles?**

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

## HEAR FOR OUR COMMUNITY:

We partnered with our patients and provided $6,500 to the North Iowa Children's Museum in early June. "We jumped at the opportunity to support and bring awareness to the museum" said Alex Crippin, Director of Operations at Hearing Associates. "Our donation was made possible by our patients who got their hearing screened and purchased hearing devices during our promotion." We're also going to work with Breast Backyard Bash (BBB) to help raise funds for North Iowa residents battling cancer. The BBB works with the Mercy Foundation to support the Cancer Center, MetaVivor Cancer Research and My Happy Haven.




**Contact Hearing Associates to learn more about our charitable opportunities.**

# Protect Your Hearing from Summer Sounds

*Any sounds that exceed 85 dB can cause permanent hearing loss. Here are some common summer sounds that could harm your hearing and tips for protecting yourself.*

### Fireworks

They light up the night, but most fireworks reach 100 to 125 dB.

**How to protect your hearing:**

- Stand at least 500 feet away from the launch site.
- Wear earplugs.
- Give your ears a listening break afterward.

### Amusement Parks

The screams of delight and mechanical noises that accompany riding a rollercoaster get as loud as 95 dB.

**How to protect your hearing:**

- Wear earplugs on rides.
- Limit your exposure to noisy attractions.
- Avoid rides with audio elements.

### Air Shows

Jet engines and crowd noise can peak at 100 to 115 dB.

**How to protect your hearing:**

- Wear noise-canceling headphones during takeoff.
- Keep back from the flight line, speakers and amplifiers.

### Car Races

Car races can be as loud as 130 dB.

**How to protect your hearing:**

- Wear ear protection with a Noise Reduction Rating (NRR) of at least 25 dB.
- Keep children at least 20 feet from trackside fences and walls.

### Baseball Games

Crowd noise, announcements and music can reach 85 to 100 dB.

**How to protect your hearing:**

- Find a quieter spot away from the crowd.
- Take five-minute listening breaks every few hours.

### Concerts

Concerts can get up to 120 dB, which may cause hearing damage and tinnitus.

**How to protect your hearing:**

- Wear earplugs during the performance.
- Move away from speakers and amps.
- Take a hearing break for after a concert.

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

## WHY SHOULD I GET REGULAR HEARING CHECKUPS:

*Scheduling regular hearing tests helps you protect your ears and cognitive function.*

**How Often Should I Get a Hearing Test?**
The American Speech-Language-Hearing Association recommends adults ages 18 to 60 get a hearing screening every three to five years and annual tests for those older than 60.

**Identify Potential Hearing Problems**
Doing so allows you to make changes to preserve your hearing and stay engaged with your listening environment.

**Diagnose Hearing Loss Comorbidities**
Common hearing loss comorbidities include diabetes, cardiovascular disease and infections.

**Prevent Further Hearing Damage**
Your audiologist will review your lifestyle to determine where to make changes. Heavy traffic, lawnmowers and restaurant noise produce sounds that can damage your hearing. Smoking and poor diet also negatively impact your ears.

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

## ONE VS. TWO HEARING AIDS: WHICH IS RIGHT FOR ME?

*Wearing two hearing aids allows you to connect with the world around you and provides your brain with essential auditory stimulation.*

**What Happens When You Wear One Hearing Aid**
You may have different degrees of hearing loss between your ears. Wearing one device can create a head shadow, which occurs when your head blocks sound to your stronger ear.

**What Happens When You Wear Two Hearing Aids**

**Better Sound Quality -** Wearing two hearing aids provides a wider range of sounds and contributes to a more natural listening experience. That reduces the effort your ears make to convert sounds and prevents auditory deprivation.

**Enhanced Speech Comprehension -** As the loss progresses, your brain becomes less effective at distinguishing sounds. Wearing two devices improves auditory processing so your ears can filter background noise and focus on speech.

**Tinnitus Relief -** Because hearing aids increase the volume of sounds in general, you may be less likely to notice your tinnitus while wearing your devices.

**Better Long-Distance Hearing -** Wearing a pair of hearing aids allows your ears to work together to improve long-distance hearing. They're especially helpful if you have high-frequency hearing loss since those sounds don't travel as far as their low-frequency counterparts.