

Hearing is crucial for your quality of life

Hearing is a vital link to the world – a source of pleasure, information and communication. Hearing contributes to personal safety, emotional well-being and independence. Through your hearing, you are able to communicate with others and experience all the important moments in your life.

It is important that your hearing is working at its best in all situations. Having your hearing tested by a qualified hearing care professional is an important step in learning how to get the most out of your hearing.

Did you know?

Taking good care of your hearing is important. Studies have linked the effects of untreated hearing loss to stress, depression, isolation, reduced earning power and health issues. However, with modern hearing devices any level of hearing loss can be improved - with potentially life-changing results!



Your first appointment

If you have never visited a hearing care professional you probably don't know what to expect. A hearing consultation is an interesting and informative experience that will provide you with a better understanding of your hearing.

It is your first important step towards better life-long hearing.

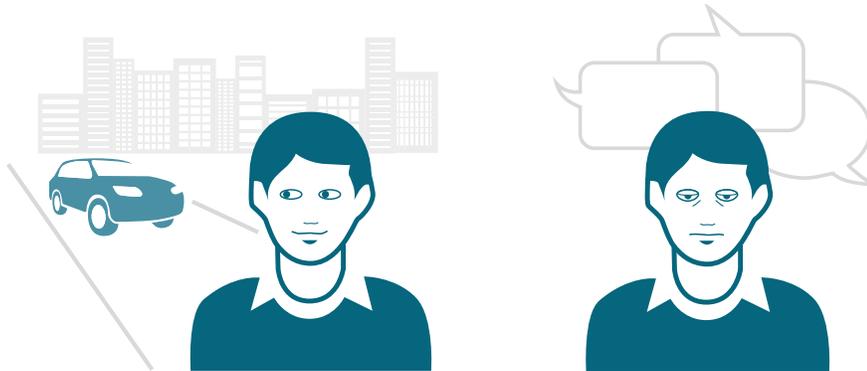
Hearing loss is a perfectly normal part of life and virtually all of us will take this step at some point.

Bring someone with you

Most people find it helpful to bring a spouse, family member or friend to this visit. You will typically get more out of your visit if someone close to you can share in the experience. The hearing care professional can also benefit from learning about your hearing abilities from someone close to you.



Understanding your hearing



Hearing with both ears

Your hearing is a system in which your ears receive sounds and your brain translates those sounds into meaning.

Your two ears work together to help your brain to orientate yourself and to know what is happening in the environment around you - helping you to safely cross the street or turn towards someone who is calling you.

Engaging both ears gives you the ability to locate where sound is coming from. This is what enables you to focus on the conversation you want to hear while suppressing unwanted sounds.

Hearing can be tiring

When you have a hearing loss, your ears lose the ability to pick up certain sounds. As a result, your brain has to work hard trying to “fill in the gaps” and guess what is being said. This is both frustrating and tiring.

The more detailed the sound information your brain receives, the easier it is to translate sounds into meaning - to separate voices from noises - so you can hear and understand what is being said. Without detailed sound information your brain will have to work much harder. This takes up more energy and will make you feel exhausted during the day.

Preparing for your visit

To get the most out of your consultation, it's worth spending a little time before your appointment thinking about how hearing affects your life. For example, the sort of challenges you are experiencing and how your life would improve if you could overcome them.

Please take a moment to complete these questions and bring your answers with you to your appointment:

In which situations do you experience challenges with your hearing?

In which situations do you feel limited by your hearing?

What expectations do you have of your visit?

Which of the following applies?

- I feel tired at the end of the day
- I use a lot of energy when following conversations
- I have difficulties hearing in traffic - e.g. where cars are coming from

Other comments

What to expect at the clinic

Once you arrive for your visit, your hearing care professional will invite you to discuss your “hearing history”. The aim of this is to understand what factors have influenced your hearing and to learn about your personal hearing needs.

The next step will be to perform a hearing examination. Once the result is ready, your hearing care professional will explain it clearly to you. At that point, you can begin to plan any next steps together or look at possible solutions, as necessary.



People First

People First is our promise to empower people to communicate freely, interact naturally and participate actively

My Hearing Care Professional:

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