

# LISTEN UP!

## Three steps for getting active with hearing health in the New Year

Contributed by Healthy Hearing

If getting fit in the New Year is one of your resolutions, we want to help you succeed — especially as it applies to your hearing health. Like most resolutions, you need to be emotionally invested in making a change and willing to do what it takes to achieve results.

Ask yourself this question: How much do I value my sense of hearing? If you're like most hearing people, you'll probably say you appreciate the ability to hear and want to continue doing it as well as you can for as long as you can. If you agree, we have good news. Because we know you're all very busy, we've identified three easy steps to be proactive with hearing health this year — for you as well as for those you love. Each step takes a relatively short amount of time; however, each is critically important in your efforts to get “hearing fit” this year.

### Step #1: Make the appointment

**Call your audiologist and schedule an appointment.** This couldn't be any easier — unless someone does it for you. Pick up the phone and call to schedule an appointment! The entire process will most likely take less than 60 seconds! Now all you have to do is follow through. Get in the car. Drive to the appointment. Listen to what the professional recommends. Discuss your options and involve your family in making the decision that's right for you.

### Step #2: Address your hearing loss

**Have your hearing tested.** Maybe you haven't been hearing as well as you used to or someone you love has urged you to get your hearing checked. Whatever the reason, if you're 50 years of age or older, chances are it's time to see an audiologist anyway. The good news? Most hearing evaluations take an hour or less. If you aren't diagnosed with hearing loss, at least you'll have a baseline of your



hearing health for the next time you have an evaluation. If you are diagnosed with hearing loss, discuss your treatment options with the professional and follow through.

**Try a pair of hearing aids.** Here's another disturbing fact. According to the American Speech-Language-Hearing Association (ASHA), “the average hearing aid user waits more than 10 years after their initial diagnosis to be fit with their first set of hearing aids.” Waiting to treat hearing loss can cause a boatload of other medical issues, including cognitive decline, social isolation, depression and anxiety.

### Step #3: Protect the hearing you have left

**Turn down the volume.** Since noise-induced hearing loss (NIHL) is one of the most common — and most preventable — forms of hearing loss, keeping the volume low on televisions, radios and personal electronic devices is a simple way to protect your hearing. Here's a good tip for setting the volume on any device: turn it down low enough you can't hear it, then turn it up slowly until you don't have to strain to hear. Limiting the amount of time you listen to devices through headphones and earbuds is another good way to prevent NIHL.

**Purchase hearing protection.** Investing in hearing protection may be the smartest, least expensive thing you do this year. This is as simple as purchasing a container of foam ear plugs the next time you're at the drugstore and keeping them in the car console for the next time you find yourself in a noisy environment. If you regularly participate in other activities that are noisy, such as hunting, woodworking or motorcycle riding, invest in a good pair of ear muffs. Custom made earplugs are also available from most audiologists. And don't forget the little ones. Although their hearing may be normal now, demonstrating good hearing health habits is a gift that will keep all of you hearing your best for years to come.



Contact **The Jackson Hearing Center** to obtain more information regarding your general hearing health. **Call 731-660-5511** today to schedule a **FREE Hearing Screening** and be proactive about your hearing health in 2019.

**Helping West Tennessee Hear for over 18 Years!**

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