

# THE EAR



## What a difference a year makes!

As we move through BC's four-step plan to re-open the province, we look forward to enjoying many of the social activities we used to take for granted. In the clinics, we will continue to observe safety protocols as directed by the College of Speech and Health Hearing Professionals. We've been waiting for a long time for a new photo of our Audiologists and as you can see we were finally able to get together!

Is your hearing ready?

## Being social again

While some people can't wait to be social again, others may be feeling hesitant. This social anxiety is being called "cave syndrome." We've all been nesting so long that resuming social interaction can be daunting, especially for people managing hearing loss.

### Tips for getting out there:

- See your Audiologist so that your hearing aids are clean & the settings are right for you.
- Wear your hearing aids as much as possible. That way, your brain stays "fit" for social moments.
- Share your communication needs with others.
- Take your time. Re-integrate at your own pace.
- Accessories that pair with your hearing aids, such as a remote microphone, may help you hear better in background noise.



### Be kind to yourself.

You may find that resuming social activities makes you more tired than usual. Remember – you're still working harder when communicating with masks on top of hearing loss, and that takes extra energy. If you need help during this transition time, please do reach out.

**Broadmead**  
hearing clinic

4430 Chatterton Way, #107  
(In the Broadmead Office Park)  
**250.479.2969**

**Oak Bay**  
hearing clinic

1932 Oak Bay Avenue  
(Near Oak Bay & Foul Bay)  
**250.479.2921**

# Never miss a word

Signia's new Augmented Xperience (AX) hearing aids feature two independent processors – one addresses speech, while the other focuses on surrounding sounds.

## Augmented Xperience:

This split-processing technology creates a clear contrast between the two sounds then recombines them to deliver better speech clarity.

**Signia has given our hearing clinics a few demo sets of this product, so call us if you're interested in trying them for yourself.**



The new Dry&Clean charger uses UV to clean the hearing aids each night.

## Dizziness and balance

Your brain uses your ears, your eyes, and your body to stay balanced. Balance disorders can cause uncomfortable symptoms like vertigo and dizziness, and can increase your risk of falling.

Did you know that an Audiologist can help you learn more about your balance system, balance problems, and treatment options?

***Having issues with balance? Talk to your Audiologist.***

## Staff Updates



**Dr. Erin Wright, Au.D.**  
Audiologist & Owner

### Celebrating 25 years!

Dr. Erin Wright began her career in Las Vegas, Nevada in 1996 before moving to Victoria in 2003. For her, audiology is a perfect fit because it addresses our need to connect with others. "Any time I'm helping someone's ability to communicate, I'm improving their quality of life. And that feels just as good today as when I started."

