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Special Offer Inside!

The Three Greatest Tips for Better Hearing



well as possible? Here are three of the greatest tips for better hearing:

1. According to Mark Ross, Ph.D., a well-known audiologist with a severe hearing loss, one of the most important steps is to acknowledge your hearing loss to others.

Hearing aids are a major source of help for people with hearing loss, of course, but what else can you do to hear as

ers. Friends and family can't help and can't understand if they don't know. Also, efforts to hide the hearing loss can interfere with your efforts to hear as well as possible.

2. Look at the person who's talking. Almost everyone can read lips to some degree, and lipreading can be like having a "third" hearing aid.

3. Be assertive. Let someone you're talking with know that he (or she) should get your attention before speaking, that it helps to look at you when talking, and that talking fast makes hearing much more difficult.

OK, maybe that's more than three tips, but we hope these suggestions can be a helpful part of your efforts to hear as well as possible.



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Change the Way You Hear, Not the Way You Look!

Everyone has their favorite television programs that they like to watch or that little restaurant they like to visit occasionally, or their favorite movie stars that they like to go and see at the movies, their favorite athletes or teams that they root for. They also have their family and friends they enjoy talking with and participating in these activities with as well.

But to fully enjoy these – and many other activities – you don't just want to see what is happening, you also want to hear the details of what is going on.

There are millions of people of all ages who don't hear as well as they would like to, or can. If you or someone you



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Hearing Loss May Cause Isolation



Ways to treat hearing loss include hearing aids, cochlear implants for severe cases and oral rehabilitation, which trains the person to use lip reading and visual cues.

To compensate for hearing loss, which is caused by the breakdown of tiny hair cells in the inner ear, some people start to lip-read, others rely on a close relative, spouse or friend to interpret for them. Some just pull away from their social world.

Camilla Goode of Lafayette started noticing a gradual loss of hearing in her right ear between two and three years ago.

"If people did not speak up very clearly and loudly, sometimes it sounded like they were just mumbling," the 77-year-old said.

Similar to Bell, losing her hearing became a hindrance when she attended social functions. Sometimes in Sunday school at her church, Good would have difficulty hearing the speaker or hearing the people who sat across from her at events.

"You don't participate like you should if you can't understand everything," she

Hearing loss can make it difficult to understand conversations and affect someone's overall cognitive function or ability to think coherently through a situation, said Sandy Bratton, an audiologist with Indiana Neuro-Ophthalmology and Center for Balance in Lafayette. This in turn can adversely affect a person's ability to socialize, Bratton added.

"It's takes so much energy to be able to follow a conversation when you've only heard so much of it," Bratton said. "It can make a person seem like they are not paying attention."

Bratton said hearing loss is progressive. "We don't really know at first that we are losing our hearing," she said.

It is also inevitable and can start as early as the late 30s.

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Hearing Healthcare: A Family Affair

Hearing loss is a family affair. So is good hearing healthcare. Family gatherings are often the first place that a hearing loss is suspected. Often it is a spouse or family member who first notices the hearing difficulties, and often it is a spouse or family member who convinces the person to get help.

When someone refuses to get help, family members are affected too. Television volume gets turned up. Conversations have to be repeated, and a spouse or other family member becomes the "interpreter."

So when someone decides to get help, it makes sense for a spouse or other family member to be actively involved in the process.

For one thing, simply understanding the nature of hearing loss can help reduce the stress and friction that hearing loss can cause. Why isn't hearing loss obvious to the person with the loss? How can the person hear soft voices, but not understand normal level conversation? Do hearing aids restore normal hearing? Why not?

Also, a few simple rules can help family members minimize the effects of hearing loss and make life a lot easier for everyone. The person with the hearing loss might tell family members, "I understand nearly twice as much if I can see you, so try to face me, and definitely don't talk from another room. Hearing loss takes away my ability to hear 'automatically,' so it's a big help if you get my attention first. And noise makes it a lot tougher, so don't expect me to hear well when the television or radio is on."

So make hearing healthcare a family affair. Some support, a little understanding, and learning the rules for good hearing can make life a lot easier for everyone.



Hearing Loss May Cause Isolation

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said. "I guess sometimes it can cause you to feel left out. If you're not understanding what someone else is saying, it made you want to drop out of the conversation."

Goode finally got a hearing aid and now she has noticed the difference. "It brought my hearing back into balance."

Ask Yourself these Questions:

1. Do people around you seem to mumble?

2. Do you find yourself turning up the TV to hear

3. Do you find it difficult to participate in Social functions?

If you answered yes to any of these questions it is important to have your hearing tested. Call Hearing Solutions, Inc. today to set up a comprehensive hearing exam. It's quick and painless and is a first step on the path to better hearing.

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Change the Way You Hear, Not the Way You Look!

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care about is one of them, you should not wait too long to take the necessary steps in doing something about it. Chances are the people who care about you and enjoy your company have probably been making concessions to communicate with you on account of your hearing loss. Likewise, you too have been straining to listen and participate in the conversation with them. Communication is an integral part of everyday life.

Many people continue to suffer with hearing loss because of the perceived expense, or the desire not to look funny wearing something in their ear. Contrary to what most believe, modern hearing aids are not only more cosmetically appealing they are also more affordable than ever. In fact the new Open Ear Technology (OTE) packs a powerful digital hearing device in a very discreet package.

The first step is to see us and have your hearing evaluated. Together, if we determine that hearing aids could be beneficial we work with you to tailor a solution that fits not only your

hearing loss, but also the environment you live in. Since our providers have been trained extensively by the major manufacturers of hearing devices you can always be assured that we have the expertise as well as the access to the right product to fit your individual needs.

Call your Hearing Solutions, Inc. professional today to set up an appointment to discuss the options that are available to you.



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