We hope that everyone is happy, healthy, and hearing well this holiday season. We are getting ready to celebrate the holidays as well. Heather is going to be spending the holidays with her family. She and her husband, Mickey, will be welcoming a new baby girl on December 11, 2015. She will be taking some time off during the winter months to spend time with the newest addition to her family. Arlene will be spending the holidays at home with her family. Amy has been doing some traveling and has recently returned from France and the United Kingdom. She plans on spending the holidays with her family.

We hope everyone has a great holiday and we look forward to seeing you in the New Year!

ABOUT THE SCOPE NEWSLETTER

The Scope is a newsletter created and written by Greenwood ENT and Audiology for the purpose of informing our patients about hearing loss, hearing health, and new technology in hearing aids and assistive devices. Patients are free to call and submit questions and inquiries that they would like to read in an issue, as well as make an appointment with one of our audiologists. We look forward to hearing from you!

CALL
Greenwood ENT Audiology Department:
Office Number: (864) 227-0444
Tinnitus
Frequently Asked Questions Answered

What is Tinnitus?
Tinnitus (“TIN-a-tus” or “Tin-EYE-tus”) refers to “ringing in the ears” when no other sound is present. Besides ringing, tinnitus can sound like hissing, roaring, pulsing, whooshing, chirping, whistling, or clicking.

Is tinnitus a common problem?
Yes. One third of all adults experience tinnitus at some time in their lives. The exact cause of tinnitus is often not known.

Will a hearing aid help my tinnitus?
If you have a hearing loss, there is a good chance that a hearing aid will both relieve your tinnitus and help you hear. Our audiologists can assist with the selection, fitting, and purchase of the most appropriate hearing aids for you.

Why is my tinnitus worse at night?
During the day, the distractions of activities and the sounds around you make your tinnitus less noticeable. When your surroundings are quiet, your tinnitus can seem louder and more bothersome. Fatigue and stress may also make your tinnitus worse.

What causes tinnitus?
Conditions that might cause tinnitus include:
- Hearing loss
- Ménière’s disease
- Loud noise exposure
- Migraine headaches
- Head injury
- Too much coffee
- Smoking cigarettes
- Head injury
- Drugs or medicines that are toxic to hearing (ototoxicity)
- Anemia
- Hypertension
- Stress
- Too much wax in the ear
- Certain types of tumors

What is a tinnitus masker?
Tinnitus maskers look very similar to a behind-the-ear hearing aid. The tinnitus maskers produce sounds that “mask,” or cover up, the tinnitus. The masking sound acts as a distracter and is usually more tolerable than the tinnitus. Like all other treatments for tinnitus, maskers are useful for some but not all people.

How is the cause of tinnitus diagnosed?
Tinnitus is a symptom of a problem. The first thing you should do is to try to find out the underlying cause which involves having a full hearing evaluation by an audiologist to see if hearing loss may be causing your tinnitus.

Should I see an audiologist?
Your hearing should be tested by our audiologists, here at Greenwood ENT Hearing and Balance Center, to see if hearing loss is present. Since tinnitus can be associated with a number of hearing-related conditions, the hearing (audiologic) evaluation can help provide information about the cause and treatment options for you.

Are there other devices that can help me?
Sound machines that provide a steady background of comforting noise can be useful at night or in a quiet environment. Fish tanks, fans, low-volume music, and indoor waterfalls can also be helpful. There are even applications for portable media players (iPod and MP3 players) that offer a variety of masking sounds that may reduce the annoyance of tinnitus.

IF YOU ARE EXPERIENCING TINNITUS, OR WOULD LIKE TO TRY ONE OF OUR TINNITUS MASKERS, PLEASE CALL OUR OFFICE AT:
(864) 227-0444 FOR AN APPOINTMENT
“TIN-A-TUS” or “TIN-EYE-TUS”
EITHER WAY — IT IS ANNOYING

WHAT IS TINNITUS?
Tinnitus is the perception of sound, or “ringing,” in one or both ears when no other sound is present. It can be intermittent or constant—with single or multiple tones—and its perceived volume can range from subtle to shattering.

IS TINNITUS RELATED TO AGE?

IS TINNITUS A COMMON PROBLEM?
2.6 BILLION AFFECTED WORLDWIDE
Self-reported tinnitus in people of all ages indicates that tinnitus affects up to 10% of the general population.

