



Celebrate
**National Speech-
Language-Hearing Month**
with a Hearing Test

As you prepare for summer fun, consider scheduling a hearing test. May is National Speech-Language-Hearing Month, which encourages people to seek treatment for hearing loss—particularly the 37.5 million adults who report some trouble hearing.¹

A hearing test can help detect hearing loss early, enabling the best treatment outcomes. Typically, people 60 and older should get their hearing checked every few years. You should also undergo a hearing test if you work in loud environments, such as construction, manufacturing or music.

During a hearing test, you will wear headphones connected to a device that sends noise to one ear at a time. The audiologist will ask you to press a button or raise your hand whenever you hear a sound.

A hearing test measures how your ears respond to sound, the quietest sound you can hear at different pitches, how well you can hear speech and your eardrum's ability to move.

Seeking treatment for hearing loss has many benefits, including improved physical and mental health, better relationships with family and friends and increased connection to the world around you.

¹ Neilson, Lee E., et al. "Hearing Loss, Incident Parkinson Disease, and Treatment with Hearing Aids." *JAMA Neurology*. jamanetwork.com/journals/jamaneurology/article-abstract/2824569.

If you or someone you know could benefit from a hearing consultation, we can help with the next steps. **During National Speech-Language-Hearing Month and beyond, contact Carolina ENT to schedule a hearing test.**

Explore the Latest Hearing Aid Innovations



Hearing aids are constantly evolving, and 2026's models are the best yet! They combine advanced AI-driven sound processing, improved noise reduction and seamless connectivity to make your daily hearing experience as perfect as possible.

Smarter, More Personalized Sound With AI

Thanks to artificial intelligence, hearing aids can now learn from your environment and preferences to predict your listening habits. This means your device can automatically adjust to different settings without you needing to make manual adjustments to hear your best.

Better Noise Reduction Wherever You Are

The latest hearing aids are equipped with powerful noise reduction technology that helps you focus on the sounds you want to hear, like great conversations, while filtering out distractions, like annoying background music.

Discreet Designs

Today's hearing aids include models that are nearly invisible to others. Though these options are small, they do not compromise technology advancements, features or performance.

Stay Connected Even More Effortlessly

2026 hearing aids include the most recent version of Bluetooth® technology, Bluetooth LE Audio, which lets you connect even more easily to your smartphone, tablet or other Bluetooth devices. It offers improved sound, a faster connection, and lower battery consumption.

This year's hearing aids also include Auracast™, a LE Audio feature. Auracast allows one device to stream audio to multiple hearing aids or headphones, making assistive listening in public places more accessible for hearing aid users—you can use it to listen to a TV at the gym or to announcements at the airport. Compared to classic Bluetooth, Auracast delivers superior sound quality with less delay.

If you're wondering how this new technology could improve your hearing and quality of life, now's the time to find out. Schedule a demo with Carolina ENT today and discover how the latest advancements can make a real difference.



The 8 Sounds of Summer

..... That Can Harm Your Hearing

When the temperature rises, so do the number of noisy activities that could potentially damage our hearing. There's no need to worry, though. By knowing what they are and remembering to protect your ears, you can keep yourself safe and enjoy all that the season offers.

Sun's Out, Fun's Out—and Earplugs Are In

Noise-induced hearing loss (NIHL) is caused by a one-time exposure to a sound that is too loud or continuous exposure to loud sounds over time. Any sound at or above 85 decibels (dB) can cause hearing loss.

These loud summertime activities pose a threat to your family's hearing:

- **Fireworks Displays**—The snap, crackle and pop can do a number on your ears, so have earplugs handy. Most fireworks clock in at 125 dB.
- **Air Shows**—Don't just wing it—bring your hearing protection. The sound of a jet engine ranges from 120 to 140 dB, which is extremely harmful to your ears.
- **Outdoor Concerts**—Because concert noise levels are frequently over 100 dB, rock out with your earplugs in.
- **Parades**—Noise from revving engines, sirens and marching bands can hurt small children's hearing, but earmuffs are an excellent way to keep your kids safe.
- **Yard Work**—Lawn equipment like lawnmowers and hedge trimmers emits sounds between 80 and 105 dB.
- **Target Shooting**—Set your sights on protecting your hearing with earplugs and earmuffs while shooting. Nearly all firearms deliver sounds above 140 dB.

- **Baseball Games**—America's favorite summer pastime is noisier than ever, with fireworks, loud announcers and rock music. Remember to score some earplugs before you set foot in the stadium.
- **Car Races**—All that vroom-vrooming can be disastrous for your ears—races average between 90 and 110 dB. Keep your hearing on track by popping in some earplugs.

While disposable earplugs will do in a pinch, custom-made earplugs are your best bet at preventing hearing loss and damage most effectively—call Carolina ENT to schedule your consultation for custom ear protection today!



Want To Know More About **Hearing Health?**

If you're looking for additional details about hearing, never fear. Our website is here!

You'll find a wealth of information on hearing loss, hearing aids and hearing protection. Visit carolinaearnosethroat.com and select the Hearing & Balance dropdown to start exploring.

Here are a few other websites our audiology team recommends if you're looking for credible, up-to-date information about hearing loss.

American Speech-Language-Hearing Association—This organization strives to make effective communication accessible and achievable for all. asha.org.

Hearing Loss Association of America—HLAA provides education, advocacy and support for people in the United States with hearing loss.

Thank you for trusting Carolina ENT with your care. If you need support for hearing concerns, please get in touch with us today!

www.carolinaearnosethroat.com

(828) 322-2183

Four convenient locations

Hickory

304 10th Ave. NE
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Lincolnton

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