



# KY HEARS

Provided by Heuser Hearing Institute

## Our Service:

- ✓ Hearing Assessment
- ✓ Balance and Fall Risk Assessment
- ✓ Pediatric and Adult Hearing Healthcare

## Contact Us:

- ☎ 800-958-9610
- ✉ [kyhears.org](http://kyhears.org)
- 📍 111 E. Kentucky Street  
Louisville, KY 40203

## July News

### Summer Hearing Health Tips

Summer is here, and with it comes the joy of outdoor activities, vacations, and fun in the sun. However, it's essential to keep in mind that summer can also pose unique challenges to your hearing health. Here are some tips to ensure your ears stay healthy during the warmer months:



#### 1. Protect Your Ears from Water

Swimming is a staple of summer fun, but prolonged exposure to water can lead to ear infections, commonly known as swimmer's ear. To prevent this, use earplugs designed for swimming and make sure to dry your ears thoroughly after getting out of the water. Tilt your head to each side to help water drain out and use a soft towel to gently dry your outer ear.

#### 2. Avoid Excessive Noise

Summer brings many loud events, such as concerts, fireworks, and sporting events. Prolonged exposure to loud noises can damage your hearing. Always carry a pair of earplugs to these events, and try to maintain a safe distance from the loudest sources of sound.

#### 3. Keep Your Ears Clean

Increased sweating during the summer can cause more earwax buildup. Clean your ears gently with a damp cloth and avoid using cotton swabs, as they can push wax further into the ear canal and potentially cause damage.

#### 4. Stay Hydrated

Hydration is crucial for overall health, including hearing health. Dehydration can affect the inner ear and lead to hearing issues. Drink plenty of water throughout the day, especially when spending time

outdoors.

### 5. Use Sun Protection

While we often remember to protect our skin from the sun, we might forget about our ears. Apply sunscreen to your ears or wear a wide-brimmed hat to shield them from harmful UV rays.

### 6. Regular Hearing Check-Ups

Regular check-ups are vital to maintaining good hearing health. If you experience any changes in your hearing, don't hesitate to contact a hearing healthcare professional.

By following these tips, you can enjoy all the wonderful activities summer has to offer while keeping your hearing in top shape. Remember, taking a few simple precautions can go a long way in preserving your hearing health.

Stay safe and have a great summer!

Warm regards,

The KY HEARS Team

## Upcoming KY HEARS Events

Event Information

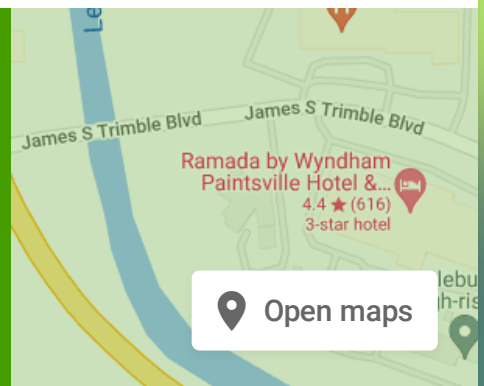
### Hearing Clinic Johnson County

When?

**Wednesday, Jul 10, 2024, 09:00 AM**

Where?

**640 James S Trimble Boulevard, Paintsville, KY, USA**



Event Information

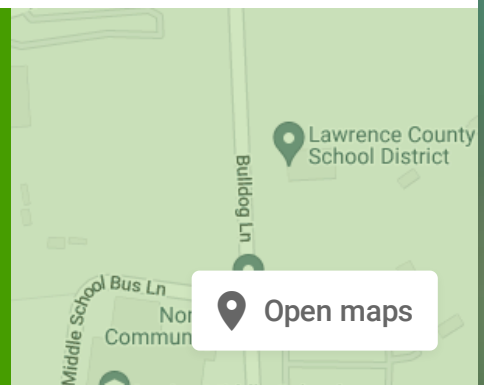
### Hearing Clinic Lawrence County

When?

**Thursday, Jul 11, 2024, 09:00 AM**

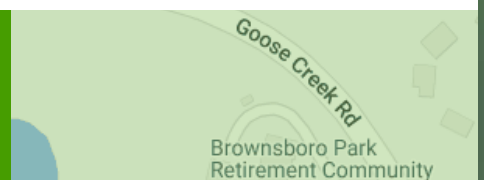
Where?

**210 Bulldog Lane, Louisa, KY, USA**



Event Information

### Brownsboro Park Retirement Community Health Fair



When?

Wednesday, Jul 17, 2024, 10:00 AM

Where?

2960 Goose Creek Road, Louisville, KY, USA

 Open maps

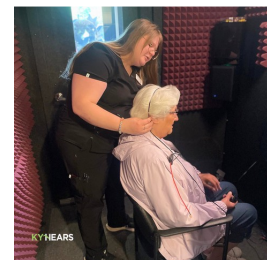


Check out Dr. Edwards showing Eric Mills, the director of the Martin County Health Department, his eardrum today 🙋 Thank you so much to Eric for allowing us to set up our KY HEARS clinic 🤍 #kyhears #careishear #heuserhearing | KY HEARS

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## Our KY HEARS Externs and Audiometric Assistants



**Devon Woodlee**

Devon is using Smore to create beautiful newsletters

