

# The Villages Health®

AUDIOLOGY PATIENT NEWSLETTER  
May 2022

## Naturally Better Hearing, Sounds Beautiful



To start, this poignant *Silence is Lonely* poem is taken to heart, please enjoy reading it.

While April showers bring May flowers, it is also opportune to celebrate **Better Hearing & Speech Month**. With *Communication Wellness* top of mind, we get back to basics about how the Art of Hearing can improve your quality of life. With the sounds of Spring in the air, from chirping birds to children's playgrounds or waterfalls to walks in the park, boosting your auditory abilities inspires us. At the root of it, we want you to be *Happy to Hear*, for life!

### *Silence is Lonely*

When at first our hearing begins to fade,  
Though the signs are foretelling, we may choose to evade.  
We talk often they don't speak clearly, they mumble a lot.  
My concentration is elsewhere, that's why I ask what.  
Please talk a bit louder, your voice is so weak.  
I could hear you OK if you'd look at me as you speak.  
I can hear you just fine, when you're close at hand.  
If you would learn to enunciate, I could understand.  
Being with family is one of life's greatest joys.  
But don't expect me to hear, with all of that noise.  
It's easy to blame others, though it's not really fair.  
It's your hearing problem, solve it, show others you care.  
He who said "Silence is golden" spoke for himself only.  
For the hearing impaired, "Silence is lonely."

Ray Bain  
1996

As your hearing care journey evolves, we **partner in success**, always listening carefully. By investing quality time to understand your daily challenges, in noisy environments or on the phone as examples, we identify lifestyle goals, personalized solutions and plans of care which are the right fit. In fact, despite confusing information commonly seen in the marketplace, one solution, size, style or budget does not fit all. Quite the contrary.

Then, there is the matter of trust...

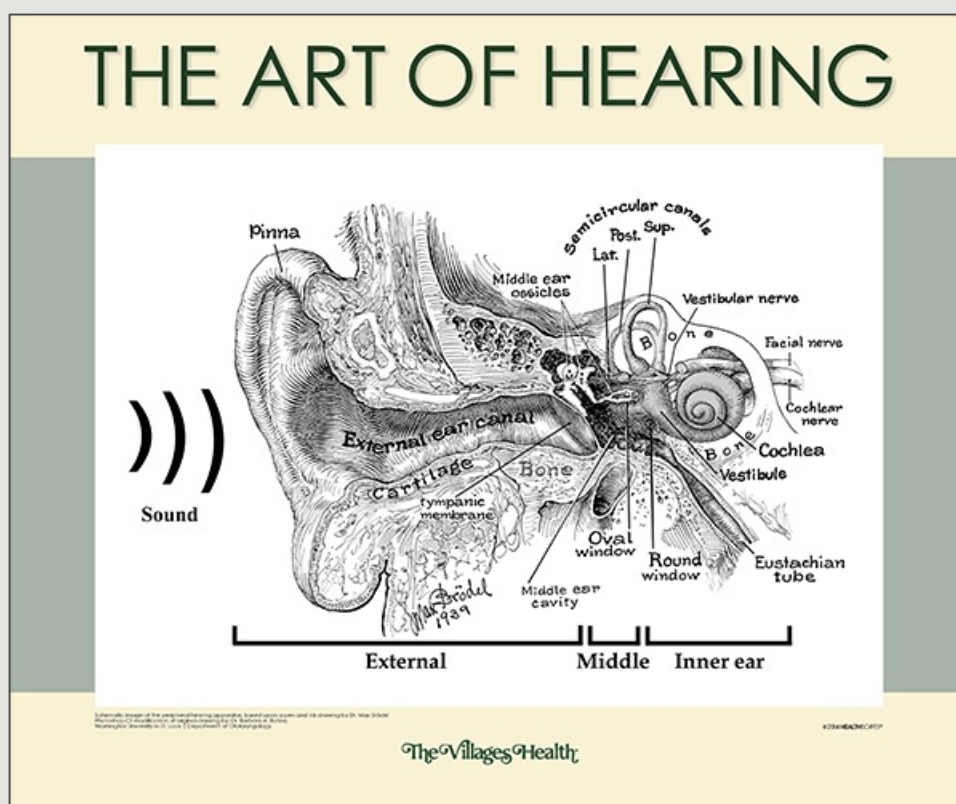
*"Trust yourself, you know more  
than you think you do."*

— Benjamin Spock



You can trust us. We realize investing in **personalized solutions**, whether hearing devices or accessories, are important decisions and commitments for you, personally and financially. Just as your changing vision over the years demands **new prescriptions**, navigating life's soundtrack makes continuity of care vital. When our mutual efforts begin, evidence-based diagnostics and compassionate conversations facilitate assessment of your hearing status, associated medical conditions and activities of daily living goals.

To serve you best, we must **continually discover** and help achieve your hearing and interpersonal aspirations. At the same time, we are eager for you to better understanding how, while *Ears Collect, Brains Connect™*.




