

Hearing HealthCare News®

A newsletter for our patients, their families and friends

Spring 2025

Your Healthy Hearing Check-up

Regular hearing health check-ups are an important part of good hearing health care. Your hearing check-up includes the following:

- 1. Ear canal examination.** Earwax is one of the most common causes of hearing aid feedback (whistle) and hearing aid repairs.
- 2. Hearing test.** Has your hearing changed? We'll compare the results to your previous hearing evaluation results. If we find a change in hearing, we'll recommend treatment or adjust your hearing aids to compensate for the change.
- 3. Re-program your hearing aids.** Sometimes a re-programming of your hearing aids due to a change in hearing or a change in your hearing needs is helpful. You may find you hear better after this adjustment.
- 4. Clean your hearing aids.** Regular cleaning minimizes hearing aid repairs and makes sure that your hearing aids are providing the maximum benefit.
- 5. Review other sources of help.** This is a good time to ask about telephone amplifiers, clock and smoke alarms, devices for television and group settings and connectivity to cell phones and personal devices.

Driving Tips

With many drivers today using cell phones to talk and even text while behind the wheel, driving can be a stressful experience. Here are some suggestions for safe driving:

- Using a cell phone while driving is illegal in most states (unless hands-free). About 10% of all accidents are attributed to distracted driving.
- Keep the radio volume to a minimum so you can hear traffic sounds.
- You can't read lip while driving! If having a conversation distracts you, ask your passengers not to talk to you unless necessary.
- Make frequent use of all side and rearview mirrors when changing lanes and passing. Many side mirrors now have visual warning lights when a car is in your blind spot.
- The sound of most turn signals are not designed for people with hearing loss. Look to make sure your turn signal is off after making a turn.

Recommendations for Adults with Hearing Loss

Adult hearing loss (AHL) is one of the most common health issues in the over-65 population, occurring in about a third of this group. AHL causes more than communication problems. Untreated AHL can also lead to social isolation, cognitive decline, depression and increased likelihood of falls.

The American Academy of Otolaryngology-Head and Neck Surgery Foundation recently published *Clinical Practice Guideline: Age-Related Hearing Loss*, a practice guideline with recommendations for health care practitioners. The American Academy of Audiology has also issued *Guidelines for the Audiologic Management of Adult Hearing Impairment*.

The guideline was developed by a group of otolaryngologists, audiologists, gerontologists, neurologists, primary care physicians and consumers. Recommendations were developed based on a comprehensive review of the research literature. These are recommendations for screening, evaluation, counseling, treatment, and management of AHL.

Recommendations include:

Screening

All patients over 50 years old should be screened for AHL. This is consistent with previous recommendations of the American Speech Language and Hearing Association and the U.S. Preventative Services Task Force. Screening can be done by questionnaire, screening test or an

on-line or smart phone self-test.

Evaluation

All patients who may have AHL should receive an audiologic evaluation. A comprehensive evaluation can identify the type and degree of hearing loss and provide important information for treatment. Online tests are available but provide limited information.

Treatment

In most cases, hearing aids and assistive listening devices are the treatment of

choice to minimize the effects of AHL. For more severe HL, cochlear implants are an option.

Hearing aids can be fitted professionally or obtained over the counter (one size fits all). Professionally fit hearing aids are custom designed to fit the patient's specific pattern of HL across various frequencies.

Communication strategies

The Guideline provides a series of strategies when communicating with a patient with AHL:

Get the person's attention. Someone with AHL needs to focus attention on hearing and understanding.

Face the person. This maximizes loudness, but also provides important visual (lipreading) cues.

Minimize interfering noise such as television, radio, or music.

Provide important information and instructions in writing.

A copy of the Guideline and more information is available at www.entnet.org/arhlcpq.



A hearing test is the best way to identify hearing loss.

Hearing Care and COVID-19

We have always followed strict procedures for infection control. Because of the coronavirus, we have instituted additional stringent procedures in accordance with national and professional association guidelines. We are committed to protecting our patients as we strive to make sure you are hearing as well as possible.

WELCOME

...to the Spring issue of our patient newsletter. We hope you find the information useful to you and to your family and friends.

Our practice is based on these fundamental principles:

- **Hearing loss is serious**
- **Hearing loss deserves professional care**
- **Hearing aids improve lives**

Celebrity Hearing Loss

Many famous individuals have talked about their experiences to promote public awareness about hearing loss (HL). Former presidents *Ronald Reagan* and *Bill Clinton* both began using hearing aids during their presidencies. Former surgeon general *C. Everett Koop* was an outspoken advocate for the importance of identifying and treating hearing loss and the role of hearing aids.

Well-known athletes with HL include world record holder (and former congressman) *Jim Ryun*, Olympic swimmer and gold medalist *Jeff Float*, Chicago linebacker *Mike Singletary*, and golfer *Arnold Palmer*.

Actors and Artists

Actors and actresses such as *Halle*

Berry, *Jodie Foster*, *Robert Redford*, *Eddie Albert*, *Richard Thomas* and *Rob Lowe* have all talked about their HL.

Heather Whitestone, Miss America 1995, has a profound sensorineural HL. She was in the news again when she received a cochlear implant in 2002. Radio talk show host *Rush Limbaugh* experienced sudden HL in 2001 and received a cochlear implant—and was able to continue his broadcast career. Contemporary musicians with HL include *Phil Collins*, *Bono*, *Pete Townshend*, and *Huey Lewis*.

Historical Figures

Beethoven continued to write music in spite of progressive HL. *Thomas Edison*, one of our most important

inventors, had HL since childhood. And Shakespeare's *Julius Caesar* had a uni-lateral hearing loss.

Tinnitus

Many people in the entertainment world deal with *tinnitus*—hearing hissing, ringing or other sounds that are not actually present. *Steve Martin*, *Bob Dylan*, *Paul Simon* and both *William Shatner* and *Leonard Nimoy*, the captain and first officer on *Star Trek*, suffer from tinnitus.

Most people with HL aren't rich or famous, of course. Hearing loss occurs in people of all backgrounds and ages. Fortunately, there is a wide range of help available today for anyone with hearing loss or tinnitus—famous or not.

Duncan *DN* Nulph
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INTENT Adapts To You

Feel even more engaged in any situation

Have you thought about how your hearing needs constantly change? Now there's a hearing aid that understands what you want to listen to. The *Intent, by Oticon*, puts you in charge with the world's first user-intent sensors. *Oticon Intent* uses your head and body movements to understand your listening intentions. It then adapts to your changing needs so seamlessly - you won't even notice.

So many reasons to upgrade your hearing

Oticon Intent has been tested and proven to give you benefits like never before, including:

- Seamless awareness of surrounding sounds
- Help you to focus on what you want to listen to
- Reduced listening effort and stress

Upgrading your hearing aid can give you a whole new level of engagement. Call **Duncan-Nulph Hearing Associates** at 717-766-1500 to schedule a hearing evaluation.

Sincerely,

Dr. Kristen A. Duncan Au.D.

Dr. Danette Nulph, Au.D.

Dr. Lisa Brown, Au.D.

Duncan-Nulph Hearing Associates

Telephone: (717) 766-1500 • Visit us on the web: www.dnhearing.com