

HEAR HEAR!

SPRING 2010
VOL. 9



Trusted Leader in Hearing Healthcare

The
HEARING &
BALANCE
Lab, PC

THE DIRECTOR'S CUT:

RESTAURANT NOISE AND DINING DIFFICULTIES



Having hearing loss myself, I am constantly frustrated going to new restaurants in the Puget Sound and finding that communication is very difficult. Sitting across the table and having a one on one conversation can be difficult. Trying to clearly hear more than one dinner companion can seem nearly impossible. It seems like every new place is noisier than the last. Why

is this always the case?

According to the famed ZAGUT survey of restaurants, noise ranks second (just behind service) as the greatest irritation when dining out. The restaurant design industry has moved to a new plan over the last ten years, it seems: to create a big problem for those who want to "hear" their dinner companions in any of the "trendy" eateries today.

High ceilings, hard wood floors and bare tables are meant to promote a clean and sleek look to the restaurant while creating a certain image. The design is to purposefully let the sound bounce off all of the hard surfaces and thus, raise the noise level. It is meant to give a sense of excitement and energy to your dining experience ...Huh? And you thought

that you were going to have a good meal and perhaps some meaningful conversation? Good luck!

So what do we do? One solution is to ask for a booth away from the bar area to get less noise pollution. Sitting at a booth rather than a table can provide a significant reduction in reverberant sounds at the restaurant and make your dining experience more enjoyable.

From an activist standpoint, I would suggest asking for the manager's business card. Dropping them a nice note recommending they take steps to reduce the noise level and explaining how conversation was difficult while dining at their restaurant may be helpful to them and to you down the road. You can tell them that you loved their food, but won't be able to return until they make a more conversation-friendly atmosphere. If enough of us take this initiative, maybe we can make a difference.

We welcome your recommendations for the best conversation-friendly restaurants in the Puget Sound. Please let us know so that we can mention them in future newsletters.

Michael Mallahan, Au.D.

ANOTHER SUCCESSFUL TRIP TO GUATEMALA!

Dr. Mallahan is very proud to report that his team has now trained 4 Guatemalan audio technicians to serve the children. It is a great accomplishment to have monthly follow up clinics to provide services that insure hearing aids are working properly and also make additional training and education available to parents.



To date, the teams have evaluated almost 4,000 children and have fit over 1100 of these children with hearing aids.

Dr. Mallahan will once again be returning to Guatemala in November. He will be leading two surgical teams that will provide ear surgeries to underprivileged children in remote areas of the country.

If you would like Dr. Mallahan to share his experiences in Guatemala with your local service organization, please feel free to call our office at 425-316-5102 for more information.



A PATIENT'S POINT OF VIEW



I have been wearing hearing aids since March of 2003. My first set were Phonak in the ear canal style and they provided me with much better quality of the normal day-to-day hearing. However, I spend most of my days outside doing various activities. I found that wind noise, in particular, was really bothering me. In July of 2006, I

then changed to the Phonak behind the ear, third generation series and now the wind noise was almost totally eliminated and my day to day normal hearing was of better quality also.

In February of 2010, I was contacted to see if I would be interested in trying the new Lyric extended wear hearing aids. On February 24th, I had them installed and have been wearing them daily since with outstanding results. The clarity of everyone's normal voice is much easier to understand along with my 6 year old Granddaughters voice. I now can actually hear the birds singing, the television volume is much lower and I even have to ask my wife to stop talking so loud.

The total convenience of the Lyric by not having to take them out daily and put them in a drying container and remember-

ing to change the batteries is very easy to get used to.

If you are looking for the highest quality of assisted hearing devices I feel Lyric should be your choice.

Sincerely,



Chuck Hilton

FEATURE ARTICLE:

RECOGNIZING HEARING LOSS

People do many things to compensate for hearing loss without even knowing it. If it has been over a year since your last hearing evaluation and you can answer yes to 3 or more of the questions below, it may be time to schedule an appointment to have your hearing tested by one of our Doctors of Audiology.

