



FAST FACTS

1/2 of Americans aged 70+ has hearing loss.

15 million people in the US with hearing loss avoid getting help.

Hearing loss is a very important topic, because it can lead to social isolation and depression, and make it difficult to schedule appointments, talk to people and get daily activities completed.

What are some signs that you, a loved one or a friend may have hearing loss?

- Have trouble hearing over the telephone
- Find it hard to follow conversations when two or more people are talking

- Often ask people to repeat what they are saying
- Need to turn up the TV volume so loud that others complain
- Have a problem hearing because of background noise
- Think that others seem to mumble
- Can't understand when women and children speak

If the answer is yes to one of more of these signs, it is a good time to see a doctor and find out what is causing the

hearing loss.

What causes hearing loss?

There are different causes of hearing loss, including wax build up, being around loud noises or listening to loud music, and loss due to aging. Viruses, heart conditions, stroke and new medications can also cause hearing loss. Some causes are *reversible or signs of other health issues*, so it is worth it to get checked out.

we can help

Is it time to have your hearing checked or get assistive devices to help your hearing? There are new advances in hearing health care. We can refer you to local programs. If you need help, let your LifeSTEPS Director of Social Services know.

hearing loss, or may refer you to an Ear, Nose and Throat (ENT) specialist or an audiologist who has special training in hearing loss treatment.

Assistive devices can help

Hearing aids are electronic, battery-run devices that make sounds louder. There are many types of hearing aids. Before buying a hearing aid, ask if your health insurance will cover the cost. Also ask if you can have a trial period so you can make sure the device is right for you. An audiologist or hearing aid specialist will show you how to use your hearing aid.

Hearing aids should fit comfortably in your ear. You may need several visits to get it right.

Other products can also help:

- Alert systems can work with doorbells, smoke detectors, and alarm clocks to send you visual signals or vibrations. For example, a flashing light could let you know someone is at the door or the phone is ringing. Some people use the vibration setting on their cell phones to know they are getting a call.
- Telephone amplifying devices can make it easier to use the phone.
- TV and radio listening systems can let you hear the program background noise or needing to turn up the volume.

Hear better

Invest the time to get help and hear as well as you can. It pays off when you can be more engaged with others and when you feel better, too.



CSC500 Amplified Telephone

Talk to Your Doctor

Your primary care doctor may be able to diagnose and treat your