



Prioritizing your Hearing Health

**How to prevent, diagnose, and treat
hearing and imbalance disorders**

Agenda

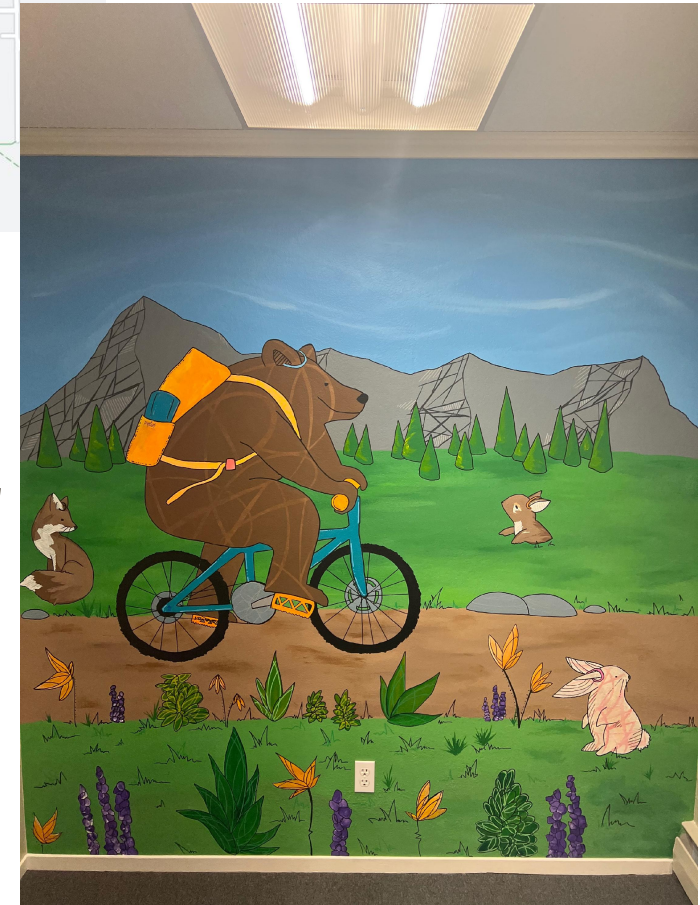
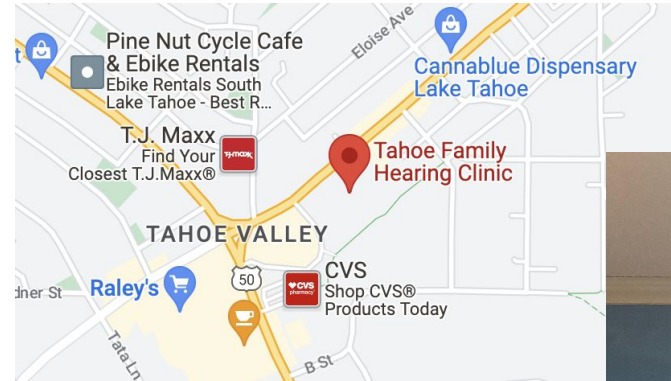


- **Introductions**
- **What does an audiologist do?**
- **Signs of hearing loss**
- **Types of hearing loss**
- **Diagnosing and treatment of hearing loss**
- **Importance of maintaining your hearing health**

Introductions

Tahoe Family Hearing Clinic

- 2074 Lake Tahoe Blvd. Suite #9
- Located in the Tahoe Family Pharmacy complex (next to Borges Chiropractic)
- Opened September 2022
- Adult and pediatric focused
- All major insurance providers accepted (including Medicare and Medi-cal)



Introductions

Jenelle Sandy, AU.D., CCC-A

- Owner / Head Audiologist at Tahoe Family Hearing Clinic
- Bachelor of Arts in Communicative Disorders, University of Wisconsin-Madison
- Doctorate of Audiology, University of North Carolina-Chapel Hill
- Specializes in pediatrics and adults
 - Diagnosis, hearing amplification, cochlear implants, programming
- Mission to provide quality hearing healthcare while increasing awareness of the importance of early identification and rehabilitation options for hearing loss.
- Values early intervention, follow-up care, regular patient feedback, and the social responsibility of ensuring the health and wellness of patients
- Proficient in Spanish and American Sign Language
- Loving mother of (2) kids Lyla (7) and James (5)



Introductions

Rob Sandy

- **Director Operations, Office Manager, Scheduling**
- **Background in engineering, technology sales, marketing, and operations**
- **Roles include scheduling, patient follow-up, marketing, and other various operational roles**
- **Proficient in Spanish**
- **Loving father of (2) kids Lyla (7) and James (5)**



What does an audiologist do?



