

In the know with



Hear the Sounds of the Season with Doss Audiology! FALL/WINTER 2019

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HOLIDAY OFFICE CLOSURES

- Thanksgiving, November 28-29
- Christmas Eve, December 24
 - (Early Closure-4pm)
- Christmas, December 25-26
- New Year's Day, January 1

TINNITUS AND HEARING LOSS

Tinnitus is defined as hearing a sound when no external sound is present. This is a very common complaint we hear in the office. It is often described as ringing, buzzing, humming, locusts or white noise. Some people experience tinnitus only intermittently, and others report they hear the tinnitus 24 hours a day. Tinnitus can be caused by something as simple as impacted wax in the ear canal or maybe fluid in the ears. It is very likely however, that a hearing loss is causing the tinnitus. It is highly recommended that if you are experiencing tinnitus, that you have a hearing test. Most people with tinnitus, are also diagnosed with at least a mild degree of hearing loss.

If it is determined that there is no physical cause for your tinnitus (i.e. wax or infection), then it may be time to explore habituation options such as:

- 1. Treating the hearing loss**
(at least 50% of patients report reduced tinnitus when wearing hearing aids)

- 2. Avoidance of silence**

- 3. Reduce caffeine and alcohol intake**

- 4. Stress relief**

- 5. Sound generators at night or "tinnitus pillow"**

If you have more questions about tinnitus, contact our office today!



COMPANION MICROPHONES

Most people with hearing loss struggle to hear and more importantly, understand speech in the presence of background noise. This is because the hearing impaired ear does not function the same as a healthy ear in noisy situations. Someone with hearing loss needs a significantly increased signal-to-noise ratio in order to function in noise compared to individuals with normal hearing. For a lot of patients, the best and most effective way to achieve a boost in signal is by use of a companion microphone. A companion microphone is a proven and effective method of maximizing the help hearing aids can provide in demanding scenarios.

The microphone is worn by a listening partner or companion and sends their voice directly into the patient's hearing aids. The companion microphone improves the signal-to-noise ratio up to 20 decibels above the competing background noise! The tiny microphones can be used in lecture halls, restaurants and parties, places of worship, or the car. You can even put it by the television to hear your favorite shows better!



Ask your audiologist at your next visit if a companion microphone might work for you!

Audiology Corner: LETTER FROM DR. DOSS



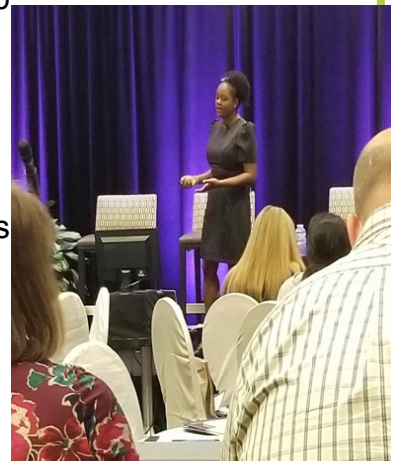
I can't believe 2019 is coming to a close! This has been another fantastic year of improving our patients' quality of life through restored hearing.

Our work here at Doss Audiology has been gaining statewide and nationwide attention. Audiology clinics from all over the country are interested in learning more about our model of hearing healthcare. As a result, I have been making speaking engagements and I wanted to tell you about a few.

In October, I spoke to over 150 audiologists in Naples Florida. This event was aimed at educating and informing audiologists about how to best exceed their patients' expectations and provide the best in hearing care. In February 2020

I am speaking at the Texas Speech-Language-Hearing Association Convention in Houston about best practices in audiology.

Don't worry, these speaking engagements won't keep me out of the clinic. Patient care is still my first love!



Thank you all again for your support and don't forget to "like" us on Facebook so you can follow all of our little adventures throughout the year!

"The most important thing in communication is hearing what isn't said"

~ Peter Drucker

DO YOU HAVE STUBBORN EARWAX?

If you are one of the many people that suffer from excessive earwax, we found a new product that has been working very well for our patients! Earwax MD is clinically proven to dissolve stubborn earwax in as little as 10 minutes. It is also dermatologist-tested to be safe and does not irritate the skin.

Dr. Doss recommends monthly use of wax drops to control wax buildup in patients prone to excessive wax.

EarWax MD is available for purchase in our offices for \$17.49.

From the Front Desk:

2019 FACES OF HEARING HEALTHCARE

The Doss Audiology team was named the 2019 San Antonio Magazine Faces of Hearing Healthcare!

Dr. Neve is officially back from maternity leave after delivering a healthy baby girl this summer! If you haven't met Dr. Laffoon yet, she is the newest member of the team. Dr. Laffoon is from Michigan and completed her audiology residency at a busy ENT group in Houston.

Our Doctors of Audiology are excited to help you hear all the sounds of the holiday season!

Ask the Expert:

5 REASONS TO TREAT HEARING LOSS

Have you been waiting to do something about your hearing? Well, here are 5 reasons not to ignore your hearing loss:

1. Mental Health

There are numerous studies linking untreated hearing loss and mental decline

2. Physical Health

Johns Hopkins reports people with hearing loss are three times more likely to fall than those without hearing loss

3. Income & Career

People with untreated hearing loss can see an income hit of up to \$30K annually and are nearly twice as likely to be unemployed as peers with hearing aids

4. Personal Safety

Missed or misheard signals like car horns, alarms, and warning alerts can jeopardize a person's safety

5. Relationships & Social Interaction

Untreated hearing loss can lead to social isolation

Browse our hearing aid selection by visiting www.dossaudiology.com and selecting the **Hearing Aids** tab.





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