

Free Hearing Screening Event Saturday, March 15, 2025

Spread the word to your family and friends!

Join us at the University of the Pacific's Hearing and Balance Center and the Lodi Sunrise Rotary Club for free hearing screenings.

DATE: Saturday, March 15, 2025 **TIME:** 10 a.m. to 3 p.m. **LOCATION:** UOP Stockton campus

WHO SHOULD ATTEND:

- Ages 5+
- Difficulty hearing or following conversations
- Families concerned for their loved ones' hearing
- Adults exposed to loud noises

Screenings conducted by UOP Audiology students, supervised by faculty.

WHAT TO KNOW:

- Free screenings
- Registration is encouraged, but not required
- Healthy hearing supports relationships and lifestyle

Scan the QR code or visit our website: hearingclinic.pacific.edu to reserve your spot!



We can't wait to see you—and your loved ones—there!

Want More Comfortable Hearing Solutions? TRY OTOSCAN!



The University of the Pacific Hearing and Balance Center audiology team is pleased to now offer Otoscan®, a revolutionary 3D digital ear scanner that will make your patient experience with us even better!

How Otoscan Works

Using noninvasive laser technology, Otoscan scans your ear to capture over one million data points, which are transformed into 3D digital files. These files can be used to create extremely accurate and well-fitting custom in-ear products, such as custom hearing aids, earmolds and hearing protection, for you.

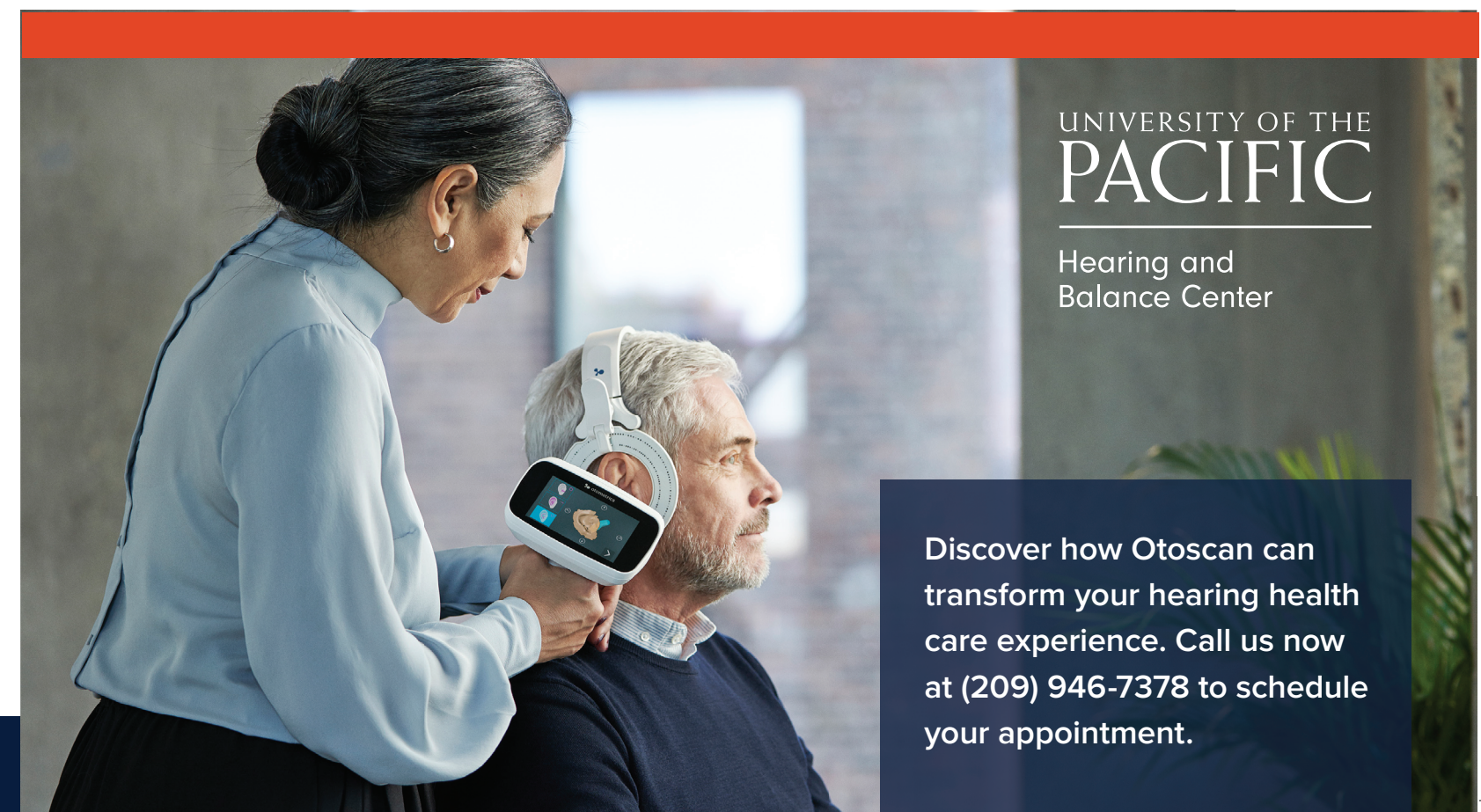
The Benefits of Otoscan

Otoscan has been found to lead to better patient outcomes in several ways:

Precise measurements: Laser technology captures millions of data points from the unique anatomy of each patient's ear to produce highly accurate and detailed images.

