

The Truth About Hearing Loss:

- ❖ Hearing loss can be gradual or acute, occurring at birth or acquired in later years
- ❖ It can affect one or both ears.
- ❖ Hearing loss can have a significant impact on one's ability to hear others, quality of life, hearing in groups, employment and overall health.
- ❖ It is estimated that 30 million Americans have hearing loss. Most do not do anything about it.
- ❖ Considering the impact of hearing loss with one's quality of life, many people with hearing loss do not seek help to improve their hearing.
- ❖ It is very important to realize that hearing has a great impact to speech development. Hearing is critical to speech and language development, processing information and learning
- ❖ Hearing loss has been linked to cognitive decline and potential link between hearing loss and dementia
- ❖ Hearing loss can be treated or managed by use of hearing aids, assistive listening devices (ALD's), surgical intervention depending on the type of hearing loss

There are a variety of causes that lead to hearing loss such as:

- ❖ Excessive noise exposure
- ❖ trauma
- ❖ Infection
- ❖ Genetic factors
- ❖ Ototoxic drugs
- ❖ Head trauma
- ❖ Malformation of the inner ear
- ❖ Middle ear conditions
- ❖ Metabolic diseases
- ❖ Aging

Majority of hearing loss sufferers do not seek help due to:

- ❖ Not realizing that the hearing is changing
- ❖ Feels that others are mumbling
- ❖ Not admitting that they are having trouble hearing others around them
- ❖ Feels that hearing aids will make them feel old
- ❖ Embarrassed to wear hearing aids
- ❖ Misconception that wearing hearing aids will make their hearing loss worse

This misconception and not realizing the effects of hearing loss can lead to other health problems such as depression, anxiety, headaches, isolation, limited social activities, lack of confidence, reduced cognitive input.

If you tried hearing aids before and had poor experience, reconsider trying different types or style and different manufacturer. Hearing aids vary in quality and performance. Poor fit and poor quality can negatively impact benefits and use of hearing aids. Talk to your audiologist on how to improve your hearing and quality of life.