

SOUND OFF - JANUARY 2023

NEW YEAR, NEW GOALS

EMBRACE HEARING HEALTH IN 2023



When was the last time you had a hearing test or had your hearing aids checked? Some individuals' hearing loss may change over time and a visit to your audiologist may yield new information about your hearing needs.

Adults with no known hearing challenges should have their hearing tested at least every decade to establish a baseline and determine if they have early signs of hearing loss.

People should get their hearing aids checked by an audiologist at least once a year and get their hearing tested at least every three years, more frequently if there are progressive changes. Your hearing aid programming needs may change over time.

Contact the Marion Downs Center to request an appointment at 303-322-1871 or email us at appointments@mariondowns.org

REQUEST AN APPOINTMENT



OTOTOXICITY

TYPES OF OTOTOXICANTS

- Pharmaceuticals
- Solvents
- Asphyxiants
- Nitriles
- Metals and compounds

The most common ototoxicants people will come across include NSAIDs such as aspirin, ibuprofen, and naproxen sodium

Nystagmus (involuntary eye movement), fatigue, headaches, nausea, and vertigo can be symptoms of ototoxicity. Tinnitus may appear first before hearing loss develops.

Ototoxic: harmful to hearing



Exposed to ototoxicants?
See an audiologist for a
hearing evaluation

Ototoxicity refers to “ear poison” and can cause hearing loss, tinnitus, and/or related balance disorders. According to the U.S. Occupational Safety and Health Administration (OSHA), there are five main categories of ototoxicants:

- Pharmaceuticals, such as loop diuretics, selected analgesics, some chemotherapy medications, and certain antibiotics
- Solvents, such as toluene, ethylbenzene, and trichloroethylene
- Asphyxiants, such as carbon monoxide, hydrogen cyanide, and tobacco smoke
- Nitriles, such as 3-butenenitrile, cis-2-pentenenitrile, and acrylonitrile
- Metals and compounds, such as mercury compounds, germanium dioxide, and lead

The most common ototoxicant you’re likely to come across are nonsteroidal anti-inflammatory drugs (NSAIDs) including aspirin (Bayer, Bufferin), ibuprofen (Advil, Motrin), and naproxen sodium (Aleve).

Nystagmus (involuntary eye movement), fatigue, headaches, nausea, and vertigo can be symptoms of ototoxicity. Tinnitus may appear first before hearing loss develops.

There is no standard treatment for ototoxicity and prevention is key. Hearing and balance MAY return once ototoxicants are out of an individual’s system. In the case of permanent hearing loss, hearing aids and auditory rehabilitation strategies can improve an individual’s quality of life. Our audiologists can help you explore options.

Ototoxicity is a common cause of hearing loss so individuals can be proactive about their hearing health. If you or a loved one are taking ototoxic medication or think you may be experiencing ototoxicity symptoms, make an appointment with the Marion Downs Center for a hearing evaluation.

[REQUEST AN APPOINTMENT](#)

CAMPUS CONNECTIONS: SAVE THE DATE! JUNE 8-10, 2023 @ CU - BOULDER



CAMPUS CONNECTIONS
FOR DEAF AND HARD OF HEARING & DEAF-BLIND TEENAGERS

OVERNIGHT EXPERIENCE

UNIVERSITY OF BOULDER, COLORADO

FOR DEAF/HARD OF HEARING TEENAGERS
IN GRADES 9-12 AS OF SPRING 2023

THURSDAY TO SATURDAY
JUNE 8-10, 2023

LEARN MORE AT
MARIONDOWNS.ORG/CAMPUS-CONNECTIONS

Campus Connections 2023 is a three-day post-high school preparation program focusing on personal growth and self-reliance for high school students who are deaf or hard-of-hearing, and interested in furthering their education after high school. Twenty campers will be chosen to participate on a first come first serve basis.

Camper Selection Criteria:

1. Must be entering 10th, 11th, or 12th grade as of Fall 2023 or graduating from high school as of Spring 2023
2. Demonstrates motivation to attend and successfully complete education or training beyond high school
3. In good academic standing at school

Campers will be selected and notified of camp acceptance on a first come, first served basis. Teens from out-of-state who need to plan travel arrangements will receive an acceptance letter within seven business days of applying. Once selected, Campers will receive a complete packet of information with the agenda, packing list, maps, and a list of expectations.

Sign up to receive a link to applications when they become available!

[SIGN UP FOR CAMPUS CONNECTION UPDATES](#)

Support Marion Downs Center

DONATE YOUR USED HEARING DEVICES

Donate your used hearing aids, cochlear implants or assistive listening devices to someone in need through the Marion Downs



Submit A Review Online!



We continue to expand our visibility in the community in different ways. One way you can help is by submitting a review of our business on Google, Yelp, or Facebook.

[Submit a Google Review](#)

[Submit a Yelp Review](#)

[Submit a Facebook Review](#)

Donate online through our website

You can make a secure donation directly through our website! Donors can choose whether to make a one-time or recurring donation.

[MAKE A DONATION](#)

