



## Thank you!

We had a tremendous response for our anniversary raffle! Thank you to all who participated and congratulations to R.E. in Delray Beach, B.L. in Palm Beach Gardens and T.S. in Atlantis for being our winners. The grand prize winner took home \$1200.00!

## New website

We are pleased to announce that we have been working on revamping our website and it looks fabulous (if we do say so ourselves!) Please click the link below and tell us what you think!

## Hurricane Dorian

Now that Hurricane Dorian is becoming stronger, please make sure you have all your supplies with your cell phones charged and ready for possible power-outages. We have canceled all appointments for Tuesday, Sept. 3. If the roads aren't safe, we will not be in the office. If power goes out, our phones won't work. If you have internet service, you can check our facebook page for updates. We will try to keep that current.

The most important thing is to stay safe.

[Visit our new website!](#)

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## September Events

### **Sept. 2: LABOR DAY - Office Closed**

Sept. 4: King's Point Plaza; phone distribution; RSVP required

Sept. 6: Temple Shaarei Shalom; phone distribution; RSVP required

### **Sept. 9-10: Debby at conference**

Sept. 24: Jupiter Community Center; phone distribution; RSVP required

Sept. 25: Patch Reef Park; phone distribution; RSVP required

### **Sept. 29: Happy Rosh Hashana!**



We are heading into health fair season so the calendar will begin to fill up. If your community has a health fair or you would like us to present to your club or group,

please call Fred Schott at 561-366-7219.

[fredschott@audiologywithaheart.com](mailto:fredschott@audiologywithaheart.com)

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## **I have hearing aids - why can't I hear?**

One of the most frustrating aspects of having a hearing loss and wearing hearing aids is when you still have difficulty understanding another person..I've had this conversation many times recently so I want to address this issue head on. It sounds like a cliché: hearing aids help but they don't cure the hearing loss.

Our ability to understand speech lies in our brain, not our ears. That sounds crazy, I know, when we focus on providing hearing aids but our brains integrate information from all our senses: hearing, vision, touch, taste and smell so that we can make sense of our world.

Unfortunately, hearing loss is not a passive disability. That means that even with hearing aids, you still have to make accommodations for the hearing loss.

Sometimes that means you have to become your own advocate:

- Pick a quiet restaurant
- Ask your host to turn the TV or radio off if it's interfering with your ability to participate in a conversation
- Make sure the lighting is good so you can see people's faces
- Ask people to speak to you, not away from you
- Don't try to converse from room to room
- If you still can't understand, ask the speaker to use different words; sometimes our brain is getting stuck on one word that confuses everything
- Ask the speaker to slow down - fast speech is difficult to understand

Focus on the things you can hear and not what you can't hear. This is often the most difficult thing to do but a responsible Audiologist will never tell you that you will hear everything accurately all the time. If we can improve your lives by 75-80%, we consider that a job well done.

Hearing aids have come a long way: from the early days of indiscriminate volume increase to highly sophisticated mini-computers that make thousands of decisions every second to help you hear as well as possible but we still can't cure the hearing loss. That technology is probably in the future but right now, we have to do the best we can with today's technology.



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Fall is an exciting time for football fans, as we put on our jerseys, check our fantasy teams, and cheer on our favorite players. With so much excitement, it can be easy to overlook one important fact: football games are noisy and have the potential to damage your hearing.

Whether you are attending a high school game, or going to see the pros, it's key to make sure you are taking the right steps to protect your hearing. Read on to learn more about the long-term effects of stadium noise and how you and your family members can protect your ears while enjoying America's favorite sport.

## How Loud is Too Loud?

Noise is measured in units known as decibels. Sounds as subtle as a refrigerator hum sit at about 40 decibels, while louder sounds such as fireworks, can reach 145 decibels.

Hearing damage can occur after exposure to noise 85 decibels or higher. This means that you need to use caution when you are in an environment where the noise exceeds this level, even if it doesn't seem dangerously loud to you. The average NFL game tends to rest at around 90 decibels, but they can—and do—get much louder.

The length of exposure and decibel level both play a role in the damage that occurs. For instance, the loud blast of an air horn reaches about 129 decibels, and it only take a moment for it to cause permanent damage. On the other hand, if the decibel level is rests at 85, it typically takes 15 minutes of exposure to impact your hearing. If you are at a game for three and a half hours where the decibel level ranging from 90 to 130 decibels, it increases your chances of hearing damage much more.

### The Loudest Stadiums

It's no surprise that professional football games tend to generate excessive noise. With loud music, loudspeakers, and screaming fans, the decibel levels of stadiums can quickly skyrocket. Also, many stadiums have aluminum seating, and sometimes have overhanging structures. These don't absorb any sound, and actually reflect it back onto the field.

Some fans take great pride in being the loudest, and compete to see who can make the most stadium noise during games. In 2014, Arrowhead Stadium, home of the Kansas City Chiefs, broke the world record for stadium noise with a whopping 142.2 decibel level—that's louder than a jet taking off! The Seattle Seahawks fans are known for their loud stadium noise, and CenturyLink Field held the previous record with a decibel level of 137.6.

After breaking the world record, Andy Reid, Head Coach of the Chiefs said, "I never thought I'd be fired up about decibel levels, but I'm fired up for them. My ears are still ringing. I mean it was loud-loud down there; incredibly loud." Here are some of the other stadiums that are known for being noisy. See if your team is on the list!

- The Mercedes-Benz Superdome, home of the New Orleans Saints
- The Lucas Oil Stadium, home of the Indianapolis Colts
- Lambeau Field, home of the Green Bay Packers
- Heinz Field, home of the Pittsburgh Steelers
- AT&T Stadium, home of the Dallas Cowboys
- Gillette Stadium, home of the New England Patriots
- Invesco Field, home of the Denver Broncos

### **What You Can Do**

Wearing hearing protection is often the best solution for protecting your ears from excessive noise. Hearing protection comes in different forms, but earplugs are an affordable and effective option. The best part? They're small and portable, so you can easily throw them in a bag or sweatshirt pocket.

Remember, one size does not fit all. If you are bringing your children or grandchildren to a game, make sure you have hearing protection made specifically for them. Standard earplugs are often too large for their ear canals, and earmuffs will leave gaps that let loud sounds through. Earmuffs made especially for babies and children are comfortable for their size, and effectively reduce their exposure to harmful decibel levels.

It's important to remember that hearing loss can happen anywhere, not just the stadium! Sports bars tend to be another place that get too noisy, especially during big games. If you are watching it at home with surround sound, or on your smartphone with earbuds, make sure the volume is turned down to a safe level (usually 60% of the device's capacity).

If you are concerned about the impact of noise exposure on your hearing, the best thing you can do is to visit your hearing healthcare provider. This professional will be able to test your hearing, recommend solutions, and find the best hearing devices for you, if necessary.

### **Have you moved?**

If you've moved, please call the office to update your information.

Please remember to update your voter registration information. If you need the form, we have them in our office and can help you fill it out.

### **We take old hearing aids!**

If you have old hearing aids lying around gathering dust, we take them as donations. It doesn't matter the style, age or even if they are working. Please call us at 561-366-7219 for more information.

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