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February News Updates

KY HEARS

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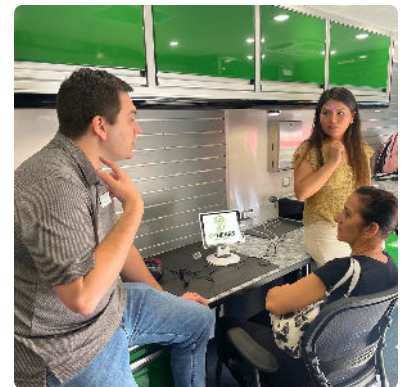


www.kyhears.org



February Fulfillment

KY HEARS is off to a wonderful 2025. We are excited about new partnerships and opportunities to visit more counties and provide hearing healthcare information and resources to our community. During the months of January and February, we limit our travel due to the unpredictable Kentucky weather, which all of us Kentuckians appreciate. But weather does not stop the need for people to continue getting what they need as it relates to hearing healthcare. For the month of February, we have some new engagements to share.



According to the National Institute for Occupational Safety and Health (NIOSH, 2024), prolonged exposure to high noise levels can lead to permanent auditory damage. It is the goal of KY HEAR to improve hearing healthcare by helping to improve hearing conservation efforts.

Our team will be attending the *National Farm Machinery Show (NFMS)* from February 12th through the 15th at the Kentucky Fair and Exposition Center and also the *Black Farmers Conference* from February 27th through March 1st at the Muhammad Ali Center. At both of these events, we will provide hearing screenings to attendees of the conference as well as providing valuable information about hearing protection for people who work in loud work environments.

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kyhears@thehearinginstitute.org

KY HEARS at the Capitol

On February 26, 2025, the KY HEARS and Heuser Hearing Institute team will travel to Frankfort, KY with our Mobile Clinic. We will have our hearing test machines, educational and hearing protection resources available to our legislators, visitors to the Capitol, and all Capitol staff. We will be located between the Capitol Building and the Capitol Annex Building. Please stop by to meet members of our staff and some of our KY HEAR patients.



What Are Common Tinnitus Triggers?

What is Tinnitus?

Tinnitus is described as a ringing in the ears. However, people can also experience noises like clicking, buzzing, hissing and whooshing as well. Tinnitus is a symptom of conditions, such as [hearing loss](#), earwax buildup and injury to the head and neck, among many others.

For some, their tinnitus symptoms are brief and clear up on their own. However, others have chronic symptoms that can last years and interfere with their quality of life. In these cases, it's helpful to not only find ways to manage their tinnitus but to identify any triggers that exacerbate symptoms as well.

Five Tinnitus Triggers

Everyone is different, and so what triggers a tinnitus flare-up in one person won't necessarily do the same in another. That being said, there are some factors that are known to generally worsen tinnitus, including:

- **Loud noise.** Not only does exposure to loud noise increase your risk of permanent hearing loss, but it can trigger tinnitus as well. Research has shown a [higher rate of tinnitus](#) for those who are regularly exposed to loud noise through work or recreational activities.
- **High stress levels.** Many people report an uptick in their tinnitus symptoms during periods of high stress. While we don't know exactly why this is, stress can affect things like hormones, blood pressure and sleep quality, all of which may play a role in tinnitus symptoms.
- **Allergies.** Allergies cause congestion, which not only affects the nasal passages but can affect your ears as well and increase your risk of Eustachian tube dysfunction. This blockage in your ear may increase tinnitus.
- **Earwax buildup.** Similar to allergies, a buildup of earwax can exacerbate tinnitus symptoms and also lead to temporary hearing loss. If you suspect earwax is worsening your tinnitus, do

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- **Dietary choices.** Certain foods and beverages can worsen tinnitus in some people. Common culprits are foods high in sugar or fat, as well as alcohol and caffeine. Additionally, if you have food sensitivities, consuming those foods may increase your symptoms as well.

To learn more or to find help managing your tinnitus, call the experts at KY HEARS today.

Upcoming Events

Event Information

National Farm Machinery Show

The KY HEARS Mobile Clinic will be staffed in the West Wing from 9 a.m. to 3 p.m. daily

When?

Wednesday, Feb 12, 2025, 09:00 AM

Where?

Kentucky Exposition Center, Phillips Lane, Louisville, KY, USA

[Open maps](#)

Event Information

Kentucky State Capitol

The KY HEARS Mobile Clinic will offer hearing screenings and educational resources from 8:00 a.m. to 3:00 p.m.

When?

Wednesday, Feb 26, 2025, 08:00 AM

Where?

Kentucky State Capitol, Capitol Avenue, Frankfort, KY, USA

[Open maps](#)

Event Information

Black Farmers Conference

The KY HEARS team will have a booth at this event and will be there daily from 9 a.m. to 3 p.m. daily. 2/27-3/1.

When?

Thursday, Feb 27, 2025, 09:00 AM

Where?



Devon Woodlee

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