

# Audiology Informer

Carlson Ear Nose & Throat Associates

## Earplugs for Swimming

- Swimmer's ear is a common complaint for many children and adults every Summer
- Custom made swim plugs can be made to keep water from getting in the ear canal
- Our custom made AquaNot swim plugs offer a comfortable way to keep your ears dry! They float in water, come in bright colors, and can also protect your ears from excessive noise
- Call today for an appointment and to learn more about AquaNot swim plugs



## May is Better Speech and Hearing Month!

How is your hearing? When was your last hearing test? If you have questions about how well you have been hearing, now is a good time for a hearing evaluation. The American Academy of Audiology recommends that everyone over the age of 45 have an annual hearing evaluation. Annual hearing evaluations are recommended in order to determine the status of the outer, middle and inner ear, and can be used to diagnose medical causes of hearing loss. It has been estimated that

10% of the U.S. population has hearing loss, and it is the 3rd most common medical condition. Most of us have known someone with hearing loss or hearing aids and know about the struggles they can often have. The best way to protect your ears is to wear earplugs when in noisy situations, turn down the volume or remove yourself from levels of excessive noise, and to have routine exams of the ears. It is important to know what sounds are too loud. There are wonderful re-

sources online such as:  
[www.dangerousdecibles.com](http://www.dangerousdecibles.com)

Celebrate Better Hearing Month all summer long by scheduling a hearing evaluation and doing your part to reduce noise. Your ears will thank you!



## Baha®



## Hearing Treatment for Single Sided Deafness

Hearing loss can present in many different forms. Some individuals have hearing loss in only one ear, with relatively normal hearing in the other ear. For many years these individuals have been treated with complicated and cumbersome CROS hearing aids where a hearing aid worn on the poorer ear transmits the sound to a hearing aid on the better ear. People who have hearing loss in just one ear often complain that determining the location of a sound source and hearing in noisy environments can be a challenge. Today, the Baha implantable hearing device can be an option for these individuals. The Baha is a surgical implant that is indicated for unilateral deafness and works by detecting sound on the affected side and sending the sound to the better ear through bone conduction, or bone vibrations. This device assists in hearing, understanding conversations in noise, increasing awareness of sound from the weaker ear, and eliminating the need of wearing hearing aids on both ears. The Baha is implanted by an Ear Nose and Throat surgeon and is maintained and adjusted by an audiologist. Dr. Lara at Carlson ENT is currently performing this procedure for patients that have met the FDA guidelines. This device can also be used to provide clear sound to the inner ear for certain cases when the middle ear is blocked or damaged, thus eliminating the need for large hearing aids and earmolds. For more information on how the Baha may be a solution for unilateral or conductive hearing loss, call our office for an audiological and medical evaluation to determine candidacy. Most insurance companies are covering this procedure. More information about the Baha implant can be found online at [www.Cochlearamericas.com](http://www.Cochlearamericas.com)

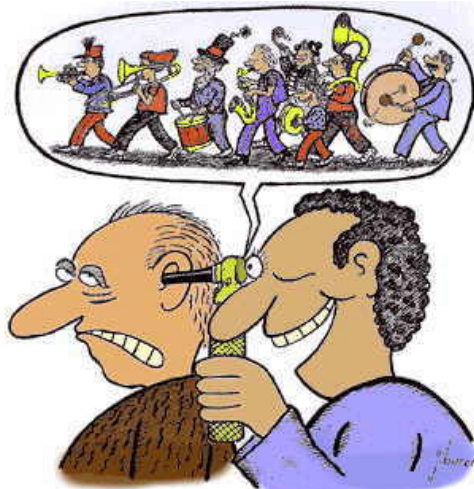
**CARLSON**  
EAR NOSE & THROAT ASSOCIATES

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## Tinnitus—Common causes and treatment options.

Have you or someone you know ever experienced ringing in the ears? Tinnitus is the medical term for the presence of sound in the ears or head with the absence of a sound source. It can be described as ringing, buzzing, crickets, swishing, whooshing, roaring, humming, and more. Tinnitus can be constant or intermittent, loud or changing. The American Tinnitus Association estimates that there are 50 million Americans who experience tinnitus in varying degrees. The exact cause of it is unknown, however, there are many things that are likely to contribute to the problem such as: noise exposure, noise induced hearing loss, ear wax accumulation in the ear, auditory nerve tumors, TMJ, certain medications, cardiovascular disease, head or neck trauma, ear or sinus infections, and some disease processes are known to be associated with tinnitus. Tinnitus has been reported to be worse in some patients due to medication, dietary causes like nicotine, alcohol, or caffeine, and stress and fatigue. There is no current cure for tinnitus, however, there are some treatment options that have worked for certain individuals. If you or someone you know has tinnitus the first step in treatment is a complete diagnostic hearing evaluation by an audiologist, followed by a medical evaluation by a Ear Nose and Throat specialist. After this evaluation, the audiologist and ENT specialist can work with you on finding an option to help alleviate the symptoms. Treatment options for tinnitus include devices that mask the noise in your ears, hearing aids, some medications, acupuncture, and therapy. If you would like information on tinnitus, or would like to schedule an evaluation please call one of our two locations for help. You can also visit [www.ATA.org](http://www.ATA.org) for more information from the American Tinnitus Association.



## What's New at Carlson Ear Nose & Throat Associates?

- **Hearing Aid Service Plan!** We are now offering a Hearing Aid Service plan to assist individuals with hearing aids that are no longer under warranty, or who have purchased hearing aids out of state. With the annual Service Plan Fee of \$150.00 you will get *FREE* office visits with a Doctor of Audiology, *FREE* hearing aid cleanings, *FREE* hearing aid re-programming, 10% off hearing aid batteries, 20% off earmolds, and 20% off manufacturer repairs. Typical office visits for out of warranty hearing aids can cost from \$25 to \$75 dollars per visit. It is recommended that hearing aids be checked and cleaned every 6 months in order to properly maintain the device. Call now to sign up!
- **Summer Clinic Hours!** Our Tucson office will be open from 6am—6pm Monday, Wednesday, and Thursday all summer long. We also offer Saturday appointments.
- **Healthy Hearing Seminar!** Come to a *FREE* seminar hosted by one of our Doctors of Audiology. Monthly seminars are offered in our Tucson office. Seminars will be offered this summer in Oro Valley in June and August. Call today to sign up!



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***Hearing aid Check  
and Cleaning for any  
pair of hearing aids***



Expires 08/31/2009  
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Do you have other ENT needs? Let one of our Ear, Nose and Throat specialists help you! We are currently accepting new patients for vertigo, dizziness, allergy testing and allergy injections, snoring, sinus problems, ear blockage, throat pain, voice care, and more!!! Call for an appointment.