

HEALTHY HEARING NOW

JUNE 2026 NEWSLETTER



HAVE YOU HEARD?

Your brain recognizes familiar voices faster than unfamiliar ones - which is why conversations with family and close friends often feel easier to follow. Staying socially engaged and keeping your hearing healthy both help the brain stay active and connected.



HEARING HEALTH NEWS

Did you know that untreated hearing loss may increase the risk of falls? Recent research suggests that hearing plays an important role in balance and spatial awareness. When the brain has to work harder to process sounds, it may have fewer resources available for maintaining balance and staying aware of surroundings. Hearing difficulties can also make it harder to notice environmental cues like approaching people, traffic, or warning sounds.

The good news: treating hearing loss with properly fitted hearing aids and regular hearing evaluations may help improve awareness and confidence in daily activities. If you or a loved one have noticed changes in hearing or balance, scheduling a hearing check is an important first step toward staying safe and independent.

NEED A GOOD LAUGH?

A patient told his audiologist, "Ever since I got hearing aids, I've overheard so many conversations!"

The audiologist smiled and asked, "Have you told your family?"

He replied, "Nope... but I've changed my will three times already!"



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HELPFUL TIP

Keep a small hearing aid cleaning brush or soft cloth near your bedside table. Taking just a minute each night to wipe away moisture and debris can help improve sound quality and extend the life of your hearing aids.



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