

July 2021

**Best of the Best Voting starts
July 1**

**Facts About Noise Induced
Hearing Loss--American
Academy of Audiology**

**Protect Your Hearing This
Summer**



Best of The Best Hearing Care -Vote for Us!

VOTING ROUND

Thursday, July 1 through Saturday, July 31
All online users are eligible to vote once per day.

Winners will be announced at the 2021 Wake Weekly
Best of the Best Winners Reveal Party Thursday,
August 19.

Place your vote at:

[wakeweekly.com/Best of the Best](https://wakeweekly.com/Best%20of%20the%20Best)

1. Go to Health, Wellness and Beauty category.
2. Scroll down to Best Hearing Care.
3. Vote for Wake Audiology and Hearing Aid Associates!



Thank you from the bottom of our hearts for supporting our practice! We know you have choices for hearing care and we work hard to earn your trust. We commit to making a difference in your lives through better hearing. As always, we are here to help you hear life!

**Facts About Noise Induced Hearing Loss
--by American Academy of Audiology**

Approximately 40 million American adults may have hearing loss resulting from noise exposure.^[1] Noise-induced hearing loss is caused by damage to the hair cells found in the inner ear. Hair cells are small sensory cells that convert the sounds we hear (sound energy) into electrical signals that travel to the brain. Once damaged, our hair cells cannot grow back, which results in permanent hearing loss.

Hearing protection decreases the intensity, or loudness, of noise and helps preserve your hearing.

Harmful sounds are those that are too loud and last too long or are very loud and sudden. For example, exposure to a one-time intense “impulse” sound such as an explosion, or continuous exposure to loud sounds over an extended period of time such as at a concert may be harmful. The louder the sound, the shorter the amount of time you can safely be around it.

You may encounter harmful sounds at work, at home, and during recreational activities. If you work in a hazardous noise environment, speak to your supervisor or compliance officer about OSHA recommendations on your amount of noise exposure.

Sound is dangerous if:

- You have to shout over background noise to be heard
- The noise is painful to your ears
- The noise makes your ears ring
- You have decreased or “muffled” hearing for several hours after exposure

Protect your hearing:

- Wear hearing protection when around sounds louder than 85 dB. There are different types of hearing protection such as foam earplugs, earmuffs, and custom hearing protection devices
- Turn down the volume when listening to the radio, television, MP3 player, or anything through earbuds and headphones.
- Walk away from the noise.

Noise-induced hearing loss can be caused by sudden or prolonged exposure to any sound, measured in units called decibels (dB).

60 dB	Normal conversations, dishwashers
80 dB	Alarm clocks
90 dB	Hair dryers, blenders, lawnmowers
100 dB	MP3 players at full volume
110 dB	Concerts (any music genre), car racing, sporting events
120 dB	Jet planes at take off
130 dB	Ambulance, fire engine sirens
140 dB	Gun shots, fireworks, custom car stereos at full volume

[1] National Institute on Deafness and Other Communication Disorders (NIDCD) www.nidcd.nih.gov/health/noise-induced-hearing-loss

Our hearing is a wonderful gift, one we should never take for granted. While you enjoy your summer activities, don't forget to protect your hearing. Fireworks are especially damaging to your hearing, so wear earplugs or earmuffs if you're going to be near the blast.



Summer concerts are fun, but they can be very loud. Filtered earplugs can dampen the damaging loud sounds while still allowing you to enjoy the music and conversations around you. Also, don't forget to wear protection when cutting the grass or using power tools!

Custom hearing protection is available at our office. These are specialty molds made for each individual ear. So if you feel that earplugs are uncomfortable, or not getting enough reduction in sound, consider something custom. These are great for musicians, hunters, avid concert goers, and light sleepers.



Call our office for more information about hearing protection.

919-570-8311



Let's Get Social!

At Wake Audiology, we commit to reconnecting you to your friends and family through better hearing. Helping you hear life! Your satisfaction is of most importance to us and we want you to have an exceptional experience at every visit. Your feedback is very valuable and appreciated. Please consider sharing your experiences by reviewing us on Google or Facebook and follow our Instagram.



Hear What Our Patients Are Saying...

"Very pleasant experience. Wonderful, personable office staff that works hard to accommodate your needs and Dr. Silvani is thorough and kind. Her explanations of your results are easy to understand and she takes the time to answer questions and concerns. Highly recommend!"--

Donna H.

"If you're local to the North Raleigh area, Wake Audiology is a great place to go to have your hearing checked. Dr. Vrooman & her staff are very friendly & professional. They are willing & able to answer all your questions & provide you with the best possible care. I would definitely recommend them."--David C.

Thank You

We Appreciate Your Referrals

Referring your friends and family is the highest compliment you can pay us. As a thank you for referring new hearing aid patients, we will make a contribution to a charity of your choice.

Thank you for choosing Wake Audiology as your hearing care provider.

Sincerely,

Dr. Samantha Vrooman, Dr. Jessica Silvani
Ginny and Sandy



Patient Testimonials

We have dozens and dozens of patient reviews of our staff and services

Patient
Comments



Meet Our Staff

We're here to serve you and your hearing needs. Learn more about us.

Our Staff



Our Office

Come visit our conveniently located office. We look forward to seeing you.

Contact Us

**Wake Audiology & Hearing
Aid Associates**
[\[www.wakeaudiology.com\]](http://www.wakeaudiology.com)

