



October is **Audiology Awareness** Month

According to the National Institutes of Health's National Institute on Deafness and Other Communication Disorders, approximately 28.8 million Americans could benefit from the use of hearing aids. This means untreated hearing loss is a significant problem—one that Audiology Awareness Month in October strives to shine a light on.

Established by the American Academy of Audiology in 2008, the month's purpose is to educate the public about hearing-related disorders and how they impact those diagnosed with them.

Untreated hearing loss can lead to more than just missed conversations. It can also result in:

- Higher rates of depression and anxiety
- Elevated risk of dementia
- Increased risk of falls, because of the link between the hearing and balance systems

When hearing loss is a result of problems with the outer ear, ear canal, eardrum or middle ear, it is known as conductive hearing loss. When it occurs because of issues with the inner ear, it's known as sensorineural hearing loss.

Particularly among younger patients, noise-induced hearing loss is on the rise.

You can protect your ears by:

- Using earplugs in loud environments
- Avoiding loud sounds
- Reducing the level of sounds
- Shorten the time you spend in loud environments

If you've noticed changes to your hearing, our team is here to help. During Audiology Awareness Month and beyond, schedule an appointment with Carolina ENT for a hearing test. It's the first step toward personalized hearing loss treatment that will reconnect you to the sounds of your world.

Call Carolina ENT at (828) 322-2183 to schedule a consultation to begin personalized treatment for hearing loss or learn more about hearing protection.



Hearing Aids Can Help Connect You with Family This Holiday Season

For many, the most meaningful Thanksgiving memories involve connecting with family members around the dinner table. But if you're dealing with untreated hearing loss, this might become difficult. It can be harder to have meaningful conversations with loved ones when you frequently ask them to repeat what they've said. It may cause you to feel isolated and your loved ones to feel frustrated.

You've built a lifetime of holiday memories with your family, and with proper hearing loss treatment, these traditions can continue. When it comes to treating your hearing loss, there's good news:

- » **A study of older adults in the U.S. found hearing aids helped reduce loneliness in those with hearing loss.**
- » **Another study found that patients with hearing loss saw improved quality of life when using hearing aids.**

At Carolina ENT, our team can help you get started on your hearing loss treatment journey and provide hearing aids that are a perfect fit for your needs and lifestyle. We'll learn more about your specific hearing loss with a hearing test and then help you choose the hearing aid that will work best for you. With effective and personalized hearing loss, you can spend memorable time with loved ones during the holidays and throughout the year. With a customized pair of hearing aids, you'll be able to fully connect with relatives around the Thanksgiving dinner table rather than straining to hear and feeling left out.

Contact the Carolina ENT team at (828) 322-2183 to learn more about personalized and compassionate treatment for hearing loss.



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How To Care For

Your Hearing Aids During Fall

The fall season brings new types of weather, and with it, new steps to keep your hearing aids in tip-top shape. The seasons may change, but this doesn't mean the level of support you receive from your hearing devices has to.

Maintaining Your Hearing Aids During Windy Weather

Fall is a great time to take outdoor walks to appreciate the leaves changing colors. But depending on the weather, wind may be picked up and magnified by your hearing aids. Additionally, hats worn during blustery conditions may push the devices toward your ear, leading to feedback.

To keep your ears warm in windy weather, the best solution is often loose-fitting hats or ones that do not cover your ears. Hooded coats or umbrellas can protect you from the elements while keeping your hearing aids in the best shape.

Maintaining Your Hearing Aids During Rain

Water damage in hearing aids can result in distorted sounds, static noises and the device not working. Because of this, it's essential to prevent water damage during rainy or foggy weather. You can protect your hearing aids by using an umbrella or earmuffs while outside.

If your hearing aid gets wet, remove it once you're back indoors and open every compartment to allow the device to dry out. If it's wet to the touch, remove the batteries and put the hearing aid inside a jar of dry rice for several hours. Doing so will help absorb excess moisture.

It's also important to continue to use your cleaning kit on your hearing aids during the colder months. You might also consider using a hearing aid dehumidifier.

If you're noticing consistent signs of water damage with your hearing aids, our team can help. We offer hearing aid repair to make sure you can continue to fully engaged with conversations with family, friends and colleagues.

Call Carolina ENT at (828) 322-2183 to schedule an appointment if you need hearing and fitting, service or repair. Our team is here to help.



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Tips for Celebrating Halloween

with Hearing Aids

The spooky fun of Halloween is a highlight of the year for kids and kids at heart alike. For those who wear hearing aids, the devices can easily be integrated into costumes while celebrating this festive holiday.

- Decorations:** Add some spice to hearing aids with stickers and other fun embellishments to get into the spooky spirit. Be sure to stick with easily removable items and avoid using liquid or hot glue, layered stickers or paint on your hearing device. Also, avoid items that cover ports or block the battery door.
- Embrace Your Device:** Dressing as a superhero or other famous icon while wearing your hearing aids is a fun way to elevate the technology.
- Hats and Wigs:** These items can be used to make hearing aids less noticeable for those who don't want to integrate them as part of their costume. It's important to make sure they don't get tangled and prevent your hearing aid from functioning.

Along with helping you fully engage with the people and conversations around you, hearing aids are also an important safety device that helps you remain aware of your surroundings. Because of this, it's important to not leave them behind this Halloween.



Call Carolina ENT at (828) 322-2183 to schedule a consultation to learn more about customized hearing loss treatment, including which type of hearing aids will work best for you.

www.carolinaearnosethroat.com

(828) 322-2183

Three convenient locations

Hickory
304 10th Avenue NE
Hickory, NC 28601

Lincolnton
1446 Gaston Street, Ste. 101
Lincolnton, NC 28092

Morganton
149 W. Parker Road, Ste. C
Morganton, NC 28655



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