

ON THE EAR WAVES

The Official Newsletter of London Audiology Consultants



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How Do I Get Wax Out of My Ears?

Almost everybody has an ear wax story, particularly people who wear hearing aids. Did you know that ear wax serves a purpose? It helps to keep the ear canal healthy by providing lubrication, trapping dust and insects and it also has antibacterial properties. So why does ear wax become a problem?

Ear wax naturally moves out of the ear canal. However, this doesn't work if the wax has been pushed too deeply into the ears. This often happens with hearing aid users. The hearing aids push the wax back into the ear. Also people with small or narrow ear canals sometimes find that the wax gets stuck.

What about Q-tips and other cotton swabs? **Q-tips do not remove wax from the ears and in fact they can make the problem worse by pushing the wax deeper into the ear canal.**

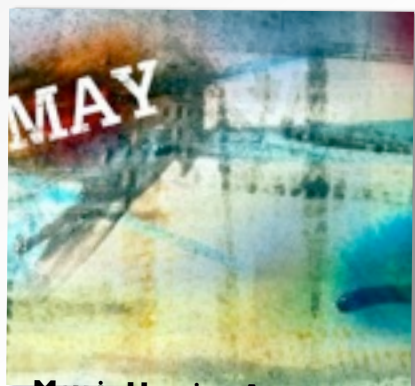
Most people do not need to do anything special to keep their ears clean. The natural migration of ear wax out of the ear canal along with normal bathing do the job.

If you wear a hearing aid or tend to accumulate ear wax you may need to have your ears cleaned by your audiologist or physician. Never put anything into your ears to try to clean them yourself.

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When many people think of audiologists they think of hearing aids. This is certainly an important area for audiologists but there are many other services that audiologists provide.

Audiologists provide services to all ages including:

1. Hearing testing.
2. Hearing aid prescription and fitting.
3. Auditory rehabilitation including training communication skills.
4. Assessment and management of auditory processing disorders.
5. Assessment and management of tinnitus (ringing in the ears).
6. Ear wax removal.
7. Assisting children with hearing loss and auditory processing disorders in the school setting.
8. Assessing balance disorders.
9. Research.

Audiologists in Ontario must have a minimum of a master's degree in order to practice. Audiologists work in a variety of settings including private practices, hospitals, industry and school boards.

Team Ear-Resistibles

Members of the London Audiology Consultants Team Ear-Resistibles will be participating in the Gutsy Walk for Crohn's and Colitis Canada on Sunday June 8, 2014 at King's College. This has become an annual event for Team Ear-Resistibles. Did you know that Canada has one of the highest incidences of Crohn's and Colitis in the world? Team Ear-Resistibles wants to change that by helping to find a cure!

Healthy Living, Healthy Ears

Are you looking to improve your ability to hear in background noise? Here are three things about hearing in noise discovered by hearing researchers.

- * Individuals who play a musical instrument had better hearing in noise.
- * Learning a new language or speaking more than one language improves the ability to hear in noise.
- * Regular exercise was shown to help improve hearing in background noise.



May is Hearing and Speech Awareness Month

Did you know that one in six Canadians has a speech, language or hearing problem?

If you or someone you know has a hearing problem, this is the perfect time to come in for a hearing test.

Hearing is essential to communication and the opportunity to communicate is a basic human right. Call (519) 435-1899 to make an appointment.



Meet our London Audiology Family

Meet Sean Brac, Audiologist

I did not always know that I wanted to be an audiologist. During my undergrad I was persuaded to look into the option of doing my masters to become an audiologist. The more I looked into audiology the more I liked it.

The combination of technology, science and ultimately working with people is what made and continues to make audiology so appealing.



Battery Tips

Hearing aid batteries are best stored at room temperature. Leave batteries sealed until you are ready to use them in your hearing aids.

After you unseal a new battery, let it sit for a minute before you put it in your hearing aid. This will help it come up to full power and it may also last longer.

Battery performance can be affected by moisture so place them in your Dri-aid kit at night along with your hearing aids.