[View larger](#)



You should also *Hear the Facts* about how we hear and types of hearing loss, namely:

- Conductive – the failure of sound mechanisms to effectively transmit from the outer to the middle ear
- Sensorineural – typically caused by damage to and/or dysfunction of inner ear's sensory cells or nerve pathways to the brain

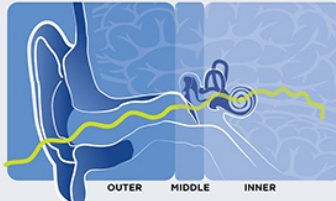
To learn more, please view:



## Hear the **FACTS** about **HOW WE HEAR**

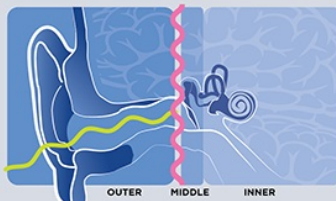
*and Types of Hearing Loss*

### NORMAL HEARING



The outer, middle and inner ear are three functional areas that help us hear. The outer ear collects sound waves that are processed by the middle and inner ear. These sound waves cause eardrum vibrations, which the middle ear's three small bones amplify as they are en route to inner ear. From there, vibrations pass through the fluid of the inner ear's cochlea. This snail-shaped structure's nerve cells have thousands of tiny hairs attached, which convert sound vibrations into electrical signals that are transmitted to the brain. Different sounds cause nerve cells to send different signals to the brain, which is how unique sounds are identified.

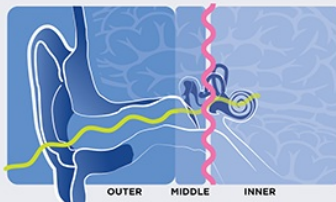
### CONDUCTIVE HEARING LOSS



**Diagnostic Focus: Outer Ear and Middle Ear**

Conductive hearing loss is the failure of sound mechanisms to effectively transmit from the outer to the middle ear. This condition may occur alone or be accompanied by sensorineural hearing loss. This may be taken care of medically or by surgical treatment options including minimally invasive bone conduction systems and cochlear implants.

### SENSORINEURAL HEARING LOSS



**Diagnostic Focus: Inner Ear and Brain Pathway**

This common condition is caused by damage to and dysfunction of the inner ear's sensory cells or nerve pathways to the brain. While standard treatment options for this type of hearing loss include proper fitting of digital hearing devices, for certain types and degrees of loss, cochlear implants may be a viable option.

### Did you know?

Mixed hearing loss refers to a combination of conductive and sensorineural dysfunction.

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Even when personalized solutions are properly determined and brought to life, by definition, *Communication Wellness* involves your family, friends and colleagues. With experience and valuable feedback from folks like you, we share practical strategies all involved should benefit from.



## Communication Strategies

### ***The best places for conversations are***

Quiet and calm, away from noise sources such as kitchens or televisions.

### ***The best plans for communication are***

Standing or sitting directly in front of each other, minimizing distractions and allowing time for effective processing.



#### ***Listeners...***

- Are honest about hearing abilities
- Use properly fit amplification devices
- Repeat what they heard and understood
- Closely observe speaker's facial expressions and movements
- Are patient and maintain a positive attitude

#### ***Speakers...***

- Enunciate clearly, pausing between phrases
- Confirm message was clearly heard and understood
- Do not speak loudly or exaggerate mouth movements
- Patiently repeat or rephrase as necessary
- Be respectful of those with hearing challenges



## ***Word Jumbles, Just for Fun!***

Also known as the auricle, the outer ear which collects sound is the?

**ninap**

The tiny snail-shaped inner ear structure which converts sounds into electrical impulses going to the brain is the?

**hcolcae**

The only type of preventable hearing loss is that induced by?

**ineos**

One of the challenging places for most people to hear is in noisy?

**ttsseaarrun**

*See answers at the bottom of this newsletter*



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While we take your hearing care seriously,  
a little laughter goes a long way.

## Good Humor, Healthy Hearing



*“I think I see your problem.”*

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You deserve a hearing care professional who **strictly adheres** to the highest standards of care with expert evaluation and reputable education. At **The Villages Health Audiology**, with our years of formal training, along with decades of clinical experience, your communication wellness is our passion.

Please contact us to **schedule your personal consultation** and encourage loved ones to follow your lead. As Spring's beauty is a sight to see, we genuinely want to empower you to hear your best and live life to the fullest. Sound good?

## VISIT OUR WEBSITE

[LEARN MORE](#)

Schedule an appointment for you or your loved ones.  
**(352) 674-1799**

Word Jumble answers: *pinna, cochlea, noise, restaurants*



The Villages  
Health®

**Audiology Department**

*The information contained herein is provided for general educational purposes.  
Regarding specific questions, please talk to your Doctor.*

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