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## December News

### 🎄 ✨ Season's Greetings from KY HEARS! ✨

As the holiday season surrounds us with warmth and cheer, we want to take a moment to express our gratitude for our wonderful community. Whether you're a parent, teacher, advocate, or supporter, your dedication to creating a brighter future for children with hearing loss inspires us every day.

May your holidays be filled with joy, connection, and the sounds of laughter and love. Thank you for being a vital part of our mission to empower lives through hearing and education throughout the state of Kentucky.



Here's to a joyful season and a new year full of possibilities!

With heartfelt wishes,

The KY HEARS Team 💙🎁

#SoundsOfTheSeason #KYHEARS #EmpoweringHearing

Winter brings cozy moments, festive gatherings, and seasonal joy, but it can also pose unique challenges to our hearing health. Cold weather, increased illness risks, and environmental factors require extra care to keep your ears and hearing in top shape. Here are some practical tips to protect and prioritize your hearing health this winter:

### 1. Protect Your Ears from the Cold

Cold weather can cause discomfort and harm to your ears, especially with prolonged exposure.

#### Tips:

- Wear a hat, earmuffs, or headbands to keep your ears warm when outdoors.
- Consider fleece-lined or insulated options for extra protection.
- Avoid prolonged exposure to cold winds without covering your ears.

### 2. Stay Dry

Moisture in the ears during winter can lead to bacterial or fungal infections. Whether it's from sweat under a hat or snow sneaking into your ears, keeping them dry is essential.

#### Tips:

- Dry your ears thoroughly after bathing, swimming, or being outside in wet conditions.
- Avoid inserting cotton swabs deep into the ear canal; use a towel to gently pat the outer ear dry.

### 3. Manage Winter Illnesses

Cold and flu season often results in congestion, which can affect hearing by blocking the Eustachian tubes and causing temporary hearing loss. Untreated ear infections can lead to complications, so it's essential to address symptoms early.

#### Tips:

- Stay hydrated and practice good hygiene to reduce your risk of illness.
- If you develop an earache or experience muffled hearing, consult a healthcare provider promptly.
- Over-the-counter decongestants may help alleviate pressure, but follow a doctor's advice.

### 4. Protect Your Hearing Aids

If you use hearing aids, winter weather can present additional challenges. Moisture from snow or condensation can damage sensitive electronics, while cold temperatures may affect battery life.

#### Tips:

- Store hearing aids in a safe, dry place when not in use.
- Use a dehumidifier designed for hearing aids to remove excess moisture.
- Carry spare batteries, as they may drain faster in cold weather.

### 5. Watch Out for Noise Exposure

Winter activities such as snowmobiling, shoveling with loud machinery, or attending festive events with high-volume music can contribute to noise-induced hearing damage.

#### Tips:

- Use earplugs or noise-canceling earmuffs during loud activities.
- Take breaks from noisy environments to give your ears a rest.
- Keep the volume at safe levels when listening to music or watching movies indoors.

### 6. Schedule a Hearing Checkup

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**Tips:**

- Schedule an annual hearing test with a licensed audiologist.
- Discuss any issues, like ringing in your ears (tinnitus) or difficulty hearing conversations.
- Ensure your hearing aids or devices are functioning optimally.

Winter can be a magical season, and with a little care, you can ensure that your hearing health doesn't miss a beat. Whether it's the laughter of loved ones, the crackling of a fireplace, or the melodies of holiday songs, every sound adds richness to your life. Stay proactive, protect your ears, and enjoy the season to its fullest!

**Need expert advice? Contact KY HEARS for hearing tests, tips, and resources. We're here to help you embrace the sounds of every season!**

#WinterHearingCare #HearingHealth #KYHEARS

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## Upcoming Events

Event Information

### Rowan County Hearing Clinic

Please call 800-958-9610 to schedule an appointment

When?

**Friday, Dec 13, 2024, 09:00 AM**

Where?

**321 East Main Street, Morehead, KY, USA**

[Open maps](#)



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We will be  
**Closed**  
for the  
**Holidays**

***KY HEARS will be closed Christmas Eve, Christmas Day, and New Years Day***

**Devon Woodlee**

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