

# SPRING NEWSLETTER



## Test your hearing with the sounds of spring

### The sounds of spring can test your hearing

Spring has sprung and some of our favourite sounds in nature have emerged from hibernation! And did you know that listening for these sounds can actually be one way to test your hearing and/or hearing aid?

Can you hear the birds chirping? Rain falling? Squirrels scampering in the trees?

Here are a few of our favourite sounds of spring you should be able to hear...

- **Birds singing.** Birds are migrating from winter homes in the tropics up to the North. As they go, they chirp and sing. Listen for the sweet sounds of the robins, especially in the morning.
- **Rain.** April showers bring May flowers! And some even bring thunderstorms. If you can't hear the thunder or pitter patter of falling rain, contact your hearing professional!
- **Humming and buzzing of insects.** As the weather gets warmer, insects and bugs emerge. Listen for the crickets and humming of mosquitos this summer.
- **Squirrels.** Squirrels make loud noises from "kuk," to "quaa," and even sounds of chirping followed by meows. Listen for these and the noises of squirrels rustling in the bushes.

**If you have trouble hearing these springtime sounds and noises outside (or in any environment!), call us today to schedule a free hearing exam!**

# How allergies can affect your hearing



**ACHOO! It's springtime and... allergy season! You might notice you have itchy eyes or are sneezing more often. But have you ever noticed it can become difficult to hear too? Here's why:**

Your immune system is in full effect producing antibodies that release histamine which can produce an allergic response to the pollen and blooming flowers. The result? Sneezing, itching, congestion and increased mucus production, which can all lead to conductive hearing loss.

Conductive hearing loss occurs when fluid or earwax prevents sound waves from flowing into the tiny bones of the middle ear. It is curable but can make hearing temporarily difficult.

## There are three types of allergy-related hearing loss:

### 1. OUTER EAR

Allergic reactions can cause itching and swelling in the outer ear and ear canal. And pollen isn't the only cause—laundry detergent, perfume, earrings and even household pets and other allergens can cause allergic reactions that affect your hearing.

### 2. MIDDLE EAR

If your middle ear is swollen, your Eustachian tube may not be able to drain properly. This can lead to fluid and pressure build up and be a breeding ground for bacteria. Fluid build up can also cause balance problems and make you feel light headed. See a doctor if you suspect an ear infection or fluid build up.

### 3. INNER EAR

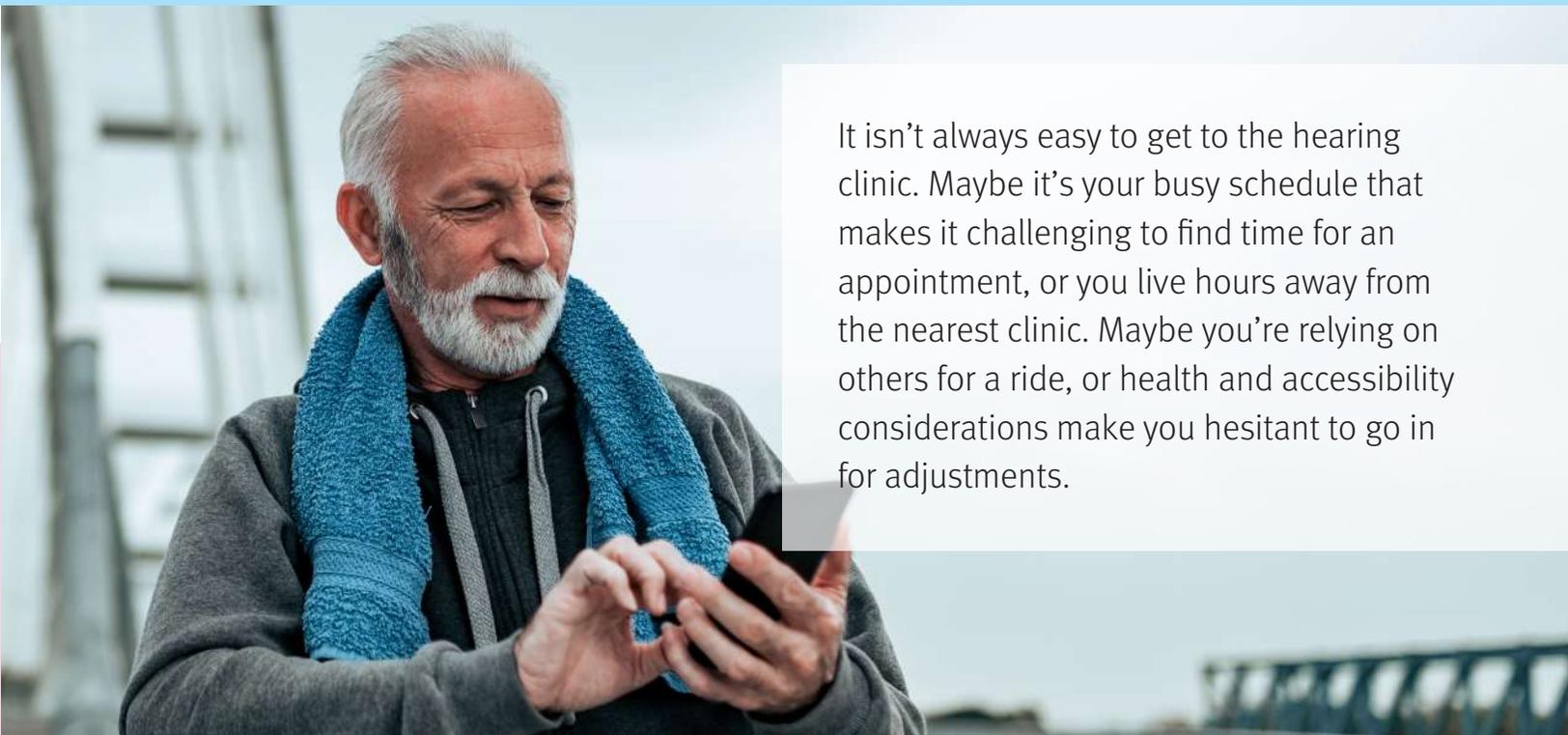
If you suffer from Meniere's disease, allergies can also contribute to hearing loss.