WHAT DOES TINNITUS SOUND LIKE?
beeping buzzing whistling ringing blowing clicking whooshing chirping humming static crickets

HOW CAN YOU PREVENT TINNITUS?

Long flights
Factories
Loud music
Firearms

Avoid loud noise whenever possible—if you must shout to be heard, then you should avoid the situation. You can also:

Wear hearing protection.
Turn down the volume.
Take breaks from loud noises.

HOW CAN TINNITUS MAKE YOU FEEL?
INDIVIDUALS EXPERIENCING SYMPTOMS OF TINNITUS REPORT FEELING:
Withdrawn Helpless Scared Sad
Unfocused Stressed Irritable Anxious Depressed
Nervous Angry Tense Fatigued

WHAT CAN YOU DO IF YOU HAVE TINNITUS?
Your hearing should be tested by an audiologist certified by ASHA to see if hearing loss is present. Since tinnitus can be associated with a number of hearing-related conditions, the hearing (audiologic) evaluation can help provide information about the cause and treatment options for you.

For more information, scan the QR code or visit:
www.asha.org/public/hearing/tinnitus/
OCTOBER IS "NATIONAL PROTECT YOUR HEARING" MONTH
It is also “National Audiology Awareness” Month

One person’s music is another person’s noise.

Is music noise? Is highway traffic noise? Are lawn mowers and leaf blowers noise? Whatever you define as noise, it can affect your hearing. Listening to loud noise for long periods of time can cause a permanent hearing loss by disrupting the delicate hearing system. This is called noise-induced hearing loss (NIHL).

How can I tell if I am listening to dangerous noise levels?

- You must raise your voice to be heard.
- You can’t hear someone 3 feet away from you.
- Speech around you sounds muffled or dull after you leave the noisy area.
- You have pain or ringing in your ears (tinnitus) after listening to loud noise.

Noise has other negative effects.

It can:

- Hamper your ability to do daily tasks
- Increase fatigue
- Cause irritability
- Make it harder for all children to learn if the classroom is noisy
- Require more concentration and energy to understand conversation

Noise can cause non-hearing changes in the body as well. It can:

- Increase blood pressure
- Change the way the heart beats
- Disturb digestion
- Contribute to premature birth
- Disrupt sleep

What can I do to protect myself?

- Wearing earplugs or earmuffs when you know you will be around loud noise
- For unexpected loud noise, it is best to limit your listening time in the noisy area.
- Limit time when listening to loud music (live or through earphones). Keep MP3 players set to no more than half volume.
- Turn down the volume
- Avoid the noise (walk away)

IF YOU ARE INTERESTED IN BUYING CUSTOM MADE EARPLUGS FOR HEARING PROTECTION, PLEASE CALL OUR OFFICE AT:
(864) 227-0444
FOR AN APPOINTMENT
ASK AN AUDIOLOGIST
What style of hearing aid can help me hear best? Hearing aids that go behind my ear or hearing aids that go completely in my ear?

Either. The style of hearing aid (behind-the-ear versus in-the-ear) is taken into account when your audiologist recommends a hearing aid for you. As long as the hearing aid style chosen provides you with appropriate amplification to account for your hearing loss, you should be able to understand conversation with either style. However, depending on your hearing loss, the style of hearing aid may be a big factor in the sound quality of speech that you hear through your hearing aids. For example, you may understand speech fine with both styles, but one style chosen may sound as if someone is speaking to you under water more than another style.

Different people tolerate the type of sound from each style differently. Your audiologist will recommend which style is best for your comfort and hearing. If you prefer another style, speak with your audiologist about the pros and cons of each in regards to your individual hearing loss. Ear anatomy is also a consideration that your audiologist will take into account. Remember a style that works for someone else may not work the same way for you and vice versa.

HEARING HUMOR
Pickles

TESTIMONIAL
F. Downs: August 2015

“My life has changed for the better as soon as I put my Oticon hearing aids in my ears. I can now hear and carry on a normal conversation even in crowded noisy environments. I can hear sounds that had been lost to me in the past. I am proud to tell all my friends how much the hearing aids have changed my life. When I forget to put my hearing aids in, I can tell immediately that everything is different. In the past, I had to rely on my wife to tell me what people were saying. I did not want to socialize because I really did not hear what others were saying. In short I love my new life with hearing aids.”
FRONT DESK INTRODUCTIONS

Angie D. Graham
Manager of Audiology Front Desk

Angie has been with Greenwood Ear, Nose & Throat since 2003. She has worked in the audiology department for over 10 years. She is a 1989 graduate of Ninety Six High School. Angie completed certification in 2013 in Occupational Hearing Conservation. She is married to Master Deputy Jeff Graham of The Greenwood County Sheriff Department and they have three children. She enjoys traveling and spending time with family and friends.

