



# ALLIANCE CENTER FOR HEARING

Keeping You Informed

## Spring Cleaning for Your Ears: Clearing Out the Winter



As the weather shifts and the days stretch longer, most of us start thinking about fresh starts — closet clean-outs, garden prep, maybe even tackling that junk drawer. But spring is also an excellent time to check in on your hearing aids and give them the seasonal reset they deserve. Even with careful wear, winter can be tough on your devices. Hats, scarves, and cold air can introduce extra moisture, and dry indoor heating may lead to static buildup. If you’ve noticed reduced clarity, more frequent battery changes, or feedback when putting on glasses or hoods, your hearing aids may be overdue for a professional clean & check.

We’ll thoroughly inspect your devices — removing debris, replacing wax guards and tubing if needed, and ensuring microphones and receivers are working at full capacity. This quick appointment can extend the life of your hearing aids and make daily hearing more comfortable and consistent.

March is also prime allergy season, and for some patients, congestion and fluid in the ears can temporarily affect how your hearing aids perform. If sounds seem a bit “off” lately, it may not be your device — it could be your ears themselves. We can run a quick exam and make sure everything is functioning properly.

While you’re at it, take a few minutes to review your routine: Are you storing your hearing aids correctly overnight? Using a dehumidifier case if needed? Are you wiping them down daily with a soft, dry cloth? Little habits like these make a big difference.

And if your hearing aids are starting to feel a little outdated — or if you’ve been curious about new features like tap controls, hands-free phone calling, or advanced background noise reduction — spring is a great time to explore options. We’re happy to help you see what’s new.

**Don’t Delay, call 701-751-6232 to book your Spring Cleaning appointment today!**

4900 Ottawa St., Suite #300  
Bismarck, ND 58503  
**(701) 751-6232**



Amanda Leddige  
Owner / Doctor of Audiology



Jessica McLindsay  
Doctor of Audiology

## Your Referral is the Greatest Compliment We Can Receive

Refer a friend, transform their world. As you know, we believe in enhancing lives through better hearing. By recommending us, you're gifting friends the joy of clearer conversations, melodic tunes, and enriched connections. Join us in spreading the gift of improved hearing... it's not just about hearing better; it's about living better.



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## Did You Know? Fun Facts About Your Ears

Your ears never sleep. While your brain “turns down the volume” during rest, your ears are always on — ready to catch sounds like alarms, babies crying, or dogs barking at mysterious late-night shadows.

This constant alertness is one reason untreated hearing loss can lead to fatigue: your brain has to work harder to fill in the blanks. A good reason to “spring forward” into better hearing habits this season!



## What Sound Makes Life Worth Hearing?

### Rain on the Roof

Submitted by Diane L.

*Have a favorite sound? Drop us a line and tell us the sounds that make your life worth hearing!*



## Exciting News About Dr. Leddige

We’re proud to share that Governor Kelly Armstrong has selected Dr. Amanda Leddige to serve on the North Dakota State Board of Examiners on Hearing Instrument Specialists. This appointment recognizes her expertise, professionalism, and dedication to advancing hearing healthcare across North Dakota.

Serving on the Board allows Dr. Amanda to help uphold the standards that protect patients and ensure high-quality hearing care throughout North Dakota. Her role supports licensing, ethical practices, and continuing education for hearing instrument specialists statewide.

For our patients at Alliance Center for Hearing, this reflects the same commitment we bring to the clinic every day - evidence-based care, strong professional standards, and a passion for helping people hear their best. We’re honored to have Dr. Amanda helping shape the future of hearing care in North Dakota.