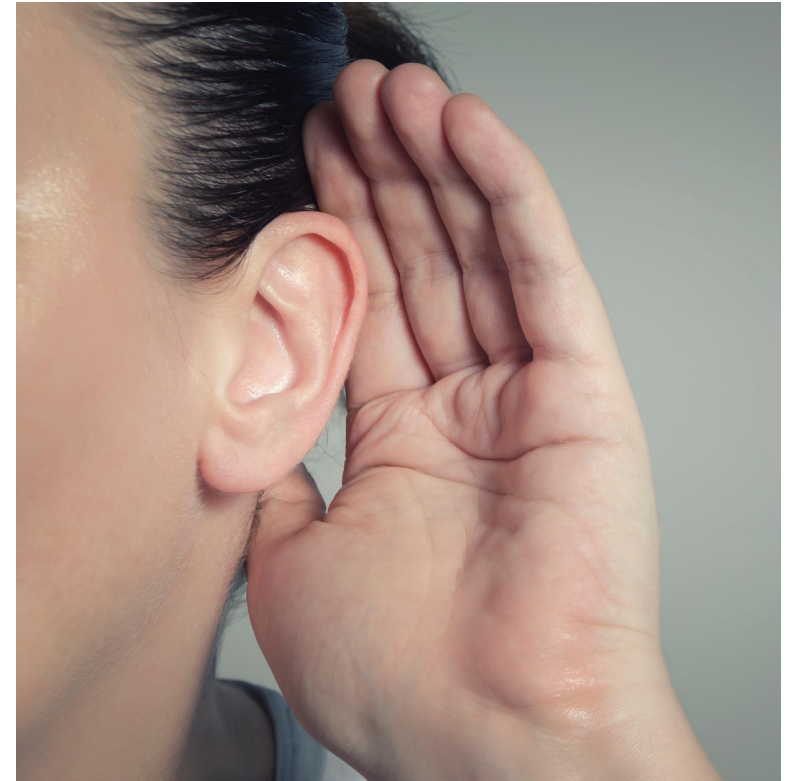
- **An audiologist is a professional who diagnoses, treats, and manages individuals with hearing loss or balance problems**
- **Audiologists determine appropriate patient treatment of hearing and balance problems**
- **Audiologists are the most qualified professionals to perform hearing tests, refer patients for medical treatment and provide hearing rehabilitation services**
 - Auditory, neural, vestibular, and speech are all tested
 - Audiologist vs. general practitioner vs. hearing instrument specialist

Signs of hearing loss



***The common process of losing our hearing
is usually painless, progressive,
permanent...INVISIBLE***

- Muffled hearing
- “People mumble”
- Tinnitus or ringing in the ear
- Difficulty understanding at a distance or in noisy setting
- Asking for people to repeat themselves
- Turning the tv or radio up very loud



