

Hearing HealthCare News®

A newsletter for our patients, their families and friends

Fall 2025

A Tale of Two Golf Buddies

Jim Smith and John Brown have played golf together for years. They both have hearing loss and use hearing aids. Mr. Brown's loss is more severe than that of his friend Jim, but he actually hears better and has fewer hearing difficulties than his golf buddy.

That's because John took all the right steps. He acknowledged and accepted his hearing loss. He sought professional care and regularly uses his two hearing aids. He told his family and friends about his hearing problem and let them know what they can do to help him hear and understand as well as possible. When he goes to a noisy restaurant, he understands that he may not hear well in that setting. He gets a hearing and hearing aid check-up every year to make sure he's hearing as well as possible.

Mr. Smith has a milder hearing loss, but he has more hearing difficulties and struggles more with everyday communication. He hasn't fully accepted that he has a hearing loss and frequently complains that people mumble. Although he has loss in both ears, he uses only one hearing aid, and only "when I have to."

The help available today for people with hearing loss is truly remarkable—but only if you seek it out.

Mr. Smith's wife and children know about his hearing loss, but he hasn't told his friends or co-workers. Most of them know he has a hearing loss anyway, but they don't know about how important it is to face him, to get his attention before speaking to him, or that noise has a much greater effect on his ability to understand.

Unfortunately, this is not a fairy tale. There are more Mr. Smith's in the world than Mr. Brown's. The help available today for people with hearing loss is truly remarkable—but only if you seek it out.

If you know someone like Mr. Smith, please give him—or her—this newsletter. It might be the first step to better hearing for him and his family.

Not All Improvements Are High-Tech

There have been tremendous advances in hearing aid technology in recent years, and these improvements have led to higher satisfaction ratings from hearing aid users. But there have been other improvements that may not sound impressive or "high tech," but these are still important improvements.

For example, the most common hearing aid repair is due to damage caused by wax, dust and moisture. The introduction of effective and easily replaced wax guards has reduced those repairs by half. This simple improvement took several years to perfect, but hearing aid users now have significantly fewer repairs and significantly less cost in hearing aid maintenance.

The Battery Door

Hearing aid battery doors can wear or break after several years of use. Battery doors are now much more durable and, if necessary, easily replaced. And with the introduc-

tion of rechargeable hearing aids, there's no need to open the battery door anyway.

Moisture can penetrate into hearing aids and damage the circuits and electronics. Today's hearing aids have anti-moisture coatings which have greatly reduced repairs due to moisture damage.

Batteries have also been improved, with longer life and more consistent output. This has led to the use of much smaller batteries that last as long as the larger batteries they replaced. And smaller batteries mean smaller

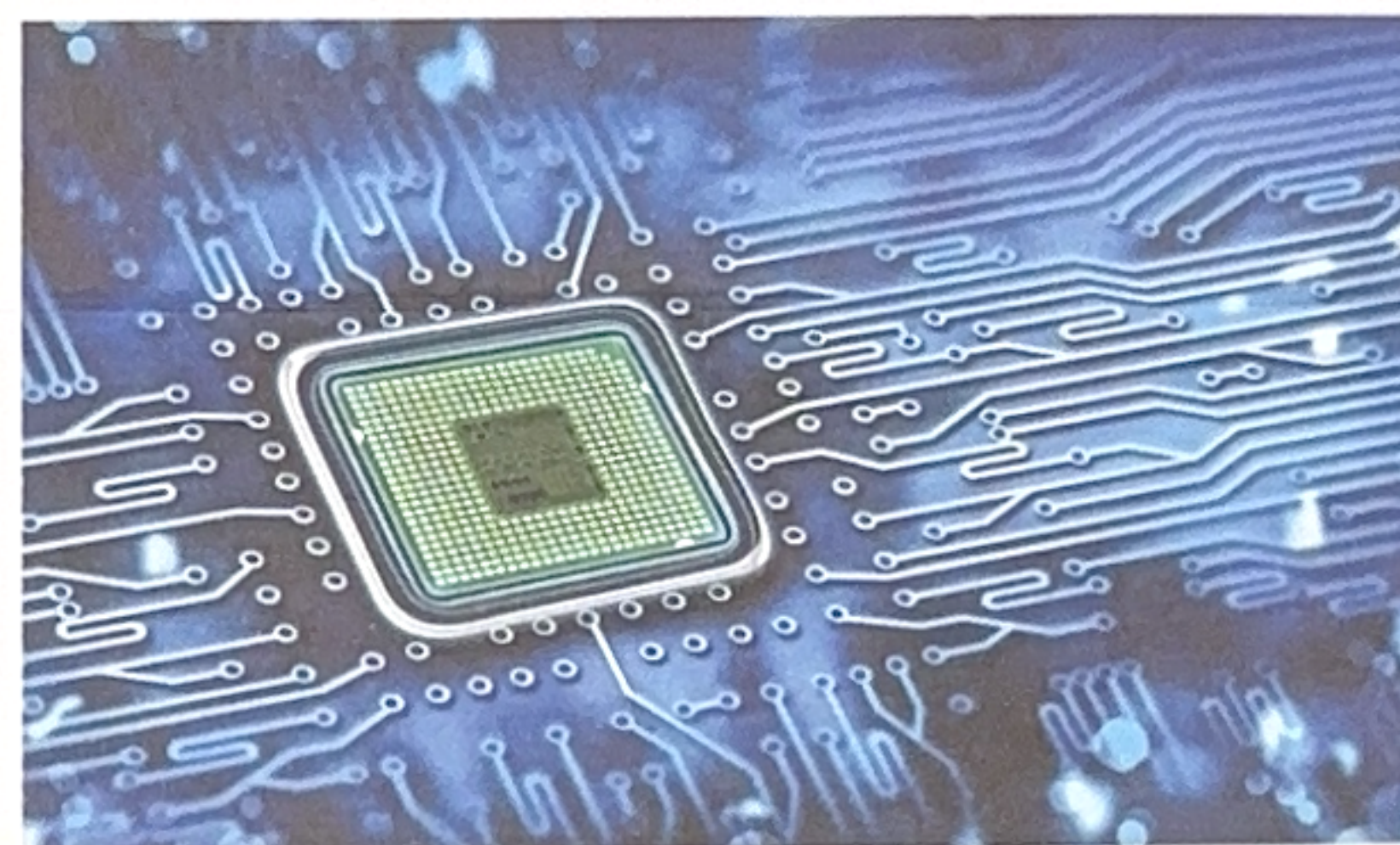
and lighter hearing aids.

