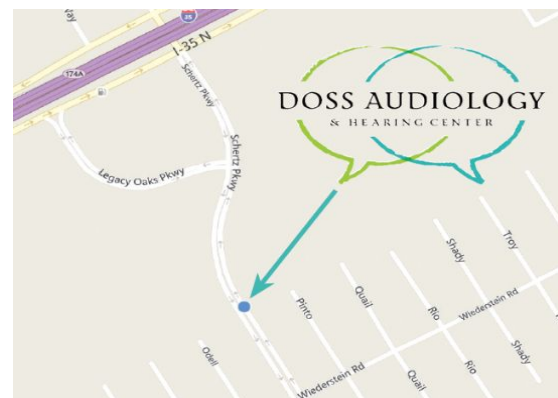


Hear What Everyone's Talking About



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April 2016

Have You Heard?!

Recipe Corner

Audiologist Corner

From the Front Desk

Hearing Aid Spring Cleaning



**Spring
Issue**

Doss Audiology Is In Full Bloom!

Have You Heard?!

Deaf and Hard of Hearing Celebrities in the Media

Nyle DiMarco



Known for his work on *Freeform*'s television series "Switched at Birth", Nyle is the first deaf contestant to perform on *ABC*'s "Dancing with the Stars" for their 22nd season. He also was the winner of the 22nd cycle of *The CW*'s "America's Next Top Model". In addition to being a dancer and model, DiMarco also serves as a spokesperson for the Deaf community alongside social media public figure Sarah Glide and her #WITHCAPTIONS campaign.

Johnathon Hutcherson



Hutcherson was diagnosed with moderate to severe hearing loss at the age of 2, and has been wearing hearing aids ever since. Having a severe hearing loss never slowed down his love of music. He competed in his first singing competition in his home town of Wilmore, Kentucky at the age of 12, and won the title of "People's Choice". Now at the age of 16, Hutcherson is currently competing on *NBC*'s hit television show "The Voice".

Emma Faye Rudkin



Even though her term as Miss San Antonio has ended, Emma Faye still continues to serve the community as an advocate for her organization Aid The Silent. Aid the Silent provides resources to the Deaf and Hard of Hearing community such as assistance with hearing aids, and free summer camp admission for kids with hearing loss. Emma Faye recently assisted in getting captioning in Santikos Palladium movie theater for the showings of the newest Star Wars installment "The Force Awakens".

Cordon Bleu Chicken Tenders

Submitted by Farelle Woodard

- Ingredients:**
1 Package Boneless Chicken Tenders
1 Jar of Prego Savory Bacon Alfredo
2 Large Eggs
1 Cup of Italian Style Bread Crumbs
1 Tablespoon of Vegetable Oil
4-5 Slices of Turkey Bacon

1. Break two large eggs into a ziplock sandwich bag, and shake until eggs are thoroughly mixed
2. Place chicken tenders into egg mixture, making sure they are fully coated and set aside
3. Place breadcrumbs in a separate ziplock bag

4. Transfer tenders into bag with breadcrumbs and seal shut. Shake bag to cover the tenders
5. Add one tablespoon of vegetable to a skillet on medium heat and let it coat the bottom by moving oil around in skillet
6. Remove tenders from breadcrumb bag, shaking off excess crumbs, and place them carefully in skillet
7. Allow tenders to cook for 4 minutes on each to create a golden crust
8. Transfer tenders from skillet to a lightly greased casserole or baking dish
9. Coat tenders with Prego Savory Bacon Alfredo



10. In another skillet, cook slices of turkey bacon
11. Place cooked bacon over chicken and sprinkle with breadcrumbs
12. Cover with foil and bake in oven at 350 for 30 minutes
13. Uncover and cook for an additional 5-10 minutes to golden breadcrumbs
14. Serve with favorite veggies and enjoy!



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Can You Find Dr. Doss?

Dr. Doss will be featured in the Medical Experts section of San Antonio Magazine in the month of May. If you can find her in your local store, you will be rewarded with a \$5 Starbucks gift card. How do you claim your reward? It's as easy as 1, 2, 3.

1. Take a picture of you with the magazine article
2. Like our Doss Audiology and Hearing Center page on Facebook
3. Post the picture on Facebook with the caption "Found You!"

We will get in contact with you to claim your reward once it is posted. Contact 210-819-5002 for more details.



Maintenance and Cleaning Tips for Your Hearing Aids



Wax Traps

We often have patients calling in with concerns that the sound has decreased on their hearing devices. Some patients have also called reporting that they were able to hear sound one minute, and then nothing the next time they went to wear their hearing aid. They followed the steps of making sure there were fresh batteries, and also that the battery door was closed. Their attempts at fixing the problem didn't seem to work. So they reach out to us for "aid" with their problem. After doing a standard clean and check in our lab, we have found the issue more times than not to be an occluded wax trap. The wax trap is a filter either underneath the dome of your hearing aid or your custom ear mold. It keeps wax from traveling directly into the device, which could cause it to work improperly.

Since the ear naturally produces wax, every time the ear piece is inserted into the ear a little bit of wax could get caught in the trap. When enough wax builds up it can cause the hearing device's sound quality to decrease, and on some occasions stop sound all together.

How To Change A Wax Trap:

1. Remove the dome from the end of the receiver. You may do so by gently tugging on it using a tissue or paper towel.
 2. Take out a replacement wax trap from the pack
 3. Stick the side with nothing on it into the existing wax trap on the device
 4. Twist and pull up away from the hearing device. The wax trap will attach to the tool
 5. Flip the stick over and place the new wax trap where the previous was
 6. Twist and pull up away from the receiver once again to successfully change
 7. Replace dome
- **Custom earmold users can follow steps 3-6.**

Dry Aid Kit

The rain and humidity in the spring can take a toll on your hearing devices. They can start acting up due to the moisture that accumulates within the device. We recommend scheduling six month clean and checks with our office so we can run the devices through our vacuum and remove any unwanted moisture. In between visits to our office, we advise hearing aid users to use their hearing aid drying kits. Dry aid kits are given to our patients at time of hearing aid purchase. If you do not own a drying kit, they are available for purchase in our office.

How To Use Dry Aid Kit:

1. Remove the labels from the metal tin at the bottom of the dry aid kit. This exposes a small window with blue beads.
2. If the beads in the metal tin are pink, it means that they have absorbed as much moisture as they can. Take the metal tin **ONLY** and place it in the oven on 350 degrees for 30 minutes to reactivate them. When they are active, the beads will turn blue.
3. Once the container has cooled down, place the metal tin back into dry aid container.
4. Place the gray foam on top of the tin, and then place your hearing aids with the battery doors open into the container.

Three Is The Magic Number

If you purchased a hearing aid through your insurance in 2013, you may be eligible for a hearing aid technology upgrade. Some insurance plans allow for new devices every 3 years. Not sure if you're eligible for these benefits? Contact us at 210-819-5002, and our front desk staff will be more than happy to check for you.

