

A vibrant bouquet of various flowers including ranunculus, roses, and small white blossoms, set against a background of a light-colored, textured surface.

Spring time!

GEHOOR IN DIE MOOT

Nuusbrief 2
Newsletter 2
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Wat behels na-verkoop diens?

- Jy en jou oudioloog het besluit op die geskikte styl, grootte en vlak van tegnologie van jou nuwe gehoorapparaat.
- Tydens die passing van jou gehoorapparate word dit ingestel deur jou oudioloog om te verseker jy kry voldoende versterking/krag by alle toonhoogtes gebaseer op jou gehoorafname.
- Opvolg besoeke binne 1 tot 3 maande word gereël. Hier maak die oudioloog seker dat die gehoorapparate gemaklik pas, jy die versorging daarvan verstaan, en dat jy die apparaat gemaklik kan insit en uithaal. Dit is ook belangrik dat jou gesin/familie moet verstaan hoe om met jou te kommunikeer.
- Vra jou oudioloog vir 'n geskrewe aanpassingsprogram wat jy kan lees en verstaan wat die toekoms inhou. Dit is te veel inligting om net te probeer onthou.



Wat moet jy self doen?

- **Vervanging van batterye of laai van gehoorapparaat-batterye:** jy is daarvoor verantwoordelik om te verseker dat jy genoeg sink-lug batterye aangekoop het vir die vervanging van die bestaande pap batterye. Onthou om vir die waarskuwingsein te luister wat sê wanneer jou battery begin pap word. Indien jy herlaaibare gehoorapparate het, moet jy dit elke nag in die laaier sit om te laai.
- **Scoonmaak van gehoorapparate:** Spuit hand handontsmettingsmiddel op 'n snesie en vee slegs die gedeelte af wat in jou oorkanaal pas.
- **Filters en proppies:** Jy moet een- tot drie-maandeliks die filter vervang voor op die punt van die pypie waar dit in die oorkanaal pas. Indien die filter verstop is met olie of oorwas, sal jy nie goed kan hoor nie.
- **Foutiewe apparate:** Hou in gedagte 'n gehoorapparaat is gemiddeld 12 ure binne in die oorkanaal waar dit warm en kam is. Indien jy vermoed/heer dat jou gehoorapparate se klankkwaliteit nie meer goed is nie, MOET jy dit dadelik na die Rietfontein praktyk bring.

Wat kan ons vir jou by die praktyk doen?

- Skoonmaak van gehoorapparate, vervanging van filters en pypies en proppies kan by die praktyk vir jou gedoen word indien jy onseker is hoe om dit self te doen.
- Die oudioloog sal die gehoorapparaat nagaan, daarna luister en die werking via die rekenaar toets. Indien nodig, sal die gehoorapparaat na die verskaffer gestuur word.

Wat word by die verskaffer gedoen?

- Die meeste verskaffers bied 'n 2- of 3-jaar waarborg op jou gehoorapparate aan. Dit beteken enige elektroniese probleme sal teen geen koste herstel word.
- Jy sal jaarliks 'n SMS boodskap ontvang om jou in kennis te stel dat jou gehoorapparate na die praktyk ingebring moet word.
- Die oudioloog stuur jou gehoorapparate na die verskaffer waar dit binne-in skoongemaak word en alle parte gediens word, of jou gehoorapparte word vervang met gehoorapparate wat reeds ten volle gediens en skoongemaak is. Solank jou gehoorapparaat binne sy waarborgtydperk is, sal daar geen ekstra kostes wees nie.

Beware of online Hearing Aid purchases!

- Cheap devices purchased online are usually simple amplifiers and not real, programmable hearing aids.
- These amplification devices usually come with a basic, one year warranty BUT the suppliers offer no after-sales service. Real hearing aids come with a standard 2 or 3 year warranty, and excellent after-sales service for the full lifetime of your hearing aids.
- Your hearing abilities may not even have been tested prior to purchasing these devices online. Authentic hearing aids are programmed and fine-tuned according to your degree of hearing loss at several frequencies, as well as your listening needs, personal preferences and lifestyle.
- Not only could a device purchased online lead to poor satisfaction, but it also has the potential to further damage your hearing through over-amplification.
- When purchasing an unknown brand from another country via the Internet, your local audiologist will not have access to the software required to fine-tune the device. You will only be able to adjust the basic volume. Device repairs will also not be possible.
- After your audiologist has assessed your hearing abilities in full, the results may indicate that your hearing loss can be treated medically or surgically. Should you purchase an amplification device online, this very important assessment will have been omitted, and you will be none the wiser.
- Online amplification devices typically make use of a "one size fits all" approach. You, as a layperson, will need to decide which silicone probe fits best in your ear canal. Qualified audiologists have many available options in terms of domes, sleeves and moulds to fit your needs and to make the hearing aids as comfortable as possible.
- Obtaining a hearing aid should not be considered a "quick fix" for your hearing difficulties. A successful hearing aid fitting requires patience, care and expertise. A qualified audiologist will be eager to help you on the journey to better hearing.

Widex Zen Tinnitus Management App



- Provides guided imagery, relaxation techniques and sound therapy to improve perception of tinnitus (ringing in the ears).
- Available on iPhone (Apple App Store) and Android devices (Google Play Store).

ReSound Tinnitus Relief



- Provides various sound therapy options and relaxation techniques, as well as a personalised plan to track and manage your tinnitus.
- Available on iPhone (Apple App Store) and Android devices (Google Play Store).

Dr Cliff Olsen



- Dr Olsen is a Doctor of Audiology who makes useful YouTube videos about the latest hearing aids on the market and compares their functionality.
- Have a look at his channel by searching YouTube for Doctor Cliff, AuD.

Shoebox Online



- A website where you and your loved ones can perform a hearing screening evaluation to determine whether you may need a diagnostic hearing test at our rooms.
- Go to www.shoeboxonline.com to perform your own test. You will need a set of headphones.