

Hearing Aid Myths: How Times Have Changed



Indeed, how times have changed. But the myths associated with hearing loss and hearing aids tend to stick around even

though research, science and technology have all come together to refute them.

Myth #1 - Only old people wear hearing aids.

65% of people with hearing loss are under the age of 65

Myth #2 - It's not MY problem. Other people should talk louder. Why? Hearing loss can affect those around you who have to "help" you hear. This causes frustration for them as well.

Myth #3 - I've tried hearing aids and they're a pain in the ear. Advancements in digital hearing not only deliver better more precise hearing, but in some cases can connect you wirelessly to your world, including cell phones and television. If you have not tried hearing aids in the past 3 years you are missing out on some exciting new technology.

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Don't Let Hearing Loss Dampen Family Festivities *Continued...*

to do something about it. Here are some suggestions:

Let them know they are not alone. One in six baby boomers (ages 41-59) have a hearing problem, and one in 14 Generation Xers (ages 29-40) already have hearing loss.**

Discuss advancements in technology. Today's digital hearing instruments are not what most people expect. They can best be compared to tiny, yet highly sophisticated sound studios – processing and reproducing sounds faithfully.

Dispel myths. Just because someone has hearing loss, it does not mean he or she is going deaf. However, it is important to see a hearing healthcare professional to find the cause of the hearing loss and prevent it from worsening. Show them their hearing is important. Hearing loss can occur gradually – sometimes over many years. Perhaps they have forgotten how important hearing is to their quality of life. Reminiscing together about special gatherings may remind them of the times they, too, enjoyed the holiday bustle.

* Source: National Council on Aging.
** Source: Better Hearing Institute.

iPods and Hearing Loss

A Northwestern University audiologist and professor found more hearing loss in younger people with the use of iPods and earbud headphones that is similar to that found in aging adults.

Earbuds are placed directly in the ear and can boost the sound signal by as much as six to nine decibels. It's enough to cause hearing loss after only about an hour and 15 minutes.

The recommendation is what the researchers call the 60 percent/60 minute rule. They recommend using the MP3 devices, including iPods, no more than about an hour a day and at levels below 60 percent of maximum volume.

To avoid permanent hearing loss in the middle ranges – the range required to hear conversation in a noisy restaurant, for example – they recommend the older style, larger headphones that rest over the ear opening.

Another option is the use of noise-canceling headphones that eliminate background noise so listeners don't have to crank the volume so high.



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Do I Have Hearing Loss? *Continued...*

Hearing loss can occur at any age and hearing tests can be accurately completed at any age, including right after birth. Hearing loss often occurs gradually and typically without any physical signs so that the individual may not be aware of a problem or may fail to recognize the existence of hearing loss. Hearing loss often goes undetected as we usually do not want to admit to any physical limitation and may compensate by asking others to repeat or by watching lips. Even if we do not personally recognize decreased hearing, it is difficult to ask ourselves whether we are becoming a burden to our family and friends. One of every ten people has some hearing loss. If others tell you that you are missing some things,

they are probably right. The person with the hearing loss is often the last to know.

A baseline hearing test is recommended at any age. If you or a family member suspects that you have difficulty hearing, contact The Hearing Clinic for an appointment and we will be happy to help you through this process. Do yourself a favor and find out the facts, a hearing test is only a phone call away.

Please feel free to e-mail us at ears@thehearingclinic-dsm.com, call us or stop in with any further questions.

The Hearing Clinic



Dr. Stacy Reinhart & Dr. Sara Michael
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