

# **HEARING SOLUTIONS SIG**

**Sun City Texas Computer Club**

**▶ April 12, 2017**

**Marla Pennell Aud-CCC-A**  
**Doctor of Audiology**

**Hill Country Audiology**  
**100 River Hills Drive Suite 105**  
**Georgetown Texas 78628**  
**(512) 763-8855**

**[www.hcaudiology.com](http://www.hcaudiology.com)**

Baylor University- Bachelor of Science in Education  
University of Texas-Master of arts in Audiology  
University of Florida- Doctor of Audiology

# Hearing Loss

“Blindness separates you from things, deafness separates you from people”  
Helen Keller

- ▶ Approximately 48million Americans have hearing loss
- ▶ Hearing loss is the third most prevalent chronic health condition facing older adults- approximately 1/3 of Americans between 65-74 have hearing loss
- ▶ Only 20 % of those individual who might benefit from amplification seek help
- ▶ Many individuals wait up to 10 years after their initial diagnosis to be fitted with hearing aids
- ▶ Hearing loss has been shown to negatively affect physical, cognitive, behavioral and social functions, as well as general quality of life, and is clearly related to dementia and depression

- ▶ According to studies by John Hopkins and National Institute on aging, seniors with hearing loss are more likely to :
  - Develop dementia over time than those who retain their hearing (for every 10 decibels of hearing loss, the extra risk increased by 20%)
  - Develop problems thinking and remembering
  - Be at risk of trips and falls( for each additional 10 decibels of loss, chances for falling increased by 1.4 times)
- ▶ According to a study funded by National Institute of health, hearing loss is twice as common in adults with diabetes
- ▶ Studies have shown over time hearing loss can lead to depression and isolation
- ▶ Even with mild untreated hearing loss the cognitive load increases significantly
- ▶ When sound signals from your ears are compromised your brain has to work harder to fill in the gaps
- ▶ With hearing loss you can lose the ability to detect sounds, recognize speech, especially in adverse conditions and to localize sound sources...this affects the lives of both the hearing impaired person and significant others

# How the Brain Hears

- ▶ Your brain makes sense of sounds by matching them to sounds stored in your memory
- ▶ Your brain needs as much sound detail as possible in order to turn these sounds into meaning
- ▶ To interpret sound correctly the information our brain receives must be as accurate and detailed as possible
- ▶ People collect and store sound patterns in their auditory memory throughout their lives
- ▶ Your hearing is as unique as a fingerprint. What sounds natural to you is a combination of the way your ears hear, the way your brain processes sound, your previous experiences, and your personal preferences
- ▶ Hearing functions as a system- 2 ears and 1 brain- Both ears work to pick up sound occurring around you, taking in a constant stream of sound information, and the brain identifies and recognizes meaningful patterns
- ▶ The ears are the route the sound takes, they are the doorway to the brain and when the doorway gets obstructed the auditory information does not reach the brain with the high integrity needed
- ▶ Hearing is a sense that is essentially a passive process
- ▶ Listening is a skill, an active process

# How Hearing Aids Can Help

- ▶ More advanced hearing solutions use wireless technology where both instruments work together as a system, keeping both ears active
  - Helps brain create a more dimensional sound picture
  - Spatial awareness gives valuable cues you need to organize what you hear
  - Mentally locating a sound makes it easier to focus on what we are interested in and ignore the rest
  - Preserves important details in speech
  - Reduces effort involved in listening
  - Improves recall of conversation

# Treating Your Hearing Loss Can Improve All Aspects of Your Life

- ▶ Improved mental health
- ▶ Improved cognitive health
- ▶ Improved physical health
- ▶ Improved balance
- ▶ Improved ability to focus
- ▶ Improved ability to learn
- ▶ Renewed confidence
- ▶ Increased social interactions
- ▶ Better relationships



# Secrets of Hearing Aid Success

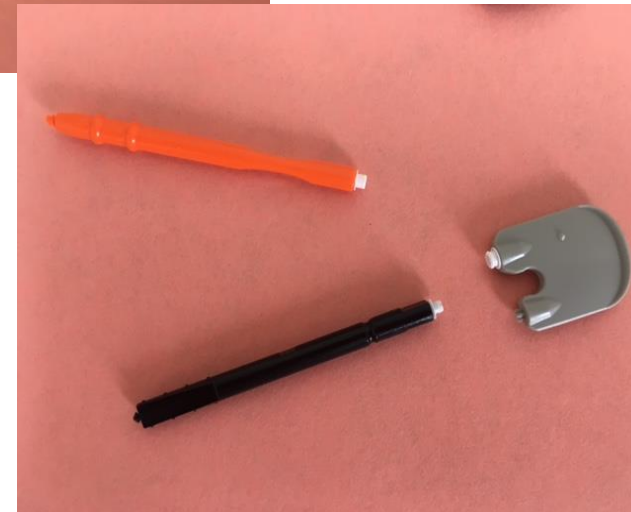
- ▶ Be Patient
- ▶ Be Consistent
- ▶ Follow-up Appointments
- ▶ Daily Maintenance
  - Check and Clean



# Taking Care of Your Hearing Aids

## ▶ Common problems:

- ▶ Wax
- ▶ Changing wax traps and domes



## ▶ Moisture

- ▶ Dry and store container
- ▶ Silica Gel

# NEXT MEETING

**May 11, 2017 - 10: a.m.**  
**Activity Center Atrium**

Info - Contact Nelda McQuary at  
[mcquary@suddenlink.net](mailto:mcquary@suddenlink.net)