- Do you have a problem hearing over the telephone?
- Do you have trouble following the conversation when two or more people are talking at the same time?
- Do people complain that you turn the TV volume up too high?
- Do you have to strain to understand conversation?
- Do you have trouble hearing in a noisy background?
- Do you find yourself asking people to repeat themselves?
- Do many people you talk to seem to mumble (or not speak clearly)?
- Do you misunderstand what others are saying and respond appropriately?
- Do you have trouble understanding the speech of women and children?
- Do people get annoyed because you misunderstand what they say?

During the month of May we are doing our best to promote healthy hearing and would love to see you or your family members for a hearing evaluation!

& BALANCE ODAY



Top: Jane James, Dr. Michael Mallahan, Melissa Wageman, Ryan Bahl, Anita Miller Bottom: Dr. Nichole Kingham, Angel Miller, Dr. Lori Caldwell, Amber Bong

TECHNOLOGY UPDATE



Up to \$400 off the purchase of new Hearing Instruments during our Technology Update Event!

Call to schedule your appointment
425.316.5102

Not applicable on Lyric

Expires 6/07/2010

Please join us to celebrate
Better Hearing Month!

We are excited to share with you all of the latest updates in technology. We hope that you can join us for a demonstration in the latest hearing instruments! As always, appointments are no obligation. We would simply like to make sure our patients are given every opportunity to stay current with all the new developments in hearing technology!

NEWS AND UPDATES

Updates in Education!

In April, Dr. Kingham had the privilege of speaking to her colleagues at the American Academy of Audiology's annual convention in San Diego. Dr. Kingham spoke about how to incorporate an Audiology Assistant into a busy practice. She had a great time bragging about our wonderful Audiology Assistants, Ryan and Melissa.

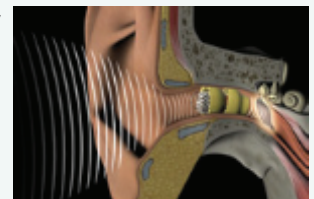
April 26th, Dr. Mallahan spoke to the Bothell chapter of Hearing Loss Association of America regarding the hearing and balance system and its disorders. This talk is always well received. If you haven't heard Dr. Mallahan speak on this subject, take advantage of another opportunity on May 27th when Drs. Kingham and Mallahan will speak at the monthly meeting of the Everett Mall ~ Mall Walkers. Dr. Mallahan is an expert in the hearing and balance system and has a very interesting presentation. Please call Jane at 425-316-5102 for more information.

Ryan Bahl, Audiology Assistant is soon to finish his first year of the doctoral program in Audiology at the University of Washington. He continues to be in the office part time and although the class/clinic load is quite heavy, he is enjoying learning about Audiology. We want to say a special thanks to our patients for your support during Ryan's transition and for your warm welcome of Melissa to our Team.

Lyric® Hearing

Thank you to all of our patients that are trying new cutting edge technology with the Lyric® hearing devices! We are pleased to announce that we have over 65 new and existing patients from all over the Pacific Northwest fit with this new product and have had continued success! Drs. Mallahan and Kingham along with our Audiology Assistant, Melissa are very excited to continue fitting the Lyric® hearing devices. Please feel free to visit our website at www.hearingandbalancelab.com for more information or call to schedule your 30-Day Risk Free Trial.

425.316.5102



MEET OUR STAFF: KARLENE BOLTON

NEXT ISSUE

Do you have a hearing loss topic that you would like to see addressed in our newsletter? If so, please email or call us with your ideas!

VIDEOS ONLINE

Check out our new video on balance evaluations on our web site. Also available are our hearing aid troubleshooting videos.



Karlene Bolton joined us at The Hearing & Balance Lab in November of 2009. We are so excited to have her on staff as our new Billing Specialist!

Karlene was born and raised in the Everett area where she now resides with her husband and four children. She loves to spend time with them. Weeknights and weekends are spent cheering the kids on during the different sporting seasons including soccer, basketball, volleyball, and tennis.

When she isn't working, Karlene loves to travel. Before joining us at The Hearing & Balance Lab, she

worked on a cruise ship allowing her to travel and see all aspects of the world. Some of the most fascinating places she has visited include the Cook Islands, Russia, and Italy!

Welcome, Karlene! We're so happy you've joined our Team!

Contact us at 866-887-6052

Or send us an email

www.hearingandbalancelab.com



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Return Service Requested