

# Quick Facts



## FAQs

### **WHAT SORT OF CHANGES OR ADAPTIONS ARE NECESSARY WITH A HEARING AID?**

First, understand that hearing aids will not completely restore your hearing. Hearing aids amplify sound. They enhance sound thereby assisting you to hear better. Since hearing loss is gradual, over the years you may have become unaccustomed to normal environmental sounds such as traffic noise, the hum of a refrigerator or air conditioner, the sounds of nature, or background conversation.

By wearing your hearing aids consistently, over time you will gradually retrain your brain to practice selective listening; paying attention to those sounds you wish to hear, and ignoring others. Frequent use will also help you to become more skilled at recognizing sound direction, learning what hearing aid settings work best in different situations, and using visual clues in difficult hearing environments.

Patience is the key. Your friends and family can be very helpful throughout the adjustment process. Encourage them to speak to you in a normal voice without over-enunciating or over-emphasizing their lip movements. Should you need additional assistance, consult your hearing professional.

### **I FEEL PRESSURE IN MY EAR. WHAT SHOULD I DO?**

Sometimes, excess air can become trapped between your eardrum and the hearing aid. If this feeling persists, your hearing professional can adjust your hearing aid to alleviate the problem.



### **WHY DOES MY OWN VOICE SOUND STRANGE?**

Hearing aids amplify some or all sounds. This includes the sound of your own voice. With time and use, this should become less noticeable. If you need assistance, a Livingston Hearing Center professional can address this problem.

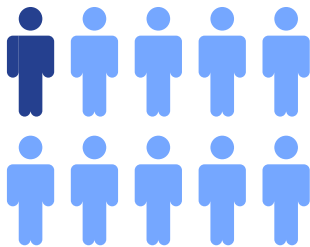
### **I HAVE A PROBLEM WITH WHISTLING SOUNDS OR FEEDBACK?**

There are several common causes of this problem, all of which are easily resolved. First, your hearing aid may fit too loosely. This allows the amplified sound to escape from your ear which is received by the microphone, thus resulting in feedback. Second, feedback can occur when you are standing too close to a surface that reflects sound, such as a wall. Finally, many feedback issues are simply the result of the volume control being turned up too high on a hearing aid. Most feedback problems can be easily corrected by the user. However, if you continue to have a consistent challenge with feedback, seek assistance from your hearing professional.

# Statistics

## Nearly 36 million

Americans suffer from some form of hearing loss.



That's one out of every ten people and almost one out of every three people over the age of 65.

# 7%

Approximate percentage of **Generation Xers** (Ages 29-40) who already have hearing loss.

**Hearing loss** often develops slowly and can be difficult to recognize. Over half the people with hearing loss have it observed first by family members.



**Most hearing loss** occurs from excessive exposure to loud or continuous noise. It may also result from various illnesses, genetics, and certain medications. However, it can also result from the natural aging process.

## 75 decibels

Greatest sound intensity that can be tolerated without impairment.

## 60 decibels

Sound intensity of a typical conversation resides in this level.

### DID YOU KNOW?

If left untreated, hearing loss may lead to social confinement, anxiety, and depression.

Like other medical conditions, hearing loss can be treated more effectively when diagnosed early.

Nearly 80 percent of new hearing instrument users gives them a positive rating. This places new hearing instruments in the top third of products and services provided in the U.S.\*

\*Source: Market Trak report, The Hearing Review, July 2005  
Hearing Loss Association of America (<http://www.hearingloss.org/>)  
Texas Medicaid Program ([http://www.hhsc.state.tx.us/medicaid/med\\_info.html](http://www.hhsc.state.tx.us/medicaid/med_info.html))  
Texas Department of State Health Services (<http://www.dshs.state.tx.us/>)

American Academy of Audiology (<http://www.audiology.org/Pages/default.aspx>)  
Texas Academy of Audiology (<http://www.texasaudiology.org/>)  
The Better Hearing Institute (<http://www.betterhearing.org/>)