

1708 Fall Hill Ave. Suite 200
Fredericksburg, VA 22401

Join Hearing Resource Center...

at our Widex Lunch and Learn on
Tuesday, June 12th



One out of three adults 65 and older experiences some degree of hearing loss; by the age of 75 that number jumps to one out of two. Join us on June 12th to learn more about hearing loss and the latest hearing aid technology.

Call [540-371-1263](tel:540-371-1263) to RSVP for the event.





Tinnitus: Understand the Ringing in Your Ears

Tinnitus, often referred to as ringing in the ears, affects roughly 20% of the American population. For some it is a minor nuisance but for others, a major impediment to their quality of life. Tinnitus isn't a disease itself, but a symptom. Tinnitus can occur as the result of a number of conditions including: hearing loss, noise exposure, head or neck trauma, high blood pressure, vascular disorders, heart conditions, and more.

Unfortunately, there is no cure for tinnitus itself unless the underlying condition responsible for symptoms is identified and can be treated. Doctors have developed a variety of successful strategies for dealing with tinnitus. Hearing aids are one of the strategies used and have been proven to be helpful for many people who have tinnitus.

Dr. Kimberly Rorabaugh Abeyta, the Director of Audiology at Hearing Resource Center, says that **"70% of tinnitus sufferers who also wear hearing aids receive a significant subjective decrease in their tinnitus just by having proper amplification."** Dr. Abeyta, who specializes in treating tinnitus, says "Tinnitus is like being in a completely dark room with one candle on. Your brain can only see that one candle and it focuses on it all of the time. The purpose of wearing hearing aids is not to blow that candle out or even to put something else in front of it, but instead the hearing aids help to bring in tons of other candles so the brain has many other things to look at. As a result, this will hopefully help the brain to lose focus on the tinnitus."

There are additional solutions in helping to manage tinnitus. Dr. Nina Buckley-Ess, a clinical audiologist who also specializes in treating tinnitus at Hearing Resource Center, says "There is no single approach that works for everyone. There are several other options in addition to hearing aids that can help tinnitus sufferers in finding relief from the tinnitus."

If you suffer from tinnitus, please call Hearing Resource Center at 540-371-1263 to schedule an appointment with one of our Doctors of Audiology to help you understand and learn how to manage your tinnitus.



Protect Your Hearing this Summer!

Noise exposure is a leading cause of hearing loss and tinnitus. It usually develops gradually and may go unnoticed until it has progressed to a point where treatment options are limited. There are steps you can take now to prevent hearing loss down the road.

Causes

Some types of hearing loss are unavoidable. Hearing loss that occurs as a result of aging (presbycusis) can't be halted, but regular hearing tests can detect problems before they worsen. Noise-induced hearing loss, on the other hand, is usually preventable.

Prevention Tips

Protecting your ears is the key to hearing loss prevention. If your job exposes you to hazardous noises, make sure proper safety equipment is provided, and that it meets state and federal regulations. Hearing protection – earplugs and earmuffs – is essential when working around loud equipment like leaf blowers, lawn mowers, etc. It's always a good idea to bring along earplugs if you're participating in a noisy recreational activity (e.g., a football game, fireworks display or rock concert), as well.

While your time may be spent outside don't forget to protect yourself at home. At home, **limit your exposure to noisy activities**, and keep the volume down – on the television, stereo and especially when it comes to personal listening devices.

Regardless of your age, have your hearing tested regularly. Early detection is key. While noise-related hearing loss can't be reversed, you can still take steps to avoid further damage to your hearing.

Protect Your Hearing with Custom Hearing Protection Devices

Call 540-371-1263 for an Appointment

Hearing Resource Center

A Division of Ear, Nose and Throat & Facial Plastic Surgery Center



Featuring Dr. Mandy Williams, Au.D., CCC-A

Dr. Mandy Williams is one of our clinical audiologists and specializes in pediatric audiology. She began working at Hearing Resource Center in 2015.



Dr. Williams was introduced to audiology very early on when she was diagnosed with hearing loss and fit with hearing aids when she was 5 years old. She has worn hearing aids for 25 years and has enjoyed seeing the advances that audiology and hearing technology has made over the years. She has seen hearing aids go from analog to digital technology, chunky beige devices to nearly invisible devices, and from making manual adjustments to fully automatic devices. As an audiologist she has developed a great appreciation for the art and science of fitting hearing devices.

Dr. Williams lives in Fredericksburg with her husband, 9-month-old daughter, and chihuahua terrier mix. She is enjoying her new role as Mom and she loves watching her daughter grow and learn every day. When she is not working, Dr. Williams enjoys spending time with her family, going on outdoor adventures, and cooking new recipes.

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