

Where's Tolo? Find the picture of Tolo, our Samoan fire knife dancer, in any version of our newsletter and bring it into the office for a free pack of batteries.

Tolo began the ancient art of Siva Afi, the fire knife dance with his father at the age of 9. After many years of standing too close to the drums, Tolo began to notice people were mumbling more than normal and he was constantly having to ask people to repeat themselves. With the help of his loved ones he began the journey to better hearing and has never looked back. Now he wants to share his journey with you. Tolo will be hiding in every Today's Hearing newsletter. Spot him and you'll be rewarded with batteries!

For the month of October, Like Today's Hearing on Facebook and receive a free pack of batteries.

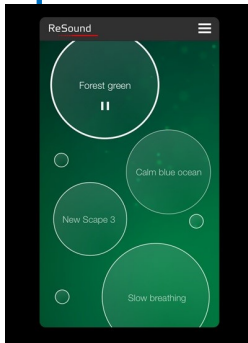


App of the Month

ReSound Relief for Tinnitus Management

Anyone with Tinnitus can benefit. Play soundscapes and audio exercises.

www.resound.com



Community Assistance

Each month Today's Hearing visits senior communities in the Katy area to aid with cleaning and minor adjustments of hearing aids. If your community needs a visit, please let us know. Call (281) 578-7500 or email delores@tohear.com

Thank You Katy for all your support! Today's Hearing is your hometown hearing healthcare provider, here to truly help all who visit, hear better.



Welcome Fall! Who doesn't love the cooler temperatures, after the super hot summer we've had? With the changing temps, comes all the fun outdoor activities and of course the holidays around the corner. October is **National Protective Hearing Month**. Take steps to prevent hearing damage. What a perfect time for band students, hunters and shooters, concert goers, and race car drivers to wear recreational earpieces for hearing protection. Today's Hearing can help you get the custom fit you need. Custom earpieces are recommended so you get a proper seal for your unique ear canal. Call today to schedule your free consultation.



Take Advantage of Insurance Benefits before the End of Year

Don't lose your insurance benefits, you've worked too hard for them! If you've been thinking of getting those hearing aids before the end of the year, now is the time to do it. The last quarter is our busiest time of year, schedule your annual hearing evaluation and consultation before time runs out and Hear Better Today!

Give the Gift of Hearing

Today's Hearing works with various charities to help those in-need hear better. Donate old or unused hearing aids and receive a letter for tax purposes. Your donation will help a child or adult on the road to better hearing.

Office Hours

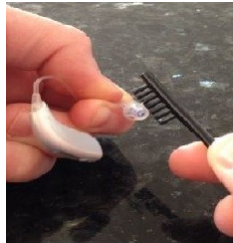
Monday - Thursday
9:00 AM - 5:00 PM

Friday
9:00 AM - 3:00 PM

Moisture and Your Hearing Aids

With the temperatures dropping, you may experience your hearing aids not working as well as they normally do. It could be something as simple as Moisture.

Handling moisture problems will depend on the type of hearing aids you have. The use of water to remove wax or dirt from any part of the hearing aid is inadvisable. Also wipes with chemicals or alcohol is not advised as these could damage your device as well. Moisture is a natural enemy to electronic devices. The use of a dry cloth or tissue to wipe the outside surface clean, a clean toothbrush or small brush to remove visible debris and the use of a dryer or jar with desiccants at night is the only recommended cleaning practice. We also highly recommend having your devices cleaned in the office at least once every 3 months. The reason is the office has the professional tools needed to get to the smallest crevices of the hearing aid and a professional inspection could detect any hidden problems.



Earmolds used with hearing aids must be removed from the hearing aids before cleaning. These earmolds can be soaked in a solution of soap and warm water, gently scrubbed clean and then completely dried before reconnecting to the hearing aid.

Two methods we recommend for drying is a handheld, forced-air blower, which simply pumps air through the tubing or a can of compressed air (typically used to blow dust off keyboards). Be sure the earmold is completely dry before reconnecting. Failure to dry the earmolds completely will risk moisture seepage into the aid.

Another useful tool to combat moisture is regular use of a dehumidifier. Commercial versions are available and very reasonably priced. The device is simply a container for your hearing aid with a built-in, moisture-absorbing chemical. The hearing aids are placed in the container anytime they're not being worn. The device absorbs accumulated moisture and leaves the hearing aids dry. The chemical used to dry, eventually becomes saturated with the moisture but can be recharged by heating it in a warm oven or microwave. Be sure to follow the manufacturer's instructions.

Tinnitus - What's all the ringing about?

The U.S. Centers for disease control estimates that 50 million Americans experience some form of tinnitus. Tinnitus is a perception of sound when no actual external noise is present. For some it's a ringing sound but it can be a buzzing, whistling, hissing, swooshing and clicking. Tinnitus can be a temporary or chronic health condition.

But what causes it? The cause can vary from person to person. It could be a symptom of an underlying or existing medical condition or an obstruction in the ear such as excessive earwax. Head and neck trauma can cause tinnitus. Sometimes hearing loss is accompanied by tinnitus. Prescription drugs can produce a side-effect of tinnitus. There are many possible reasons the annoying sounds appear. Consulting with your hearing healthcare professional can help with treatment options.

What can be done for tinnitus? There are treatment options that can reduce the intensity of tinnitus and manage the condition, but there is no proven cure for chronic tinnitus sufferers. The treatment options Today's Hearing suggests Sound Therapy and Behavioral Therapy.

Sound therapy uses external sounds to help counteract the persistent noise caused by tinnitus. Some hearing aids are built with tinnitus features to obscure the frequent sound and increase the volume on other sounds. Other devices include sound masking machines and notched music devices. Sound masking machines are short term relief while the machine is in use. Notched music devices are programmed to emit sounds that match or counteract the tinnitus frequency.

Behavioral therapy can be used along with sound therapy or independently to alter an individual's emotional reaction to their tinnitus symptoms. Dealing with an unwanted persistent sound can be stressful. Therapy can help reduce tinnitus related anxiety or stress.

To learn more about tinnitus treatment options, call Today's Hearing (281) 578-7500, and let us help you begin relieving your tinnitus symptoms today.

For more information visit American Tinnitus Association - www.ata.org