

Hear & Now

Spring 2017



Karen's Winter Care Kit

Karen Leader is our financial manager, but she is also our up-front lady in Tokai and on Wednesday afternoons, in Wynberg. She is an absolute star in our work family. She is our Mama-Bear who keeps us in line and makes sure that our accounts are kept in order. She is passionate about caring for our patients once they become members of the Hearing Clinic Family.

As she is often the first to see what our clients struggle with, she has designed a Winter Care Kit which helps to address a few of the typical frustrations with hearing aids especially during winter – and spring! According to Karen these are the essentials.

The Care Kit costs only R150 and includes the following:

- A magnifying glass,
- A battery tester,
- A multi-purpose cleaning brush,
- A silica tablet,
- A cleaning cloth,
- A pack of batteries of your choice and a gift from us to warm your heart this winter.



Stock is limited! Available at Wynberg, Tokai and Fish Hoek.

Battery Special to start on 1 November 2017!

Once Winter is over, we will celebrate Summer with our Battery Special that was so popular last year. We celebrated our 25th Birthday at the Hearing Clinic with a special discount on 10 packs of hearing aid batteries. It is back by popular demand this November.

Buy 10 packs of hearing aid batteries and pay for 9!

That's R360 for 10 packs of batteries, each pack has 6 batteries. All sizes available (excluding rechargeables)

Moisture and cleaning is not just a Winter job. Get your Care Kit whilst we have stock.



6 Things You Probably Didn't Know About Earwax

We know you probably don't want to give much thought to earwax whatsoever, but truth is, it can actually tell you a fair amount about yourself — and not just in a personal hygiene kind of way.

While there's a lot that we don't know about earwax, there are some theories and little-known facts worth knowing.

1. Earwax keeps your ears from itching. It lubricates the ears the way that tears lubricate the eyes. The wax may keep ears from feeling dry or itchy. Too much wax is a problem, but so is too little.

2. It also keeps them (relatively) clean. Clean earwax? Earwax is a combo of lubricating oil, dry skin cells and dirt trapped there while trying to enter your ear. Believe it or not, for the most part it will clean itself out. Every movement of the lower jaw, whether it's talking or chewing, pushes the wax outward — no cotton swab required. Trying to clean earwax can do more harm than good, if wax is pushed further into the ear canal rather than extracted. Most experts agree you should leave your earwax alone, unless you're experiencing symptoms of too much earwax, which can include hearing changes, and then leave it to the professionals to clean it for you.

3. Your earwax can tell you about your sweat. Some people produce moist earwax, while others stay dry. The white, flaky type probably means that you also lack a certain chemical in your sweat that leads to body odour. Dark and sticky earwax, however, means you'll want to keep deodorant handy. Hmmm, never knew that!

4. Earwax varies by race. That dry versus wet distinction may have something to do with your ancestors, according to a recent study. Monell Center researchers found that, like with sweat, chemical compounds in earwax differ between the races, and the molecules that produce an odour are generally higher in Caucasians than in East Asians.

5. Stress can increase earwax production. The glands in the ear that help to secrete wax are called apocrine glands, which are also responsible for your smelliest sweat. Just like stress, anxiety or fear can make you sweat more, it can also up your earwax production, according to the American Speech-Language-Hearing Association.

6. Ear candles are a big no-no. If we're going to swear off the cotton swabbing, let's also banish the idea that burning a candle in the ear will effectively and safely remove excess earwax. The FDA warns that not only can ear candles lead to burns, they may also block the ear canal or perforate the eardrum. For self-cleaning your earwax, use some Cerex, which is a warm water saline solution with which you can rinse your ears every so often. Do not use if you know of prior infections or perforations in the ear; then rather get your GP to check regularly.

Huffingtonpost/2014/03



FRANCIS SLABBER
& ASSOCIATES
REGISTERED AUDIOLOGISTS

The Hearing Clinic Family App

Let it not be said that we are living in the dark ages! Francis Slabber & Associates is the first Audiology Practice in South Africa to launch their own Smart Phone App – a great source of assistance for those with Smart Phones!

Hopefully it will make living with hearing loss and hearing aids a little easier. You can download the App for free from the Apple App Store or from the Google Play Store. Register using your email address and pronto, you have us at your fingertips. Please try it and let us know what you think!

Request appointments

Need to see us? Request an appointment at a time and place you'd prefer for whatever it is you need. Indicate when, where and who you'd like to see and receive an email to confirm that you have sent the request. You will then either receive an email to confirm that appointment, or we will contact you if that appointment time is not available. Please remember that we can only respond to requests during normal office hours.

Chat to an Audiologist

Now you can send a quick chat to see whether it is necessary to come and see us in person or whether we can help you by just giving you some good advice and instruction. We will try to help you via the chat platform to avoid unnecessary visits and charges.

Troubleshooting Guide

Why not just look it up? Have a look at what problem you are experiencing and see what is necessary to solve it. For example: How do I clean my Hearing Aid or My Hearing Aid is not working, and many more typical questions and answers. Still not working? Just request an appointment or drop us a chat.

Hearing Loss and Hearing Aids

Interesting articles and videos on how your ear works, how hearing loss happens and links to each of the YouTube videos of the specific brands where you can find user instructions and product information. Also available are links to our support partners who address the issues that we can't.

Your opinion is important and therefore you can rate our service and let us know what you think or need.

We are of course, as always, just a phone call away, so if you are not feeling confident with Apps and Smart Phones, don't despair, we are still here and happy to serve as always!

Francis Slabber

Elisha Berridge

Celeste Leveson

Beth Cockcroft

Sarah Buitendag