Types of hearing loss

Sensorineural Hearing Loss

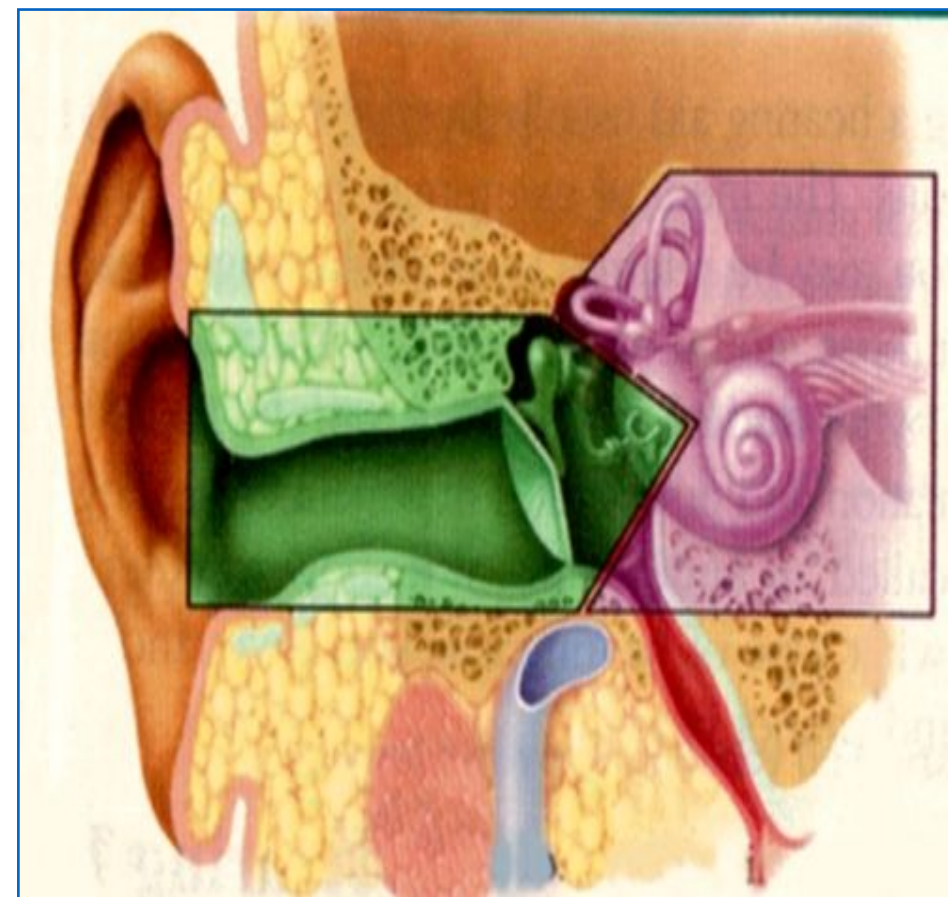
- Most common type of hearing loss is sensorineural
- Occurs most often as part of the aging process, developing gradually over many years
- The Hearing Impaired person will not notice any real change in the way they hear noise, the world just becomes quieter
- High frequency sounds lost → more difficult to understand conversation

Can be treated by:

Hearing aids

Bone conductive devices

Cochlear implants



Types of hearing loss

Conductive Hearing Loss

- Sound transfer problem, sound gets “stuck”
 - Outer or middle ear infection
 - Cerumen (ear wax) impaction
 - Bony growth
 - Presence of fluid in an air-filled space

Can be treated by:

