

Do You Hear Me Know?

Enjoy the Sounds of Summer

Summer is a great time of the year here in Fort Collins. This city provides so many fun activities to see and HEAR, such as concerts, music festivals, fireworks, hiking, biking, fishing and more.

Imagine yourself walking down Spring Creek Trail. What do you hear? The creek? The birds? People passing you on the trail? If you have hearing loss, these sounds of nature can be muted or sometimes absent. People with untreated hearing loss can miss out on the sounds of nature which can lead to isolation. Getting your hearing restored with properly fit hearing devices can allow you to hear all the sounds summer has to offer.

Summer is also a time to be mindful about protecting your hearing. Repeated exposure to loud noise, over an extended period can cause serious risks to your hearing health.

Shouting in noisy environments so that you can be heard by someone within arm's length, is a sign that the noise is potentially dangerous. Some other warning signs include: pain in your ears after leaving a noisy area, hearing ringing or buzzing (tinnitus) in your ears after exposure to noise, sudden difficulty understanding speech after exposure to noise.

A simple tip can be to use disposable earplugs made of foam or silicone when you will be exposed to loud sounds. Custom ear protection is another option and can be used to block out dangerously loud sounds. Susan can properly fit and order custom molds.

Go out there and enjoy the sounds of summer!

*Susan Baker is the owner and operator of Advanced Hearing Services in Fort Collins. She has been helping people with hearing loss and Tinnitus for the past 18 years. Please call (970) 221-5249 for an appointment today.*