



Hear, Here!

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Your source for hearing news and advice

Ashland ENT, Allergy & Hearing Center
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Our Mission:

To improve the quality of life for those with hearing concerns by providing comprehensive and individual hearing healthcare, while building long-term relationships with our patients based upon honesty, integrity and respect.

Causes of Hearing Loss

Hearing loss happens for many reasons. Some people lose their hearing slowly as they age. This condition is known as presbycusis (prez-buh-KYOO-sis). Doctors do not know why presbycusis happens, but it seems to run in families. Another reason for hearing loss may be exposure to too much loud noise. This condition is known as noise-induced hearing loss. Many construction workers, farmers, musicians, airport workers, tree cutters, and people in the armed forces have hearing problems because of too much exposure to loud noise. Sometimes loud noise can cause a ringing, hissing, or roaring sound in the ears, called tinnitus (tin-NY-tus).

Hearing loss can also be caused by a virus or bacteria, heart conditions or stroke, head injuries, tumors, and certain medicines.

Poor Hearing, Poor Memory Connection

The results of a recent study conducted by Brandeis University shows that older people suffering from hearing loss might also lose the ability to remember spoken language.

The researchers said older adults with mild to moderate hearing loss might expend so much cognitive energy on hearing accurately, their ability to remember spoken language suffers as a result.

The study showed that even when older hearing-impaired adults could hear words well enough to repeat them, their ability to memorize and remember the words was poorer when compared with other individuals of the same age who had good hearing. It also suggests that individuals who interact with older people with some hearing loss could help by speaking clearly and pausing after clauses.

This story has been adapted from a news release issued by Brandeis University.

Family and Hearing Loss

Here are some things you and your family can do to make understanding conversations easier:

- Ask your family members to speak louder, but not shout.
- Turn off the TV or the radio if it does not have to be on.
- Be aware of noise around you that can make hearing more difficult. When you go to a restaurant, do not sit near the kitchen or near a band playing music.



A S H L A N D
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What First-Time Instrument Users Need to Know

New digital hearing aids offer more features than ever before. They also offer the most natural sound quality available.

While hearing aids will allow you to enjoy life more fully, there's also a period of adjustment that may be frustrating at times. Hearing aids take some getting used to, but by knowing what to expect, you should be acclimated in no time!

New Sounds

Not only do your ears need to get used to understanding the new sounds, but your brain does too. The sounds you hear may seem unnatural and overwhelming for

the first few days because of this. If the sounds you hear are painful or confusing, there may be something wrong with your aid and you should call your doctor as soon as possible.

Something In the Ear

It definitely takes some time to get used to having something in your ear. The most important thing is that the hearing aids fit well. If the ear mold of a behind-the-ear model or the shell of an in-the-ear model does not fit tightly in the ear canal, the hearing aid may whistle. Receiver-In-the-Ear instruments are often the most comfortable because they leave the air canal open.

Hearing Your Own Voice

While first wearing hearing aids, you may think your voice sounds unnatural. It also takes time

getting used to sounds like chewing, and the feeling of having "plugged" ears. Receiver-In-the-Ear instruments leave the air canal open, which reduces these sensations.

Be Patient

Getting used to hearing aids takes time. For millions of wearers, the results have been worth the effort.

