Regular hearing checks are just as important as your annual eye exam and semi-annual dental cleanings. Be proactive in your hearing healthcare.

Contact Hearing Professionals of Illinois to schedule a visit today!

Office News
Introducing Kathy Kramer, our newest clinical audiologist. Kathy received her Master of Arts degree in audiology from Northwestern University and her Bachelor of Arts in psychology from Indiana University. She has been in practice for 24 years. Prior to joining Hearing Professionals of Illinois in June 2018, Kathy worked at Lake Forest Hospital for 21 years. Kathy holds a Certificate of Clinical Competence in Audiology (CCC-A) from the American Speech-Language-Hearing Association (ASHA). When she is not in the office, she enjoys spending time with her family, ballet dancing, and playing tennis with friends. You’ll have the pleasure of meeting Kathy at our Libertyville office.

Routine Hearing Tests
Frequently Asked Questions

› How often should I get my hearing tested?
The American Speech-Language-Hearing Association’s (ASHA) guidelines state that healthy adults aged 18-40 who are not experiencing any noticeable hearing loss should have their hearing tested every three to five years.

Hearing Professionals of Illinois recommends a baseline hearing test at age 50.

› Why should I get a baseline hearing test?
Presbycusis, or age-related hearing loss, is the most common type of hearing loss. As we age, cumulative damage to the hair cells in the inner ear becomes more prevalent, affecting the ability to understand high frequencies. One out of three individuals experiences presbycusis by the age of 65; that number increases to one out of two by the age of 75.

› What are the risks of noise exposure?
Noise-induced hearing loss is almost as common as presbycusis and affects individuals of all ages. Those who are frequently exposed to loud noises have a higher risk of suffering permanent damage to their hearing.

People who work in noisy environments, regularly participate in noisy activities, or are employed in professions where sudden loud noises are common should have their hearing checked once a year.

› What if I already have hearing loss?
While it might seem unnecessary, even if you have been diagnosed with hearing loss and wear hearing aids, it’s more important than ever to have your hearing tested on a regular basis. Because hearing continues to change over time, it’s important that your treatment is as up-to-date as possible to ensure you are receiving the maximum benefit.

Visit us online at www.HearIllinois.com

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Studies Show Hearing Loss Linked with Diabetes

According to the American Diabetes Association, 30 million people in the U.S. have diabetes.

Furthermore, approximately 34.5 million Americans are estimated to have some type of hearing loss.

The National Institute on Deafness and Other Communication Disorders (NIDCD) found hearing loss to be about twice as common in adults with diabetes compared to those without the disease. Adults with pre-diabetes had a 30 percent higher rate of hearing loss compared to those without. Pre-diabetes impacts an estimated 54 million Americans.

The NIDCD study reports diabetes may lead to hearing loss by damaging the nerves and blood vessels of the inner ear. As the blood vessels narrow, less oxygen is able to reach the inner ear, possibly causing hearing loss.

“Hearing loss may be an under-recognized complication of diabetes,” senior author Catherine Cowie, Ph.D. said. “As diabetes becomes more common, the disease may become a more significant contributor to hearing loss.”

Awareness is critical in increasing screening and discovering diabetes patients who suffer from hearing loss. Many doctors fail to recommend a hearing test at the annual checkup of diabetes patients.

If you think you might be pre-diabetic or if you have diabetes, be proactive and schedule an annual hearing check with one of our audiologists. 


Our Favorite Sounds of the Season

A festive meal with family, children laughing as they open their presents, and a crackling fire in the fireplace—this time of year is filled with so many joyful sounds.

Our wish for you this holiday season is for you to cherish and protect your hearing every day so that you can continue to enjoy your favorite sounds of the season for years to come.

Thank you for choosing us as your hearing healthcare providers. Hearing Professionals of Illinois is a full service audiology practice specializing in the measurement, diagnosis, and rehabilitation of hearing loss in children and adults. Our goal is to provide our patients with information, support and guidance in a friendly and caring environment.

Our noisy world can take a toll on our hearing. Excessive noise exposure is one of the most common causes of hearing loss. Prolonged exposure to noises 85 decibels (dB) or higher can cause permanent hearing loss. The National Institute on Deafness and Other Communication Disorders recommends limiting your exposure to sounds at or above 100 dB to no more than 15 minutes and sounds at 85dB to no more than eight hours.

Many common winter activities exceed healthy noise levels. Professional sporting events can range from 81-118 dB, concerts can range from 110-120 dB, snow mobiles are usually around 110 dB, and snow blowers are usually around 105 dB.

Don’t miss out on your favorite winter activities! Wearing hearing protection such as custom-fit earplugs can bring the noise level into a safer range. Schedule an appointment with an audiologist to find the perfect hearing protection to fit your needs.

Auditory System Deprivation and Its Long-Term Effects

Hearing only starts with your ears. It is the auditory system, which is composed of the outer ear, the middle ear, the inner ear, and the auditory neurological pathway, that allows the process of hearing to occur.

That process begins when soundwaves enter the outer ear and are channeled through the other complex parts of the ear, the nervous system, and into the brain. The physical characteristics of the original sound are preserved as various types of energy that the brain recognizes and identifies as a particular sound. So, in actuality, you hear with your brain!

However, when it comes to maintaining your auditory system, you lose it if you don’t use it. Just as the muscles in your body become sore when you exercise after a period of doing nothing, your auditory system will have a hard time getting back into shape should you suddenly decide to wear hearing devices, especially if you have gone a long time without treating your hearing loss.

Your brain will lose some of its ability to process information due to lack of stimulation, and as a result, it will be more difficult to recognize sounds—even with hearing devices.

Take control of your hearing care. Addressing hearing loss sooner rather than later can help you experience a better quality of life.