

CY-FAIR HEARING NEWS

Volume 1 / Issue 1

ITS OUR ANNIVERSARY!

We are pleased to celebrate our one-year anniversary. We wish to express our heartfelt thanks to all of our wonderful patients that have supported us this past year. We are so excited to meet new faces and would love the opportunity to reach out and help even more people with their hearing healthcare needs.

We look forward to continuing to grow and serve the Cy-Fair community!



SPORTING EVENTS CAN DAMAGE YOUR HEARING!

The Seattle Seahawks made the news last year - not just for their stellar play on the field. They now own a more dubious distinction: they set a new Guinness World Record for crowd noise. **Not once, but twice.**

On September 15, during a home game against the San Francisco 49ers, the Seahawks fans reached a decibel level of 131.9, breaking the previous record of 131.7 decibels, set by fans at a soccer match in Istanbul, Turkey in 2011.

Four weeks later, the Kansas City Chiefs organized a “scream-a-thon” and topped the Seahawks’ record at 137.5 decibels. Because of the competitive nature of professional sports, the Seahawks responded with a new record of their own, 137.6 decibels, on December 1, reclaiming the title they had held for a month. “Fans know they are going to a football game and not searching for a book at the library,” says NFL spokesman Brian McCarthy. But is this wise?

Anything over 85 decibels is considered hazardous to your hearing. Alison Grimes, Director of Audiology at the Ronald Reagan UCLA Medical Center says, “If you’re literally talking about 130 decibels, nobody

should ever be exposed to that...it’s physically painful as well as acoustically damaging.” Indeed, exposure to 130 decibels for more than a fraction of a second destroys the tiny hair cells in your ears. Damage is irreversible and while the immediate effects of

exposure to these sound levels – ringing in the ears, muffled speech, a feeling of fullness, they may lead to tinnitus, ringing in the ears or permanent hearing damage. Hyperacusis, intolerance to loud noise and ear pain are other possible side effects.

So, while fans may boast, “Be LOUD AND PROUD and blow my eardrums out!” as one Chiefs fan posted on Facebook, they really should keep in mind the long-term effects of crowd noise. The current record is louder than a jackhammer, and not far off from 150 decibels, at which point your eardrums really *are* at risk of rupturing. At the very least, carry earplugs with you when attending such events. They can decrease sounds by 20 decibels or more, making a substantial difference.



ASK US ABOUT OTICON OPN!

Imagine a hearing device that gives you total access to all the sounds around you, not just the ones directly in front of you. One that adjusts and balances different sounds, separating speech from noise, and letting you focus on what’s important. With an exceptionally fast processing chip and Oticon’s exclusive BrainHearing technology, you’ll enjoy better speech understanding, less listening fatigue and be able to recall more conversations.



NOW OFFERING THE UNITRON FLEX TRIAL DEVICES!

Try before you buy! Receive a personalized hearing healthcare solution backed by data from wearing the hearing aid. Patients will also have the option to upgrade the technology level after purchase if they need or want to.



JOIN US IN WELCOMING NATATLIE COLLAZO!

Natalie is a 3rd year Doctoral student in Audiology from Lamar University in Beaumont Texas. She is joining us for her externship for the fall semester. Natalie loves learning about all the new advances in hearing aid technology and working with patients of all ages. When she is not in clinic she loves to spend time outdoors, crochet and visit with her family in Port Arthur Texas.

Contact Us

Cy Fair Hearing

13611 Skinner Road,

Suite 240

Cypress, TX 77429

281-256-8212

www.cyfairhearing.com