

HEALTHY HEARING NOW

MAY 2026 NEWSLETTER



HAVE YOU HEARD?

Recent research continues to highlight just how important hearing health is to overall well-being.

Studies have found a strong connection between untreated hearing loss and an increased risk of cognitive decline, including conditions like **dementia**.



HEARING HEALTH NEWS

Health experts are raising awareness about what's being called "hidden hearing loss," a condition where people may pass a standard hearing test but still struggle to hear clearly in noisy environments. This is often linked to long-term exposure to moderately loud sounds, like music through earbuds or background noise throughout the day.

What's interesting is that this type of hearing damage can happen gradually and without obvious warning signs - making prevention more important than ever.

What you can do:

The "60/60 rule" is a great guideline to share with family members: listen at no more than 60% volume for no longer than 60 minutes at a time. Giving your ears regular breaks can help protect your hearing over the long run.

NEED A GOOD LAUGH?

A patient came in convinced their hearing aids were broken.

“They keep cutting in and out,” they said.
“Voices just disappear mid-sentence!”

We did a full check—cleaned them, tested them, adjusted the settings... everything was working perfectly.

So we asked, “When does it happen?”

They said, “Mostly when my spouse is talking to me from another room.” We smiled and said, “Ah... we’ve identified the issue.”

“What is it?” they asked.

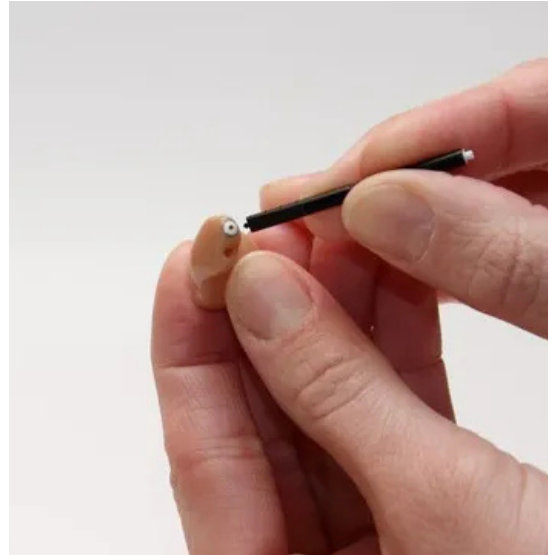
“Your hearing aids are working just fine... they’re just not designed for selective hearing yet.”

The patient paused... then laughed and said, “Well, let me know when that upgrade comes out!”



What do you call a big cat that has spots, plays music and wears hearing aids?


Deaf leopard.



HELPFUL TIP

Don't forget to check your wax guards and domes regularly. A small buildup of earwax can make a big difference in sound quality—sometimes what feels like a “broken” hearing aid just needs a quick clean!

Pro Tip: If your hearing aids suddenly seem quieter than usual, try replacing the wax guard before scheduling a repair—it's a simple fix that often does the trick.

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