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for the holidays?



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*Everyone was extremely professional, friendly
and experts in the field.*

– Jason B.

*San Francisco Audiology responded to all
my emails quickly and politely (essential
for stressed/nervous deaf people). Saw
me quickly and was very helpful.*

– Erin G.

*My hearing is so much better than
it's ever been before. It is not an
overstatement when I say, because
of SF Audiology and the amazing
staff, the quality of my life has
been significantly enhanced.*

– Sunny S.

WHAT'S YOUR TECHNOLOGY LEVEL?

Each individual's needs are different, which is why hearing device manufacturers provide different levels of technology. There are three basic levels: premium, advanced and essential. Finding the right level for you is important and adds to the success of your hearing healthcare.

Premium Technology: This level contains the manufacturer's best device that pulls out all the stops to ensure you are hearing your best in the most situations possible. This technology includes programs that:

- process background noise together to reduce it
- enhance speech in noise technology
- include music listening technology
- emphasize speech cues for better understanding
- customize to your sound preferences
- sample each word numerous times to keep speech sounding natural and robust
- allow volume control to adjust both hearing devices simultaneously
- include options to use wireless streaming technology for phone, television, music

Advanced Technology: This level contains several of the critical features to keep you engaged and actively hearing. However, it has fewer of these features than the premium level contains. Advanced technology includes:

- speech in noise technology
- programming which samples each word several times to keep speech sounding natural and robust
- customization for your sound preferences, although fewer options
- volume control that adjusts both hearing devices simultaneously
- options to use wireless streaming technology for phone, television, music

Essential Technology: This level of technology is very essential. It works best for quiet conversations and the television in a quiet home. This device has the essential features to hear and is often prescribed for individuals that are not working and have reduced their social activity.

If you have questions on what level of technology best fits your lifestyle, budget and needs, ask us at your next appointment. We would be happy to explain your technology and discuss any new technology that may benefit your hearing.

PROTECT YOUR INVESTMENT IN HEARING DEVICES

BE AWARE OF TEMPERATURE.

- Avoid excessive heat and cold.
- Do not use a hair dryer while wearing hearing devices.
- If you live in a humid environment, purchase a hearing devices dehumidifier.

AVOID MOISTURE.

- Remove your hearing devices at the hairdresser or barber.
- Use an umbrella or hooded raincoat when it is raining.
- Open the casing door to allow air to ventilate the interior at night.

AVOID SHOCK AND VIBRATION.

- Hold the hearing devices over a cushioned surface when changing the battery.
- Store your hearing device in a cushioned case.
- Sit down to insert or remove your hearing devices.

REGULARLY CLEAN YOUR DEVICES.

- To clean your hearing device externally, wipe it off with a dry cloth.
- If you have an ear mold, wash with warm, soapy water. Allow ear mold to dry overnight.
- Regularly take your hearing devices to your audiologist for a “clean and check.”
- Perfume, hair products, powder, shaving cream and cosmetics can all clog your hearing devices.

CUSTOM EAR MOLDS PROVIDE PROTECTION AND COMFORT

AUDIOLOGISTS AGREE: protecting your hearing should play a more important role in your day-to-day life. Music devices played at high volume, sporting events, concerts, noisy workplace environments and hunting can all pose serious risk to your hearing health. Approximately 26 million adults have suffered permanent damage to their hearing as a result of excessive noise exposure. Custom ear molds provide a simple, inexpensive and effective solution.

Everybody's ears are uniquely shaped. Because of this, one-size-fits-all headphones, hearing devices and earplugs don't always function the way they should. Inexpensive ear molds provide a custom fitted solution that benefits industrial workers, musicians, law enforcement officers, pilots, dentists, military personnel and hunters. They can be used for ear buds, hearing devices, cell phone and Bluetooth accessories, motor sports and swimmers.

Custom ear molds can be crafted from acrylic, soft vinyl, silicone and polyethylene. After an impression is made, a replica of your ear shape is sent to the manufacturer, who will create the custom mold based on your ear shape. Aesthetics, comfort, acoustics and a superior seal all contribute to maintaining your healthy listening lifestyle.

CONDITIONS THAT WARRANT EVALUATIONS & MONITORING

Many people often assume hearing loss is from aging. However, there are several common health conditions that can affect your hearing system at any age. We call them the big 5: diabetes, high blood pressure/hypertension, kidney disease, smoking and chemotherapy. Each of these conditions can contribute to a reduction in hearing.

Diabetes can decrease blood flow to the ear, as it can other extremities, and affects kidney function. This interruption of blood flow affects the neural system and causes the auditory nerve to become less effective. With diabetes, individuals are two times more likely to have hearing loss, regardless of age.

High blood pressure, or hypertension, gives individuals a 50% chance of reduced hearing. Blood flow may be reduced to the inner ear from complications, such as stroke, kidney disease or vascular insufficiencies. Reduced hearing from high blood pressure typically affects the low frequencies of hearing.

Smoking is directly linked to hearing loss. It reduces antioxidant properties and interrupts blood supply to the inner ear. Smokers are 1.7 times more likely to have some reduction in hearing. Second hand smoke can affect hearing, as well. Studies have found that children exposed to second hand smoke regularly resulted in permanent hearing reduction in one ear or both.

Chemotherapy, especially Cisplatin or Carboplatin, can cause permanent hearing damage. It usually affects the higher frequencies and is the most underreported side effect, while being the most prevalent side effect.

A baseline hearing evaluation for individuals with these conditions allows our audiologists to monitor your hearing for any medical issues and to ensure your hearing is at its best!

EARLY INTERVENTION FOR HEARING

The average person waits seven years to address their hearing healthcare needs. With hearing, as with vision, early intervention benefits the patient long-term. Reductions in hearing have been known to cause the following quality of life symptoms:

- Depression
- Fatigue
- Embarrassment
- Social Withdrawal
- Reduced Alertness
- Diminished Memory
- Diminished Psychological Health

Is it time to have your hearing reassessed? Our audiologists will inform you of any treatment options available for your hearing. Make an appointment to see where your hearing is compared to your last evaluation and learn about the latest options.