Quicker production: Digital storage of scans allows for faster production and replacement times.

More comfortable fit: Digital scanning improves the fit of hearing aids and faster production and remake of custom products and ear molds.



UNIVERSITY OF THE
PACIFIC

Hearing and
Balance Center

Discover how Otoscan can transform your hearing health care experience. Call us now at (209) 946-7378 to schedule your appointment.

EXPLORING LENIRE: A Breakthrough in Tinnitus Management

The University of the Pacific Stockton is committed to sharing advancements in hearing health, including innovative technologies like Lenire®—a clinically studied, FDA-cleared device designed to alleviate tinnitus symptoms.

How Lenire Works

Lenire uses bimodal neuromodulation, stimulating two sensory pathways simultaneously. Patients listen to customized sounds via headphones while receiving gentle electrical pulses on the tongue. This dual stimulation helps retrain the brain to reduce focus on tinnitus signals. A handheld controller allows users to adjust sound volume and tongue stimulation intensity during sessions.

Clinical Results

In trials involving over 600 participants, 95% reported symptom improvement after 12 weeks, with 91% sustaining benefits one-year post-treatment¹ These findings highlight Lenire's potential as a non-invasive option for managing tinnitus.

Learn More

While Lenire is not currently offered at the University of the Pacific, our audiology experts are dedicated to educating patients about emerging therapies. If you're interested in exploring tinnitus solutions, consult your healthcare provider to discuss whether Lenire may be suitable for you.

¹ Lenire. (n.d.). The science of Lenire: Evidence-based tinnitus treatment. Lenire. Retrieved February 01, 2025, from <https://www.lenire.com/the-science-of-lenire/>

The University of the Pacific proudly supports advancements in hearing health research and patient education.

THE LINK Between Tinnitus & TMJ

Approximately 50 million U.S. adults report suffering from tinnitus, also known as ringing in the ears.¹ What many do not realize is that tinnitus is a symptom rather than a disease. One possible underlying cause of tinnitus is temporomandibular joint disorder (TMD).

The temporomandibular joint (TMJ) is complex, consisting of bone, muscles and ligaments around the head, face and neck. TMD can be caused by trauma to the head, arthritis, dental work and chronic clenching or grinding of teeth. Symptoms include pain, tenderness, grinding or popping in the jaw, earache, difficulty chewing and joint locking.

ANOTHER POSSIBLE SYMPTOM? TINNITUS.

What the Research Shows

Patients suffering from TMD are eight times more likely to experience tinnitus as one of their symptoms than those without TMD. Fortunately, research shows that TMD therapy improves or eliminates tinnitus symptoms over time for 69% of these patients.²

If you have both tinnitus and TMD, it is highly possible that your tinnitus stems from problems with your jaw joint. This means your first step is to see a dentist or TMJ specialist. The doctor will take a history of your symptoms and past facial injuries, as well as complete a physical exam of your

muscles and the range of motion of your jaw.

Several possible courses of treatment for TMD exist, including physical therapy exercises, low-current electrical stimulation, ultrasound for deep tissue healing, cold therapy, removable orthopedic appliances (i.e., a night guard) and, in rare cases, surgery.

If your TMD is being treated effectively, but you still experience tinnitus, your next step is to see an audiologist. There are many options for managing tinnitus, including tinnitus retraining therapy which involves counseling and sound enrichment, including hearing aids and sound generator, and relaxation exercises.

Call us at (209) 946-7378 to schedule an appointment to explore your tinnitus management options.

¹ American Tinnitus Association. (n.d.). Why are my ears ringing? American Tinnitus Association. <https://www.ata.org/about-tinnitus/why-are-my-ears-ringing/>
² Jones, R. (2024). What does TMJ tinnitus sound like? Medical News Today. <https://www.medicalnewstoday.com/articles/what-does-tmj-tinnitus-sound-like>

TREATING TINNITUS With Hearing Devices

Tinnitus sufferers often struggle to find solutions for the ringing in their ears, but hearing devices may provide effective relief. If you have hearing loss and tinnitus, your hearing devices could help.

What Causes Tinnitus?

Tinnitus is a symptom of other conditions, often linked to hearing loss. Common causes include aging, noise exposure and ototoxic medications. These factors explain why many individuals with hearing loss also experience tinnitus.

How Hearing Devices Help

Research shows that hearing devices can significantly reduce tinnitus symptoms:¹

- 27.8% of users report moderate to substantial symptom reduction.
- Two-thirds experience relief when wearing devices regularly, with 29% finding complete relief.

Hearing devices reduce the cognitive strain of listening, lowering stress and anxiety that can worsen tinnitus. Amplifying background sounds masks tinnitus, particularly when its frequency matches hearing loss. Increased volume improves focus on conversations and media, making tinnitus less distracting and improving overall hearing.

For many, regular use of hearing devices provides noticeable symptom relief and improved quality of life.

- If you have hearing loss and tinnitus, using your hearing devices could make a difference.

¹ Kochkin, S et al. (2011). MarkeTrak VIII: The prevalence of tinnitus in the United States and the self-reported efficacy of various treatments. The Hearing Review. <http://www.hearingreview.com/2011/11/marketrak-viii-the-prevalence-of-tinnitus-in-the-united-states-and-the-self-reported-efficacy-of-various-treatments/>