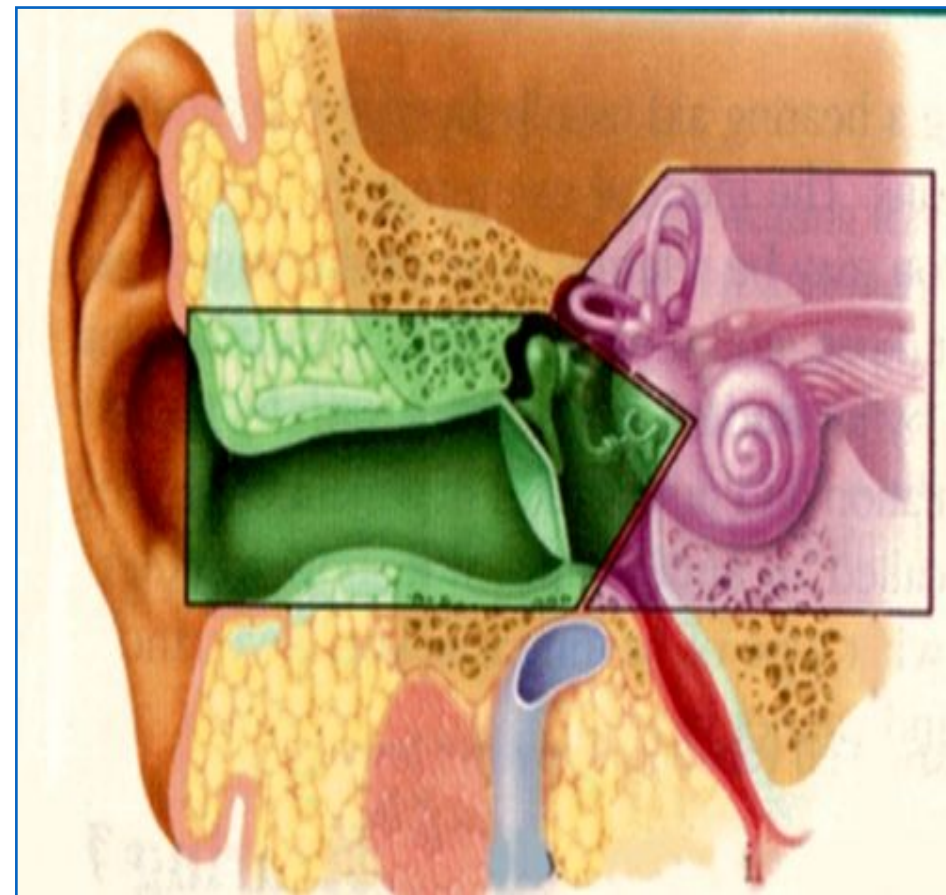
Watch & wait

Antibiotics

Surgery

Hearing aids

Bone conductive devices



Diagnosis and treatment



Have you heard???

Hearing evaluations should be performed 1x in 20s, 1x in 30s, 1x in 40s, every 3-5 years in 50s, every 1-3 years in 60s, annually in 70s+

Annually at any age if a hearing loss is diagnosed or patient is at-risk for hearing loss

After age 55, it is recommended you have a hearing exam regularly as part of your overall wellness exam

Many private insurance plans will cover an audiologic exam

25% adults over the age of 65 have hearing loss

50% adults over the age of 75 have hearing loss

Untreated hearing loss can lead to isolation, depression, and dementia

Diagnosis and treatment



When should I schedule an appointment???

- Regularly asking “what?” or asking people to repeat themselves?
- People seem muffled or mumbling?
- Difficulty understanding people at a distance or in noisy settings?
- Turning the tv or radio up loud?
- Change in medications affecting blood flow?
- Tinnitus?
- Balance changes?
- Hard time following directions/questions in office?
- Diagnosis of diabetes, heart disease or dementia?
- Head trauma?
- Family history?
- Sudden hearing loss?
- Depression or social isolation?



Diagnosis and treatment



What might be included in an appointment?

Diagnostics

- **Otoscopy**
- **Middle ear assessments**
- **OAEs**
- **Audiometry**
- **Speech perception testing**
- **Counseling**
- **ABRs**
- **CAPDs**
- **VNGs**

Treatment

- **Counseling**
- **Hearing aids**
- **ALDs**
- **Cochlear Implants**
- **Hearing Protection**
- **Auditory Rehabilitation**
- **Tinnitus**
- **Canalith repositioning procedures**
- **Intraoperative monitoring**

Diagnosis and treatment

Hearing Devices



- On average, it takes someone with hearing loss 7 years to get help
- Why don't people get the help they need?
 - Denial
 - My Hearing isn't bad enough
 - I can get along without one
 - Consumer Concerns
 - They are too expensive
 - They won't help my specific problem
 - I've heard they don't work well
 - I don't trust hearing specialists
 - I tried one and it didn't work
 - Stigma / Vanity
 - It would make me feel old
 - I don't like the way they look
 - I'm too embarrassed to wear one
 - I don't like what others will think about me



Diagnosis and treatment

Hearing Devices



Over-the-counter hearing aids:

- FDA approved October 17, 2022
- Age 18 and older with perceived symmetric mild to moderate hearing loss
- Exam not required *but should be conducted by an audiologist!
 - Rule out serious health conditions as cause of hearing loss
- May not be able to return OTC HA for refund if it doesn't help

Prescription devices (hearing aids, bone conduction, cochlear implants):

- A trial period is included with the fitting of prescription aids
- Hearing aid type/model best fits patient's lifestyle and degree of hearing loss
- Programmed using real-ear verification

Cochlear implants and bone conduction devices:

- Hearing aids no longer help
- Motivated individual/family
- Generally healthy
- Symmetric or asymmetric loss
- Unilateral or bilateral loss
- Score <60% on word tests unaided
- Poor word/sentence understanding in noise aided
- hearing aids no longer helping



Hearing devices not fit to prescription are
like listening under water.....

