Duncan Nulph
HEARING ASSOCIATES

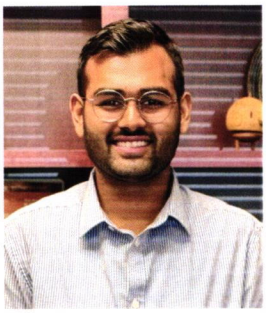
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A *note* FROM OUR OFFICE

Meet our new student!

We are pleased to announce the addition of **Sree Reddethu**. Sree is currently attending the Commonwealth University-Bloomsburg as a 4th year Audiology student. He will be obtaining his final year of clinical training with us before graduation with his Au.D in 2027.



His experiences so far include a private practice clinic in Bloomsburg, an ENT clinic in Lewisburg and working at the Wilkes-Barre VA Medical Center helping veterans with their hearing needs. He is passioinate about building a good relationship with his patients and provides patient centered counseling and treatment.

A native of Mechanicsburg, he received his undergraduate and his Master's degrees from the The Pennsylvania State University. He enjoys spending time with his family and his love for Nittany Lion football keeps him busy during the football season.

Have a wonderful holiday season!



Your Hearing Healthcare Team

Dr. Kristen Duncan, Au.D.
Dr. Danette Nulph, Au.D.
Dr. Lisa Brown, Au.D.

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Reconnect with the sounds you love!

TIPS, TECHNOLOGY & ACCESSORIES

Real vs. Fake Wax Guards

Real (OEM) Filters: These are manufactured by Oticon. They feature specific nano-coatings and proprietary dial packaging designed to protect fragile hearing aid receivers from moisture and wax.

Fake or Generic Compatible Filters: Many third-party sellers on Amazon offer unbranded or generic "compatible" filters. While these cheaper knock-offs may physically fit into your Oticon miniFit receiver wire, they often lack the precise manufacturing standards, quality control, or proper moisture-repellent coating of original parts. Poorly made filters can detach inside the ear canal or fail to block debris, potentially damaging your expensive hearing aid speakers.

How to Protect Yourself on Amazon

Check the Seller and Brand: Look for listings that name authorized medical supply companies or explicit OEM (Original Equipment Manufacturer) packaging. If the brand name looks like a random string of letters or a generic third-party storefront, it is a clone/compatible product, not a genuine Oticon item.

Buy from a Professional: Audiologists generally recommend purchasing wax guards directly from your audiologist's office or an authorized hearing care clinic to guarantee authenticity and avoid receiver damage.

DID YOU KNOW?

Hearing loss relates to common medical conditions

- **RISK OF FALLS** – In the United States, unintentional falls are the leading cause of injury and death in adults age 65+. Even mild hearing loss can increase the risk of falling up to threefold. Research suggests hearing loss may require more cognitive resources, leaving fewer available for balance and stability. Reduced sensory cues can also affect spatial awareness and hazard avoidance, while the inner ear contains shared pathways involved in both hearing and balance.

- **DEPRESSION** – Hearing loss is associated with up to a 47% increased risk of depression, particularly among older adults. Difficulty hearing at home or in noisy environments can cause stress, mental fatigue and reduced emotional well-being. As conversations become more difficult, people may withdraw socially, increasing isolation and loneliness. Untreated hearing loss also makes the brain work harder to process sound, and people with sensory loss, especially both hearing and vision loss, experience depressive symptoms more often than the general population.

Helping the Holidays Work with Hearing Loss



While the holiday season is a time of joy and merriment, it can also present unique challenges for individuals with hearing loss. The festive atmosphere, filled with bustling gathering, music and conversation, can pose communication barriers and potential discomfort for those with hearing impairment.

Background noise, such as music, laughter and clinking glasses, can make it challenging for individuals with hearing loss to follow conversations. This can lead to feelings of isolation or frustration during family gatherings or festive events.

To mitigate these challenges, encourage inclusive practices during holiday celebrations. Opt for well-lit areas to aid lip reading and visual cues. Minimize background noise by adjusting music volume or selecting quieter settings for conversations. Encourage and embrace face-to-face communication.