

Clarke Hearing News



Hearing news you can use!

Fall 2010

First, our team would like to thank everyone that sent along praise and comments on our first ever newsletter! We've begun providing these newsletters as a means to keep you informed of the most recent developments in hearing technology, to provide you with helpful hints on how to live with hearing loss, and to keep you updated on the latest happenings at the Clarke Hearing Center.

Since our last update, we added an additional audiologist to our staff to help serve you better, and we continue to make operational improvements at the office to help your visits run smoothly. We can't thank you enough for your patronage to the Clarke Hearing Center, as our center helps fund programs at the Clarke Schools for Hearing and Speech. These programs help educate children with hearing loss and their families, both here on the Clarke Northampton Campus and in your town and neighborhood schools.

If you wish to stop receiving this newsletter, please email your request to us at: chc@clarkeschools.org

Welcome Amanda Lepine, Au.D.



The Clarke Hearing Center is proud to introduce the newest member of our audiology team, Amanda Lepine, Au.D. Dr. Lepine joined Doctors Girardin, Skinner, and Alexander in June after completing her clinical externship year in the VA Connecticut Healthcare System and graduating in May 2010 from UMASS.

"I am very fortunate to join the Clarke community which has always held the best interest of their patients at heart. I am looking forward to continuing that tradition by providing excellent audiological services to children and adults alike."

Can You Hear the Smoke Alarm?

Most smoke alarms use a very high pitched alerting tone, so patients with hearing loss may not hear the alarm unless they're wearing their hearing aids. This poses a safety concern at night, since most patients don't wear their aids while sleeping. According to a July 2007 study by the Hearing Loss Association of America, the typical 3100Hz signal used by most smoke alarms "failed to wake up 43 percent of tested subjects with mild to moderately severe hearing loss," even though they could hear

it when awake. They found a 520Hz square wave tone to be the most effective. Test your smoke alarm by activating it while everyone else is sleeping. If it doesn't wake them, consider purchasing one that uses a lower frequency alarm, such as the Loudenlow. Their website is www.loudenlow.com. While the cost is higher than the standard smoke alarms (about \$180 for the 520Hz model), it's a small price to pay to save a life.

Patient Feedback



"The Clarke Hearing Center has helped me tremendously! They will help improve your hearing and make your life less stressful and more enjoyable! They have mine!"

-- Jim Hutchins



45 Round Hill Road
Northampton, MA 01060

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Introducing Agil: *The Revolutionary Hearing Device by Oticon*

Agil is like no other hearing device on the market today. It's designed to improve your ability to hear and understand, even in tough listening situations.

Three unique features work together to make Agil one of the most advanced hearing devices on the market today.

- **Spatial Sound 2.0:** This technology supports the brain's natural process of understanding speech.
- **Speech Guard:** Only Agil offers the ability to follow conversations so naturally and immediately.
- **Connect Plus:** Enjoy music like never before when you stream through Bluetooth™ devices.

Agil actually takes the work out of hearing and listening so you understand more with less effort. Escape from the solitary world of hearing loss, and be free again. With Agil*.



Oticon | **Agil**

*Clarke does not endorse any one particular hearing aid manufacturer and this is not a paid advertisement. Our spotlighted hearing aid may not be appropriate for every person with hearing loss. Speak with an audiologist, who can help you choose a hearing aid that is appropriate for the type and degree of hearing loss, meets your listening needs, and falls within your hearing healthcare budget.

Custom Shooters' Plugs

Fall is here and, for some, that means the start of hunting season. Regardless of your target, you will likely be spending time sighting in your rifle and taking at least one other shot – if you're lucky. Unfortunately, what that also means is the potential for permanent hearing loss. If you have ever been close to gun fire and experienced ringing in your ears and/or a muffled quality to sound afterwards, you have experienced a temporary change in your hearing. If you don't take steps to protect your hearing, even a one-time event can cause that shift to be permanent.

Right now you are probably saying that being able to hear the sounds of nature is

a big part of the hunting experience. So how do you protect your hearing while still being able to hear those sounds around you and converse quietly with your hunting partner? Custom hearing protection is the answer.



For strictly target-shooting, a custom solid plug is recommended. This type of protection offers you hearing

protection that is made to fit your ear, specifically. It effectively muffles all the sounds around you, protecting your hearing from both your rifle/pistol shot,

as well as the shot of the person shooting next to you. If you need to hear when you aren't shooting, such as when hunting in the field, an "active" custom plug is recommended. This type of custom plug allows you to hear without any reduction in sound until the impulse noise of the gun causes a valve to close, providing you with some protection from the blast.

For more information about shooting plugs or any type of custom hearing protection, call us! We'd be happy to talk to you about different types of protection and which type might be right for you.