Tracey L. Snodgrass
Audiology Receptionist

Tracey has been with Greenwood Ear, Nose & Throat since 2005 and has worked in the audiology department since 2014. Tracey is a 1993 graduate of Greenwood High School. She has one son. She enjoys church and spending time with family.
# HOURS OF OPERATION, CONTACT INFORMATION, AND LOCATIONS

## Appointments and Hearing Aid Walk-In Information

<table>
<thead>
<tr>
<th>Location</th>
<th>CALL</th>
<th>Open Hours</th>
<th>Close Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Greenwood ENT</strong></td>
<td>(864) 227-6741</td>
<td>Monday – Friday 8 am – 4:30 pm</td>
<td>Closed from 12 pm - 1 pm</td>
</tr>
<tr>
<td><strong>Greenwood Audiology</strong></td>
<td>(864) 227-0444</td>
<td>Monday – Friday 8 am – 4:30 pm</td>
<td>Closed from 12 pm - 1 pm</td>
</tr>
<tr>
<td><strong>Abbeville ENT and Audiology</strong></td>
<td>(864) 459-5800</td>
<td>Every Other Tuesday 8:30 am - 4 pm</td>
<td>Closed from 12 pm - 1 pm</td>
</tr>
<tr>
<td><strong>Laurens ENT and Audiology</strong></td>
<td></td>
<td>Wednesday only 8:30 am - 2 pm</td>
<td>Closed from 12 pm - 1 pm</td>
</tr>
<tr>
<td><strong>Newberry ENT and Audiology</strong></td>
<td></td>
<td>Monday 8:30 am - 3 pm</td>
<td>Closed from 12 pm - 1 pm</td>
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</tr>
</tbody>
</table>

*All Locations Require an Appointment*

- **Greenwood**: If you have a hearing aid that you would like to have cleaned, checked, or may need repair, you may walk-in and drop your hearing aid at the audiology window for one of our audiologists to look at any time during regular business hours. Depending on how busy the office is, you may have a wait time before your hearing aid can be looked at by one of our audiologists. You are free to leave your hearing aid and we will call you when it is ready to be picked up.

Call (864) 227-6741 for walk-in information at other locations.

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**Greenwood**

1015 Spring St
Greenwood, SC 29646
CALL:
(864) 227-6741
(864) 227-0444

**Abbeville**

200 Carwelllyn
Abbeville, SC 29620
CALL:
(864) 459-5800

**Laurens**

324 Professional Park
Clinton, SC 29325
CALL:
(864) 833-3333

**Newberry**

2032 Medical Park
Newberry, SC 29108
CALL:
(803)-321-1110

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For Our Toll Free Phone Number

CALL:
1-866-646-HEAR (4327)
REFERRALS

You could win a $25 Gift Card!

The best compliment you can pay us, is to refer a friend! If you know someone who may be interested in getting new hearing aids, fill out the information below and have them bring it to their appointment.

If the referred party purchases hearing aids, you will receive a $25 gift card after they have completed their 30 day evaluation period. There is no limit to the amount of referrals you can do so feel free to come by the office to obtain more referral cards!

If you have any questions or comments, please feel free to contact us at: (864) 227-0444 or 1-866-646-HEAR (4327).

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Greenwood ENT Referral Card

Do you know someone who could benefit from hearing aids?
Please fill out the information below and send back with the person you are referring for hearing aids.

***Then YOU are eligible for a $25 gift card***

Your Name (First, Last): _________________________________
Your Phone Number: ___________________________________
Referral’s Name (First, Last): _____________________________

**Gift cards will be given after the referring party has finished their 30 day evaluation period**

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DEAL FOR THE MONTH

Buy One Pack of Hearing Aid Batteries, Get One Pack Free!

For the Month of November Only

Hearing Aid Batteries Sale
Buy One Pack, Get One Pack Free!

Valid at all locations:
Greenwood ENT, Abbeville ENT, Laurens ENT, Newberry ENT