

## How to recognize the signs of hearing loss

Tearing loss is often a gradual process and in many cases the affected individual is the last to know.

Usually, immediate family and friends notice the problem first and will often make comments like "You should go and get your hearing tested", or "You need a hearing aid." The reason they notice the loss first is because they are the ones that have to repeat themselves. This can often lead to frustration on their part. Other signs of hearing loss include: turning the volume up on the television; speaking in a loud voice; misinterpreting what is said, and finally withdrawal from social situations.

A hearing test is the first step in determining the degree and nature of the hearing loss and if a hearing aid would be beneficial. Sometimes, the detection of a mild hearing loss may just result in the recommendation of communication strategies to help the patient get the most out of the hearing they have.

A hearing test can also provide other important information. Hearing loss is not just a matter of volume. Some individuals with loss of hearing also have loss of clarity of speech. In this case, a person would be assisted by a hearing aid but would still have difficulty detecting certain words clearly. It is very helpful to have a family member attend the counselling session after the hearing test in order to fully understand the results. If an individual understands the limitations of their hearing loss it will enable them to cope with the loss and also learn strategies that will improve communication.

Some people have difficulty speaking to individuals with a hearing loss simply

because they don't understand hearing loss and are not certain what to do. If a person has a hearing aid, but is not understanding your words, try these helpful suggestions.

1. Make sure you have the person's attention before you start talking.

2. Turn down background noise.

3. Make sure you are facing the individual and that your mouth is clearly visible.

4. Don't yell. They already have a hearing aid and perhaps they have a problem with clarity. Slow down, speak at a moderate pace and make sure you ennunciate your words.

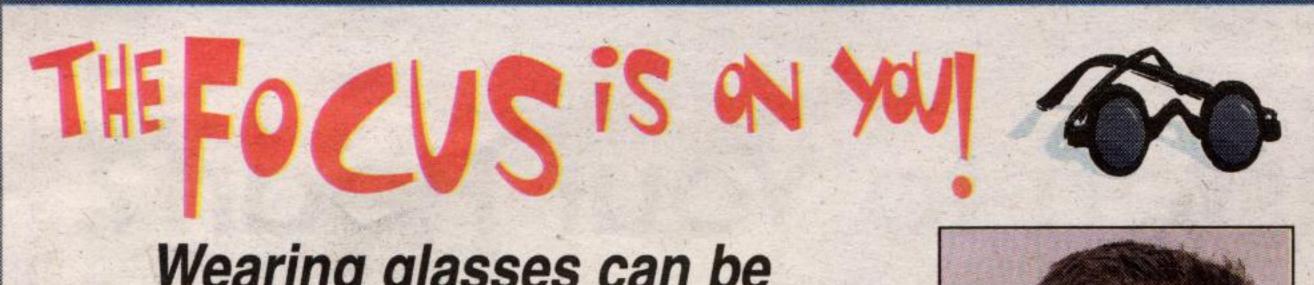
5. Rephrase, rather than repeat. Perhaps one of the words you are saying is not clear to the person. Repeating it may not help. Try a different word that

means the same thing.

If an individual is in need of a hearing aid, the strategies above will help the situation, however, a hearing aid evaluation is the next logical step. A hearing aid evaluation is a process during which the patient, through counselling and guidance from the audiologist selects a suitable hearing aid(s). I stress the word PROCESS since it is very important that the hearing aid fitting is successful and that the patient receives the desired results. Often several follow up with their audiologist or hearing aid dispenser to ensure they are getting the most out of their hearing aids.

Georgetown is fortunate to have a Hearing Aid Dispensary that has been serving the community for over 11 years now. On-site audiology services (for individuals ages 4 and up) have also been available for more than three years.

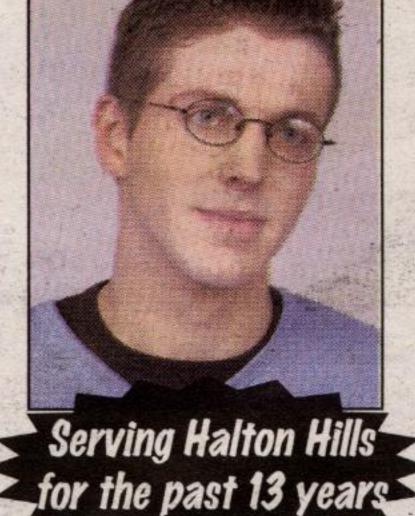
-Kelly Kirkwood, M.Sc., Audiologist



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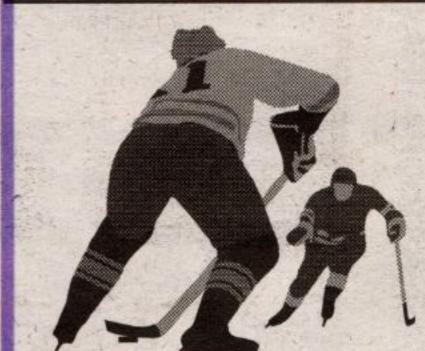






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