For example, the large #675 battery was once the most commonly used battery. No longer:

Today's smallest hearing aid battery, the #10, is about 1/10 the size of the once-popular #675 battery.

the #13 battery is 1/2 the size of the #675. The #312 (1/4 the size) and #10 (1/10 the size) are now the most commonly used batteries. And of course, the introduction of rechargeable batteries means the battery only needs replacement every few years.

These improvements may not seem dramatic, but longer battery life, fewer repairs and more reliable hearing aids have made life just a little bit better for all hearing aid users.



Hearing aid microchips now have millions of transistors—but other not so high-tech improvements have also made a big difference.

There's an App for That...

Apple Watch users can track their noise exposure, heart rate, exercise and other health data. Apple also studies Apple Watch users' hearing health.

The study used questionnaires and conventional hearing tests. About 20% of participants reported hearing loss. About 10% had previously had an audiologic examination that indicated hearing loss, but only 25% of these were using hearing aids.

These findings confirm what we already know: hearing loss is common and often goes untreated. The greatest leap forward in improved hearing health lies not in technological advances, as impressive as they are. The greatest leap forward lies in individuals with known hearing loss using the hearing help that is already available.

WELCOME

...to the Fall 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**

Suggestions for Your Family and Friends

Most people don't understand what it's like to have a hearing loss. They don't understand what it's like to hear but not understand, or to hear well in one situation but not in another.

Your family, friends and co-workers can be very helpful if you give them some tips. Here are some suggestions you can share with the people around you.

Be polite. Please get my attention before talking to me. This allows me to "get ready" to listen.

Be in the same room. Please don't speak to me from another room. It's simply too difficult when you're far away and out of sight. I may hear you. . . but I won't understand what you say!

Don't talk fast. I often have to figure out what someone said. One of my most important tips: slow down!

Face me. I understand more easily if I can see your face. And please don't chew gum, smoke or cover your mouth—it makes lipreading much more difficult.

Come closer. When you stand a little closer, your voice is louder and lipreading is much easier. Someone three feet away is twice as easy to understand as someone eight feet away.

Reduce background noise. Please turn off the television, radio or air conditioner. Hearing in noise is much harder for me than it is for you!

Just because I heard you doesn't

mean I understood you. People who mumble or talk fast are difficult for me. I hear them. . . I just don't understand them.

We hope you'll show these tips to your family and friends. It could make your life just a little bit easier.

Wax Guards

If you change or recharge your hearing aid batteries and your hearing aid still doesn't work, the speaker may be blocked with ear wax, moisture or dust. Most hearing aids have a wax guard, but the guard itself can get blocked. You can change the wax guard at home, or we will be happy to change it in the office.

Duncan *DN* Nulph
HEARING ASSOCIATES

5020 Ritter Road, Suite 106
Mechanicsburg, PA 17055

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Harrisburg, PA

FA25/2250

Best Accessory Ever



The **Oticon Easy LE Adapter** is an accessory that turns your Android phone, tablet or computer into a device compatible with Bluetooth LE Audio technology. This way, you can stream audio and make hands-free calls to your Oticon hearing aids with the highest sound quality available today.

- The adapter bridges the gap for users whose devices lack built-in Bluetooth LE Audio support, allowing them to connect to their hearing aids for streaming and hands-free calls.
- It's compatible with Oticon hearing aids that support LE Audio and devices with USB-C ports, like newer Android phones and tablets, as well as computers.
- The adapter connects to the device's USB-C port and creates a Bluetooth LE connection with the hearing aids, allowing for seamless audio transmission. **Better than just depending on your aids.**
- The adapter also supports charging of phones and tablets.

You can get it here—we have them in stock. Please call **Duncan-Nulph Hearing Associates** at 717-766-1500 for more information.

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