Sure, you can hear, but can you make out
what's being said?

Diagnosis and treatment

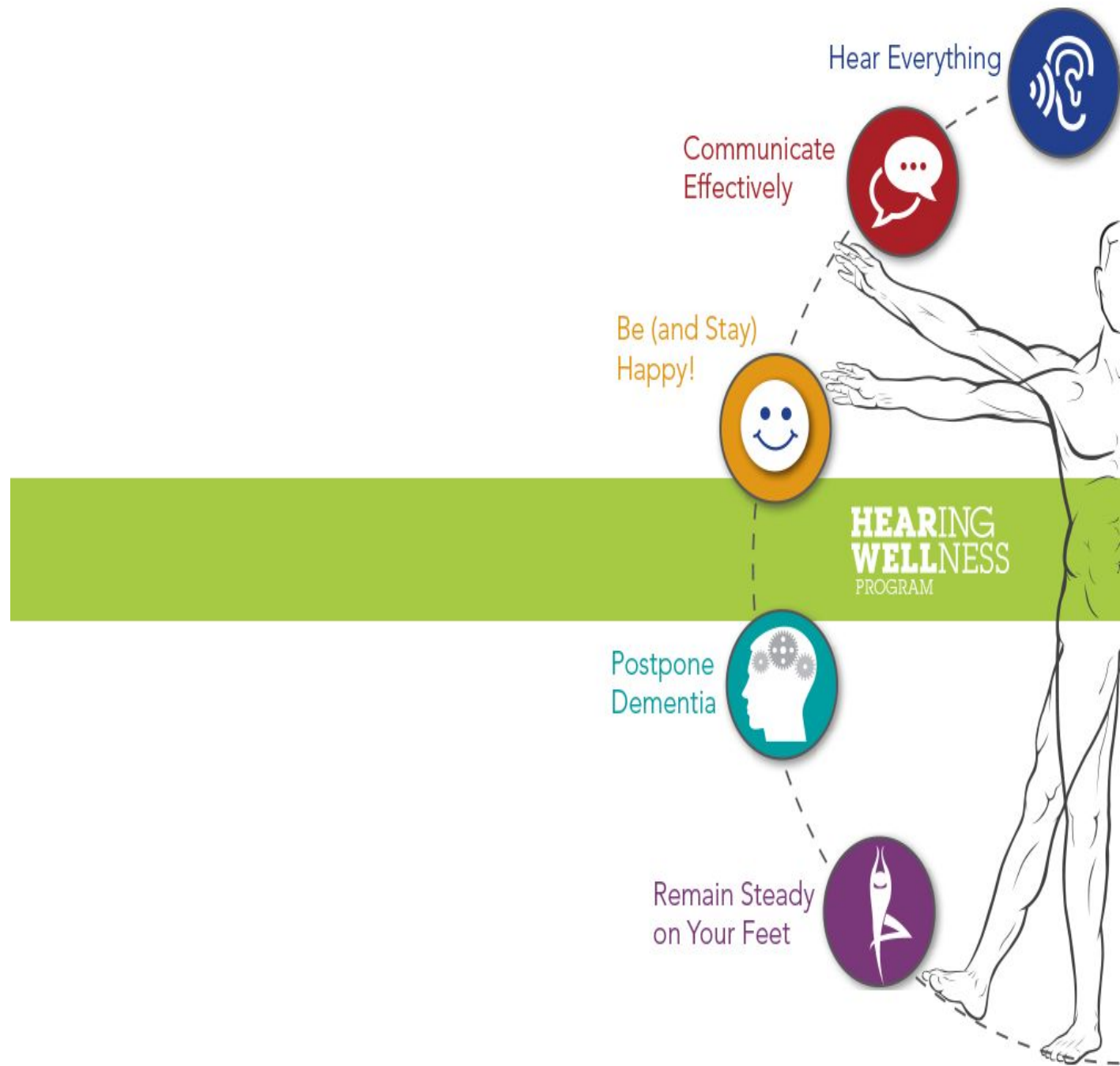
Better hearing means better overall health and wellness!



- Communicate effectively
- Hear everything
- Reduce the risk of dementia
- Lower cholesterol
- Improved quality of life
- Reduce the risk of depression and isolation
- Remain steady on our feet



Questions?





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