



## BrainHQ Facts



### Dolphins "Hear" with Their Jaws

Dolphins have incredible hearing—but they don't rely on ears like we do. Instead, they receive sound through their lower jawbones, which transmit vibrations to the inner ear. Their brains are finely tuned for echolocation, helping them "see" with sound in murky waters.



Your ears collect sound but it's your brain that understands it.

May is Better Hearing and Speech Month  
Let's Celebrate with Healthy Hearing!



Spring is a season of renewal—and there's no better time to renew your focus on hearing health. May is Better Hearing and Speech Month, a national celebration dedicated to raising awareness about the importance of hearing care. At Advanced Hearing, we're proud to support your hearing journey every step of the way.

#### Did You Know?

Hearing health plays a critical role in your overall well-being. Studies show that untreated hearing loss is linked to:

- Memory and cognitive decline
- Increased risk of falls
- Social isolation and depression

But the good news? Early detection and proper hearing support can help prevent these challenges—and improve your quality of life.

#### What You Can Do This Month:

In honor of Better Hearing and Speech Month, we encourage you to:

- ☐ Schedule a hearing test if it's been over a year
- ☐ Wear hearing protection in noisy environments
- ☐ Talk to us about hearing treatments personalized for you
- ☐ Encourage a loved one to get their hearing checked too!



### Ask One of Our Audiologists

**Q:** Should I see an Audiologist or an ENT specialist?

**A:** When you start noticing changes in your hearing, it's natural to feel unsure about where to go first. Audiologists are hearing health professionals trained in **identifying and treating non-medical hearing issues**. If your hearing has gradually worsened over time or you're struggling to hear in certain environments, an audiologist is your best first step. Audiologists can determine the type and degree of hearing loss and offer personalized treatment, including hearing aid fittings and counseling. If your results suggest a medical issue, they'll refer you to an ENT.

ENTs (also known as otolaryngologists) are **medical doctors and surgeons** who specialize in conditions affecting the ears, nose, throat, and related structures. If your hearing problems are accompanied by pain, infection, or sudden changes, an ENT is the right specialist. ENTs can diagnose and treat structural problems, infections, and other underlying causes of hearing loss. They may prescribe medications or perform surgery.



## This Year's Theme: "Protect Your Hearing, Prevent Decline"

This May, we're focusing on prevention and proactive care. Hearing loss doesn't just affect your ears—it affects your brain, body, and quality of life. Research continues to reveal just how deeply hearing is connected to your overall health. That's why it's more important than ever to **protect your hearing early and take action if you notice any changes**.

### How to Protect Your Hearing

Hearing loss can potentially be prevented or minimized—especially if you act early. Here are some simple ways to safeguard your ears and reduce long-term risk:

#### 1. Use Hearing Protection

Loud noise is a leading cause of permanent hearing damage. Wear earplugs or noise-canceling earmuffs when exposed to loud sounds.

#### 2. Turn It Down

Keep personal audio devices at safe volume levels—generally no more than 60% volume for no more than 60 minutes at a time.

#### 3. Get Your Hearing Tested Regularly

Annual hearing checks help you monitor any changes and catch issues early. Just like eye exams or dental cleanings, hearing tests should be part of your wellness routine.

#### 4. Address Hearing Loss Early

If you've noticed signs like muffled conversations, asking people to repeat themselves, or turning up the TV, don't wait. Modern hearing aids and treatment options are discreet, effective, and can make a big difference.

## Let's Hear It for Spring!

Book your spring hearing check-up now—it's fast, easy, and could be life-changing. At Advanced Hearing, we're here to help you reconnect with the sounds—and people—you love. Whether you're new to hearing care or ready for an update, now's the perfect time to take action.

**Book your hearing check-up today** and celebrate Better Hearing and Speech Month with the gift of clarity.

## CATCH EARLY, TREAT EARLY.

Call us today to schedule  
your comprehensive assessment.

AJAX 905-426-4000

OSHAWA 905-723-2273

PICKERING 905-831-8311

UXBRIDGE 905-852-8888

WHITBY 905-666-7726

## COGNITIVE GAME OF THE MONTH

### Brain Boost Challenge

This month's game is "**Name 5**"—a simple, fast-paced mental challenge that strengthens **memory, verbal fluency, and processing speed**.

#### How to Play:

Pick a category, then challenge yourself (or a friend!) to name **five things in that category** as quickly as possible. Set a timer for 30 seconds to make it more exciting!

#### Example Categories:

- 5 fruits that are red
- 5 movies with animals in the title
- 5 things you hear at a restaurant
- 5 words that rhyme with "hear"
- 5 tools used by audiologists

You can play solo, with family, or even use it as a fun 'in the car' or 'waiting room' activity.

