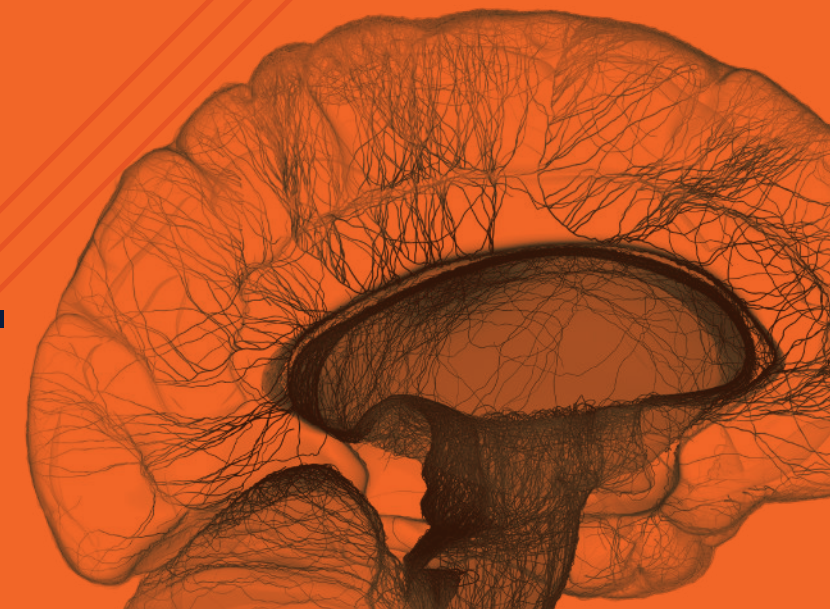


## The Benefits of Auditory Training for Those With Hearing Loss



## JOIN US TO LEARN ABOUT THE BENEFITS OF AUDITORY TRAINING

University of the Pacific will be hosting an informational virtual seminar where **Dr. Jennifer Henderson-Sabes, Ph.D., Dr. Gail Amorpongchai, Au.D. and Dr. Stephanie Raval, Au.D.** will be discussing “**Improving Hearing Aid Benefits with Auditory Brain Training,**” as well as answering any questions you may have.



**Dr. Jennifer Henderson-Sabes, Ph.D.**  
Assistant Professor

Join us from the comfort of your own home!

**WEDNESDAY, MAY 26**  
**from 11:00 a.m. – 12:30 p.m.**

Visit our website—[www.upacifichearing.com/events](http://www.upacifichearing.com/events)—for more information and to register.



### What is Auditory Training?

While you physically hear with your ears, your brain has to process the sounds and make sense of them. Auditory training and aural rehabilitation help get your brain and your ears working together. Different programs were developed by hearing health care professionals to assist people with hearing loss by improving their speech understanding and listening skills, especially in degraded listening conditions such as heavy background noise.

### Who Can Benefit from It?

Patients who have difficulty communicating in noisy environments may benefit from auditory training, which can potentially strengthen a listener’s ability to assimilate environmental and speech cues, as well as teach them to use adaptive strategies to function better in difficult listening conditions.

### How is it Practiced?

Auditory training can be done with the audiologist or speech-language pathologist in a guided session. However, there are several exercises, programs and apps available designed for use at home.

## Try Out These Exercises and Apps for At-Home Rehabilitation

- 1. Exercise #1: Filter noise at home.** Sound filtering involves focusing on essential sounds while filtering out unnecessary background noise. Find a friend or family member and several sources of noise: music, TV, a fan, etc. Begin a conversation and turn on one of the devices. Practice focusing on your partner’s words rather than the competing distraction; after you’re comfortable listening and speaking, turn on another device. Repeat until you can’t focus your attention on the conversation.
- 2. Exercise #2: Identify and locate sounds.** Many people with impaired hearing have difficulty because they are unable to locate the source of a sound. To become better at this, find a comfy spot on your porch or balcony, close your eyes, and try to focus on specific sounds to determine the source of the noise. These mental exercises will help you figure out where sounds are coming from and improve your mental focus.
- 3. Exercise #3: Brain games.** A sharp, clear mind improves all your senses—not just your hearing. Mental exercises can help you learn to distinguish sounds better. There are endless choices; look for logic games, crossword and jigsaw puzzles, memory games, chess or Scrabble. Or concentrate on a specific activity, such as drawing a picture. The more you work out your brain, the better your hearing will be.

For those who like tech gadgets, there are several apps and programs available to train your brain as well.

