

HEARING IS BELIEVING.



 **HEARING
HEALTH
SOLUTIONS**
from Ohio ENT & Allergy Physicians®

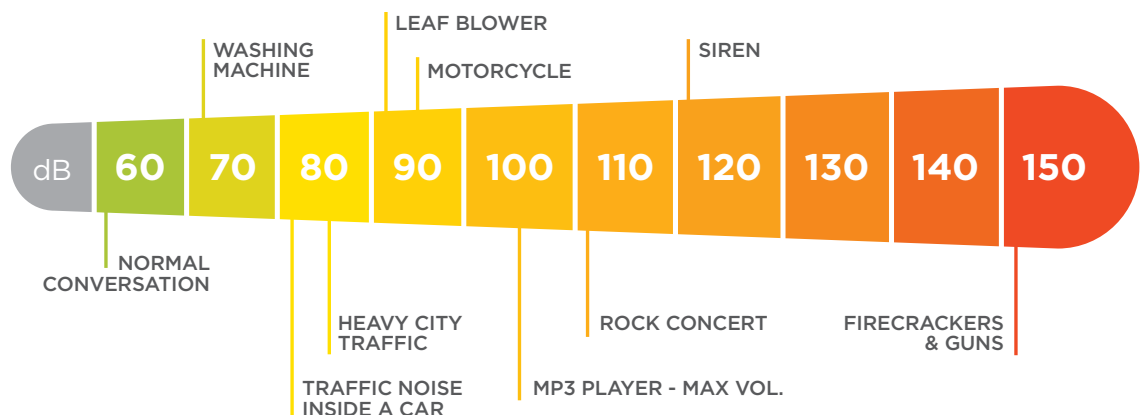
LET'S TALK ABOUT YOUR HEARING.

One of the most surprising aspects of hearing loss is how gradually it occurs. It's not like we wake up one morning and suddenly realize our hearing isn't what it used to be. It happens slowly. So we learn to adapt. We avoid noisy environments. We turn up the volume on the TV. We ask, **"What?"** A lot.

Over time, your environment, your occupation and your hobbies can all contribute to hearing loss. But unlike the slow pace of hearing loss, hearing restoration can be quick.

Like working in the yard?

JUST TWO HOURS OF OPERATING A LEAF BLOWER CAN CAUSE DAMAGE AND HEARING LOSS.



SO, WHAT CAUSES HEARING LOSS?

Hearing loss can be attributed to a number of factors including inner-ear disease, trauma, aging and exposure to loud noise. The most common causes of hearing loss are age and prolonged exposure to loud noise. The Mayo Clinic reports that 25% of adults between 55 and 64 experience some degree of hearing loss.

The good news: you don't need to suffer.



HEARING LOSS IMPACTS MORE THAN JUST YOUR HEARING.

It affects your friends and family.

When you can't hear the people around you and are forced to ask them to repeat things, it's hard to take part in the conversations. But there's greater impact on you, too.

It can hinder you at work.

Struggling to hear can impact your ability to communicate with coworkers and, sometimes, even your safety in the workplace.

It can affect your relationships.

Hearing loss can cause you to withdraw from the people around you.

It can impact your health.

Hearing loss adds stress to your life, can lead to depression and may also contribute to a number of serious health issues, most notably, dementia.

Risks of untreated hearing loss.

HEART & CARDIOVASCULAR DISEASE

Research shows that hearing and cardiovascular health go hand-in-hand.¹

DIABETES

Hearing loss is twice as common in adults with diabetes.²

COGNITIVE FUNCTION, DEMENTIA & ALZHEIMER'S DISEASE

Studies show that older people with hearing loss are more likely to develop dementia and experience a faster rate of cognitive decline.³

DEPRESSION & ANXIETY

People with untreated hearing loss are at an increased risk of experiencing depression due to social isolation and other emotional conditions.⁴

BALANCE & FALLS

Research indicates that people with hearing loss are three times more likely to experience falls.⁵

THINK YOU'RE EXPERIENCING HEARING LOSS?

You're probably wondering where to start. It's simple: with a hearing test. And it's easier than you think. Getting your hearing tested takes less than an hour and will help an audiologist determine the degree of loss and begin discussing treatment options with you.

HEARING DEVICES? YOU HAVE OPTIONS.

Hearing devices have come a long way from the bulky, highly visible styles you may remember your grandparents wearing. There are a variety of device styles and new technologies that improve clarity and performance; the goal is to find a device that works best for you and your lifestyle.

DEVICE TYPES



BHE (behind-the-ear)

Simple to use and adjust with a long battery life

They've become so small that today, they're barely noticeable. With these discreet devices, sound is transmitted into the ear via a tube.



IHE (in-the-ear)

Easy-to-use device with a long battery life

These devices fit into the bowl-shaped area of the ear that leads to the ear canal. A good option for those with mild or severe hearing loss.



ITC (in-the-canal)

A more discreet device with natural hearing experience and reduced feedback

Placed inside the ear canal, these devices are custom made for each individual. They are slightly bigger than CIC models, but still very discreet.



CIC (completely-in-the-canal)

Very discreet with low feedback

A CIC device can be a good option for those who lead an active lifestyle. Because these devices are placed directly into the ear canal, they stay in place.



RIC (receiver-in-canal)

Small, almost unnoticeable device even reduces the sound of your own voice

Smaller than a standard BTE device, the RIC is worn behind the ear and features a thin wire receiver that delivers clear sound near the ear drum.



IIC (invisible-in-canal)

Virtually invisible device that produces a natural hearing experience

Worn deep inside the ear canal, these devices are for those with moderate hearing loss who want improved hearing, but with total discretion.

Hearing Device Technology

New technologies in hearing devices open many doors for better performance and ease of use. These are just a few of the new technologies available in some devices.



Smartphone Connectivity

Manage your devices through an app on your smartphone



Bluetooth

Use your hearing devices to stream audio from your smartphone or other Bluetooth-enabled device



Noise Reduction

Reduce background noise for improved hearing in busy or noisy environments



Rechargeables

Recharge batteries while you sleep to avoid having to change out batteries or running low throughout the day

WE'RE HERE TO HELP.

At Hearing Health Solutions, we have a comprehensive team of doctors of audiology. Each member of our team has two priorities: your hearing and your health. You should also know we are affiliated with one of Ohio's largest ear, nose and throat practices, which gives us the resources to provide the care you need.

GETTING HELP IS A BIG DEAL. WE GET IT.

In working with patients, we've learned there are some common hurdles standing between them and the help they need. You may have some of these same concerns.

"I'm not sure I even need hearing aids."

You're right. You won't know for sure until you have a hearing test.

"I don't like how hearing aids look."

Hearing aids have evolved dramatically in recent years. Now, they're barely noticeable and, in some cases, completely invisible.

"I can't afford hearing aids."

Hearing aids come in a range of prices. There are also flexible payment options, and for many people, they can be purchased with funds from a Health Savings Account.



**YOU'RE READY
TO GET HELP.
WE HEAR YOU.**

The first step is scheduling an appointment. And there are two ways for you to make that happen.

Call 888-638-5095 or simply [click here](#).

We look forward to helping you restore your hearing, your relationships, your life.



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