



# HEARING HEALTH REPORT

ADVANCED AUDIOLOGY, LLC

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## Ear Wax: what is it, why do we have it?

As you can imagine, often I'm asked about ear wax. What is ear wax, why do we have it, and how do I clean wax from my ears? Maybe you've even asked those exact questions!

The ear canal is lined with glands and hair follicles, just like the rest of the body. The glands/follicles secrete an oily substance called cerumen (what makes up ear wax). Wax is protective, by lubricating the ear canal skin and helping keep out dust, debris, germs, small objects, etc. This protective feature is much like other body fluids like mucus, saliva, tears, and even eyebrows and eyelashes. Trying to keep gunk out of your precious parts!

The majority of individuals do NOT need to do anything about ear wax as the body does a great

job of getting rid of it. So knowing that, remember you shouldn't need to use any device to remove it (no Q-tips, no bobby pins, no vacuums or candles!) Individuals experiencing a blockage of wax can try home treatments to soften it. At home softening of wax usually works to break down the blockage and proper methods include: room temperature mineral oil or hydrogen peroxide. Place a couple drops of fluid in ear daily for up to 4 days. (fluid too warm or too cold can cause pain and dizziness, be careful). Softening of the wax allows better natural removal of wax when showering. Those experiencing chronic or excessive wax should be regularly managed by a professional.

Now that you've read all the above...here are some DO NOTS.

Do not place any liquid in

an ear that is known or suspected to have an eardrum perforation (hole).

Do not use candles or candling, as there is no proven benefit from this procedure.

Do not continue home treatment if experiencing pain or worsening symptoms (see a physician).

Do not clean ears frequently. Frequently using Q-tips dries out the canal skin and can scratch it. Ear canals are not meant to be wet all the time either. Wet and dark canals are where bacteria/fungus will grow!

Be careful when using any wax removal technique. Any device providing enough vacuum suction to actually remove water/wax can damage the ear/eardrum.

Please be careful!



### Special points of interest:

- *Advanced Audiology is open Monday–Friday 9am to 5pm*
- *Dr. Wright is in schools all day on Wednesdays*
- *Walk-in hours for small concerns are from 10am–12 noon Tuesdays and Thursdays*
- *Like us on Facebook!*
- *NEW EMPLOYEE at front desk is Dan (see introduction on back page of this newsletter)*
- *Don't worry...Andy still works here!*
- *Dr. Wright and Andy OUT OF OFFICE first full week of April. Office will still be OPEN with Dan here to help you.*

## Noise Reduction and Directional Microphones

Hearing within background noise is one of the biggest obstacles for everyone, but usually is even harder for those who have hearing loss. All hearing aids through this office contain some level of technology that provides noise reduc-

tion and many contain directional (front-sensitive) microphones. Please keep in mind, noise reduction is just that...a reduction...not an elimination... of noise. Also keep in mind that hearing aids with directional microphones only know to

point the microphone forward...the aid doesn't know where you are facing. So when facing the crowded part of the room or if sounds are bouncing around all over, a directional microphone will not be as effective in that area.

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HEARING STARTS HERE!

## Reminders and News

### Wax Guards

The gray case is the older case design. The black case is newer case design, but wax guards still work the same.



[click to enlarge](#)



Firmly insert empty end of stick into dirty wax guard. Pull stick away from end/dirty wax guard will come out too. Flip stick around and line-up new wax guard with end of aid. Insert new guard and pull stick away, leaving new wax guard in the aid.



### Earaches and Dry Skin

With Winter comes colder aid with less humidity. Cold air blowing around/in the ears can cause ear pain. Remember to wear your hat/muffs to protect those ears. If you are battling dry skin flakes around the ear canal openings, consider using an anti-itch/hydrocortisone cream to moisturize the skin and reduce the flakes and itching. Use a small amount of cream nightly just at opening of canals for 1 week. After 1 week, reduce frequency of use down to around 2 times a week.



### Meet Dan! The New Office Man!



Hello. My name is Dan, as you can read above! I'm a new member of the Advanced Audiology team! My primary responsibility is excellent and friendly patient services at the front desk. I have a Bachelor of Science from Ferris State University in Television Production. I'm also taking business classes at LCC. Just like Dr. Wright and Andy, I'm from Laingsburg. I'm looking forward to meeting everyone, as well as helping out when needed.