



## Ask the Audiologist

**Q. *What is the hardest thing about getting used to wearing hearing aids?***

**A.** Wearing the hearing aids. Really, I'm pretty sure that getting into the routine of wearing them is the hardest thing. Most of us are creatures of habit. We are accustomed to doing things a certain way or in a certain order. Introducing hearing aids to the daily routine disrupts the routine and requires thoughtful effort to do something new. I get up in the morning, put on my glasses before I'm out of bed, head to the bathroom, clean up, get dressed, have breakfast, brush teeth again, put on shoes and coat, pick up my things for work, check that the stove is off, head out the door, lock the door and check it twice. I rarely do things in a different order. Now, I'm in the car, ½ way down the

alley and notice things are a little quiet. Oops! No hearing aids. Go back home. Back in the house. Put the hearing aids on. Check the stove one more time. Try to leave again, checking the lock twice of course.

Putting the hearing aids on is quick and easy for me (I've done this about 10 million times). They don't hurt. Once they're on, I hardly feel them. I hear better at breakfast and the rest of the day when I'm wearing them. I save myself time when I don't have to go back to the house to get them (especially going through all that checking business again). There's no question that life is easier with them than without them. So, I think the real problem is routine. I need to put them on after getting dressed but before breakfast. Hmm. Maybe I could put them in their case and leave it at my place at the breakfast table. Oh no! That means a change in routine in the evening at bedtime. Putting the hearing aid case at the correct seat at the table is not a problem. We DO NOT change seats at the table (Don't deny it. I know you have your own seat that nobody else is allowed to take.) But, changing the routine is hard. Perhaps it's difficult for you to get your hearing aids into your ears. Practice. Ask us for help with technique. Most of all, get into a daily routine. (Maybe one of us will even come to your house for breakfast and check up on you).

## When are You Going to Run a Full-Page Ad in the Gazette?

I've been asked that question a lot lately. The honest answer is probably when hell freezes over. There have been more full-page and multi-page hearing aid ads in the paper than I've ever seen. Some are pretty eye catching. I guess that's the idea isn't it? Whether you're an audiologist, cardiologist, neurologist or any other "ologist," we all need new patients to sustain a practice. I prefer to see new patients referred to us by happy patients (that's you, I hope) and other professionals. So, to keep us out of the newspaper, please tell family members or friends about the care you received in this office (The coffee's pretty good too).



## PRODUCT UPDATE

**Phonak** has introduced the *Audeo Smart* behind-the-ear hearing aid. This is said to be the smallest hearing aid of it's kind in the world. There is a really little part that sits on top of your ear connected by a thin wire to a loud speaker that goes in the ear. We've had this type of hearing aid for some time. We call them RIC (receiver in canal) hearing aids and they are all small. This one is really little. It includes wireless technology to work with your bluetooth cell phone, and sound recover for improving high-frequency hearing. *Audeo Smart* may be too small for many of you with dexterity problems or large hearing loss. Its size does not allow room for a telephone coil. This is a very nice sounding and really small hearing aid. Price depends on the optional features you choose but the range is \$1500-\$3200 each.



**MicroTech** has expanded their offerings of water-resistant hearing aids to include *Smart Touch*. Their initial water resistant offerings including the Vector and Axio lines of small RIC hearing aids (like the product described above but not quite so little). They have now developed a standard size behind the ear hearing aid that is excellent at fighting moisture problems. This hearing aid is good for those who are accustomed to a full size hearing aid, have difficulty handling very small objects or want more controls on the hearing aids. One of the unique features of this aid is a "touch pad" for adjusting the hearing aid, much like a computer touch screen. Reliability and sound quality are very good. Telephone coil is very good and can be totally automatic. Price depends on the features you choose but the range is \$1400-\$3000 each.





## FDA Hearing Aid Guide

The U.S. Food and Drug Administration (FDA) has launched a web site to advise consumers on how to purchase and benefit from hearing aids. I found the web site to be reasonably thorough and up to date. You may find answers to many questions at this site. It's particularly good for those with hearing loss who have never worn hearing aids. The biggest problem I found was typing in the web address that follows:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm185723.htm>

## WMU Students Return to HSS

Last fall we provided clinical training to WMU audiology doctoral student Kristy Deiters, who worked alongside Dr. Tecca two days each week — a very positive experience for both Kristy and Dr. Tecca. Another student will be assigned to our office for the winter semester. Our patients will always be informed if a student will be participating in their care, and will have the opportunity to refuse.

Kristy is also conducting research with WMU faculty member Greg Flame, Ph.D., looking at changes in hearing test results within a two week period. They seek male volunteers ages 20–59 to participate in five sessions (less than 4 hours total) on the WMU campus. Those completing the study will be reimbursed \$77. If you're interested call Kristy or Dr. Flame, 269-387-7331, for more information.

# BATTERY ORDER FORM

**January 2010**

**Sale Price: \$3.50 per package**

**OR \$30.00 per carton**

### HS&S SHORT-TAB 4 BATTERIES/PACKAGE

Size 13    Size 312    Size 230    Size 675

Number of packages: \_\_\_\_\_ Amount: \_\_\_\_\_

– OR –

### RAYOVAC PROLINE ADVANCED MERCURY FREE BATTERIES

Size 13    Size 312    Size 230

Number of packages: \_\_\_\_\_ Amount: \_\_\_\_\_

Shipping & Handling                      \$2.00

TOTAL \_\_\_\_\_

*Mail check and make payable to:*

**Hearing Services & Systems**  
576 Romence Ste. 121  
Portage, MI 49024

*Bill my credit card:*

**Visa MasterCard Discover**

**CARD NUMBER** \_\_\_\_\_

**Card expiration date:** \_\_\_\_\_

**Signature** \_\_\_\_\_

Offer Expires January 31, 2010

**BRING US YOUR OLD BATTERIES TO RECYCLE!**

# HEARING SERVICES & SYSTEMS

576 Romence, Suite 121  
Portage, MI 49024

PRSR STD  
U.S. POSTAGE  
**PAID**  
Kalamazoo, MI  
Permit #270

## Overheard:



“I don’t live in a **nut** house. I live in a **what** house.”  
(Sounds like somebody needs a little help with their hearing!)

## WE WISH FOR *LESS* IN 2010



*Less* violence

*Less* hunger

*Less* corporate greed

*Less* unemployment

*Less* mumbling

*Less* hard to hear bad TV

*Less* difficulty hearing on the phone

*Less* hearing aid problems

# HAPPY NEW YEAR!