If you want to learn more about auditory training, including listening exercises and apps for at-home rehabilitation, **please make sure to register for our online seminar on May 26 at [www.upacifichearing.com/events](http://www.upacifichearing.com/events) or schedule an appointment with your audiologists at the University of the Pacific.**

# Is Noise the New Secondhand Smoke?

Forty-eight million Americans suffer from hearing loss to some extent; left untreated, it can cause a variety of physical, social and psychological health problems. This has led a Massachusetts-based nonprofit called The Quiet Coalition to go so far as to dub noise as “the new secondhand smoke.”

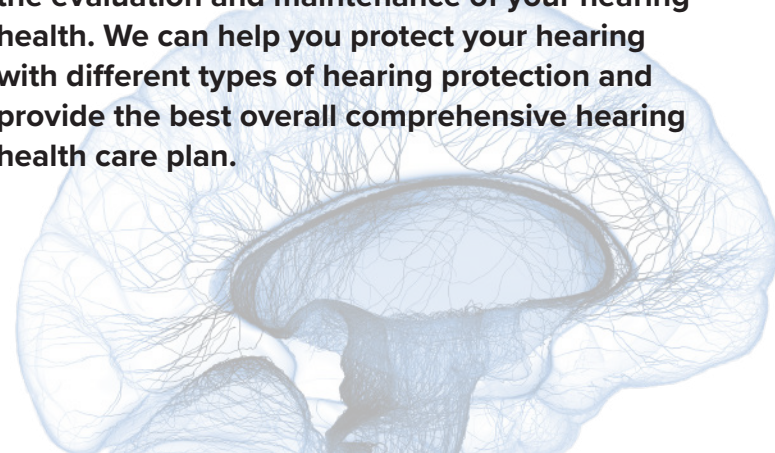
We live in a noisy world. Everyday sounds such as lawnmowers, power tools, high traffic, concerts, sporting events, fireworks and firearms can cross the threshold of 85 decibels (dB)—i.e., the sound of a vacuum cleaner—the level at which one can damage their hearing with prolonged exposure. Younger generations are exposed to damaging levels of noise more than ever before by continuously wearing earbuds or headphones.

Few people give much thought to noise pollution, but its consequences are far-reaching. Noise is the number one cause of hearing loss, which

happens so gradually, patients might not be aware that they have hearing loss until damage has already occurred. In addition, the comorbidities associated with noise-induced hearing loss range from loneliness and depression to cardiovascular disease, hypertension, sleep disorders and even an increased risk of falls.

However, unlike medical conditions and hereditary factors, and like the consequences of secondhand smoke, noise-induced hearing loss can be prevented.

**The University of the Pacific is here to assist in the evaluation and maintenance of your hearing health. We can help you protect your hearing with different types of hearing protection and provide the best overall comprehensive hearing health care plan.**



## Introducing Oticon More™—a life-changing hearing device with BrainHearing™ technology.

Science shows that we hear with our brains and not our ears. Oticon More™ helps your brain decipher intricate details of relevant sounds for better speech understanding with less effort and the ability to remember more—all in a rechargeable hearing aid that delivers direct streaming from iPhone® and Android™. And with the sound clarity of Oticon More™, you won't miss out on life's special moments. Now that's MORE.



# The Era of the Remote Hearing Aid Fitting



Even before the coronavirus pandemic changed our way of life, telehealth offered a convenient solution for people living in remote areas where access to health care was challenging. For those with hearing loss, remote programming capabilities for hearing devices were one of the first advances to gain popularity.

Some hearing device manufacturers are taking things a step further by focusing on technology that allows audiologists to deliver in-depth hearing health care remotely. The isolation required to slow the spread of COVID-19 through quarantine and social distancing is making the problem worse. Access to technology is an important part of overcoming these hurdles, now so more than ever.

### Some of their remote-friendly hearing services include:

- AudiogramDirect, a remote hearing test that patients can take directly through their existing hearing devices using a remote app. Bluetooth® technology allows their audiologist to remotely administer an audiogram to measure their level of hearing loss.
- Real-time remote support such as hearing device fittings, programming and adjustments through the app. Information is transmitted to their audiologist, who is able to optimize their hearing devices instantly.

Obviously, none of these solutions are meant to replace in-office visits, but they do allow people with hearing loss to maintain communication more effectively during the pandemic.

Talk to our team today to learn more about University of the Pacific's remote hearing care services.



The University of the Pacific Hearing and Balance Center is offering a risk-free trial of the latest hearing technology.

- Complimentary hearing aid consultation
- 45-day risk-free trial
- No upfront costs
- One FREE wireless accessory with a purchase of premium, advanced or basic technology

Call today to schedule your appointment!

**(209) 946-7378**