The good news is that seasonal allergies and allergic reactions are usually temporary. Normal hearing usually returns after your allergies subside.

If you suffer from itching in the ear, make sure to never attempt to scratch the inside of the ear with a cotton swab or other object inside your ear canal. Instead, wash your ear gently with warm water and dry it thoroughly. If that doesn't work, schedule an appointment with your doctor or hearing specialist to clean out the earwax and examine the cause of the itching.

If itching or hearing loss symptoms persist, schedule an appointment with our hearing care professional for an exam. Your hearing is not something you want to risk damaging.

# Get better hearing when and where you choose.



It isn't always easy to get to the hearing clinic. Maybe it's your busy schedule that makes it challenging to find time for an appointment, or you live hours away from the nearest clinic. Maybe you're relying on others for a ride, or health and accessibility considerations make you hesitant to go in for adjustments.

Getting to the clinic has always been a challenge, even before the COVID-19 pandemic upended our "normal" lives. Now more than ever, we're seeing businesses adapt to changing needs by offering new services and adjusting their approaches. Contactless payment, curbside pickup and more stores moving online are just a few of the changes now part of the "normal for now."

Whatever challenges society is facing, you still deserve to get the most benefit from your hearing aids. With Unitron's Discover Next hearing instruments, when you can't get to the hearing clinic for some fine tuning on your hearing aids, their remote adjust solution brings the adjustments to you wherever and whenever it's convenient.

## How does remote adjust work?

Rather than making a trip into the clinic, the whole process can be managed by your hearing care provider and the Remote Plus app on your phone.

- 1 Your hearing care professional makes the adjustments and sends the changes to your smartphone.
- 2 You receive the message and apply the changes to your hearing aids using the Remote Plus app\* whenever you're ready.

And if you aren't satisfied with the changes, you can easily revert to the previous settings.

"Businesses are rapidly adapting in response to customer needs, and we know hearing care should be part of that too," says Shaun Coghlan, Senior Product of Manager of eSolutions at Unitron.

**"With remote adjust, we're making it possible to receive the high level of care you're used to without the worry of trying to get into the clinic."**



**Stoney Creek**  
905-643-4999  
2-621 Barton St.  
whisperaudiology.com

*Whisper***Audiology**  
Hearing Clinic



# Spring Word Search

F R O B I N I J R A I N A N S R T W  
G R A B B I T V C V W W T N H B U E  
S R V D N A U M B R E L L A O U L A  
O Q O E A T P T P B O K N S W L I T  
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H X O M R H I O U D E R B S S W D R  
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BLOSSOM  
BUD  
BULBS  
CROCUS

DAFFODIL  
FOAL  
GRASS  
GROW

HATCH  
MELT  
NEST  
PUDDLES

RABBIT  
RAIN  
ROBIN  
SHOWERS

SQUIRREL  
SUNSHINE  
THAW  
TULIP

UMBRELLA  
WARMING  
WEATHER



**Bring your hearing aids in for a spring cleaning and receive:**

- Complimentary clean & check
- Free cleaning kit