



# THE SCOPE

GREENWOOD EAR, NOSE, AND THROAT AND AUDIOLOGY



## FALL INTO BETTER HEARING WITH GREENWOOD ENT!

### AUTUMN GREETINGS!

October 2015

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**

## GREENWOOD ENT HEARING AND BALANCE CENTER

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# TINNITUS

Frequently Asked Questions Answered

**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**

## 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.

## 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.

## 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.

## 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.

## 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

## 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.

## 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.

## 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.

## 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.

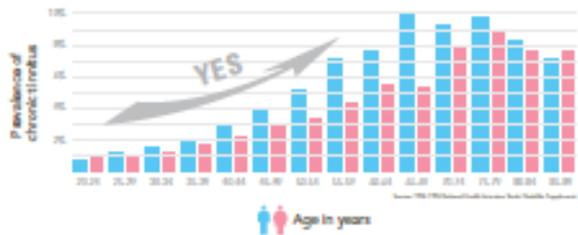
# “TIN-A-TUS” *OR* “TIN-EYE-TUS” EITHER WAY — IT IS ANNOYING

## 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.

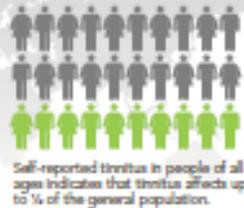


## IS TINNITUS RELATED TO AGE?



## IS TINNITUS A COMMON PROBLEM?

**2.6**  
BILLION AFFECTED WORLDWIDE



## HOW CAN YOU PREVENT TINNITUS?

You can be exposed to damaging noise, a leading cause of tinnitus, from many sources in day-to-day or recreational activities, such as:



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



Wear hearing protection.

Use earplugs and earmuffs when noise exposure is particularly high.



Turn down the volume.

Keep personal listening devices set to no more than half volume.



Take breaks from loud noises.

Move away from loud sounds if you don't have hearing protection.

## WHAT DOES TINNITUS SOUND LIKE?



## 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/](http://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

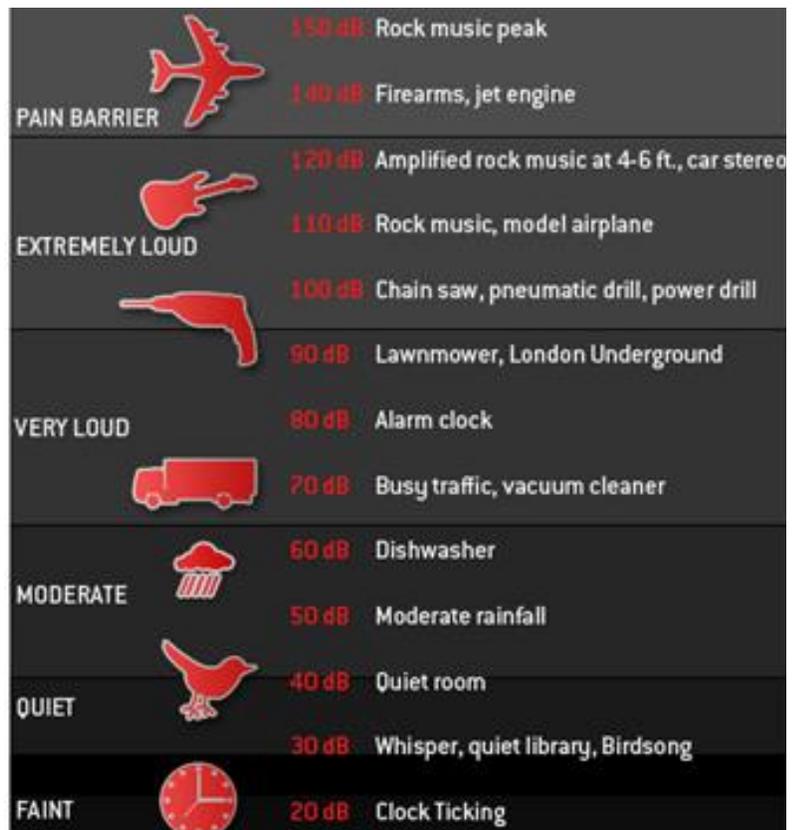
## Noise can cause non-hearing changes in the body as well. It can:

- ❖ 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

### Greenwood ENT

**CALL:**

**(864) 227-6741**

**Open: Monday – Friday**

8 am – 4:30 pm Mon-Thurs

7 am – 3 pm Fri

### Abbeville ENT and Audiology

**Open: Every Other Tuesday**

8:30 am - 4 pm

Closed From 12 pm -1 pm

### Laurens ENT and Audiology

**ENT Open: Wednesday only**

8:30 am - 4 pm

Closed From 12 pm -1 pm

**Audiology also open: Friday**

8:30 am – 2 pm

Closed From 12 pm -1 pm

### Newberry ENT and Audiology

**Open: Monday**

8:30 am – 3 pm

Closed From 12 pm -1 pm

### Greenwood Audiology

**CALL:**

**(864) 227-0444**

**Open Monday – Friday**

8 am – 4:30 pm Mon-Thurs

7 am – 3 pm Fri

### **All Locations Require an Appointment**

Hours of operation and dates for the Abbeville, Laurens, and Newberry offices may vary.

Please call **(864) 227-6741** for additional information on these locations.

**Hours and dates at all locations may vary with holidays**

### Hearing Aid Walk-Ins

#### 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.**

**We do public speaking at clubs and events! Call our office for more information.**

#### **Greenwood**

1015 Spring St  
Greenwood, SC 29646

**CALL:**

**(864) 227-6741**

**(864) 227-0444**

#### **Abbeville**

200 Carwellyn  
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**

**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)**.

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\*\*

## DEAL FOR THE MONTH

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



GREENWOOD EAR, NOSE, AND THROAT  
HEARING AND BALANCE CENTER  
NEWSLETTER

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GENT Newsletter  
Greenwood Ear, Nose, and Throat and Audiology  
1015 Spring Street  
Greenwood, SC 29646