



## HUH? Helping U Hear

### Signs of Hearing Loss

As we begin a new year, I wonder how many people noticed difficulty hearing and understanding conversation during the holiday gatherings. Were you feeling left out and wanting to withdraw while multiple conversations were happening?

You could have hearing loss, making understanding conversations difficult when multiple conversations are present and impossible to focus on the person you're listening to.

Signs of hearing loss include:

- 1) Asking people to repeat words,
- 2) Hearing people mumble,
- 3) Having trouble following conversation in restaurants, crowds, and family gatherings,
- 4) TV and phone calls are difficult to hear,
- 5) Responding inappropriately in conversation. You think you heard one thing but the person who is speaking said something else,
- 6) Ringing in your ears, aka tinnitus. Do you experience ringing, buzzing, humming, crickets, or whooshing? 80% of people who report tinnitus have hearing loss,
- 7) Hearing loss can be directly related to or cause the following health conditions such as dementia including Alzheimer's Disease, heart and kidney disease, and psychological and social issues.

Today's hearing device technology enables you to filter out multiple sound sources and focus on what you want to hear. Devices also connect directly to smart phones and are controlled by an app to make conversations much better.

Hearing loss treatment has shown to improve earning power, communication in relationships, intimacy in family relationships, ease in communication, emotional stability, sense of control over life events, perception of mental functioning, and physical health.

*Susan Baker is the owner and operator of Advanced Hearing Services in Fort Collins. She has been helping people with hearing loss and tinnitus for the past 19 years. Please call (970) 221-5249 for your free consultation.*