



I'M SORRY...

CAN YOU REPEAT THAT?

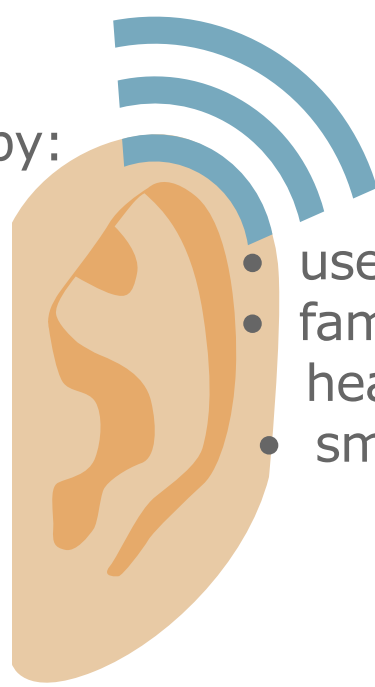
One of the most frustrating changes we experience as we age is loss of hearing. As it becomes more difficult to hear what people are saying, we find ourselves having to constantly ask them to speak up or repeat what they just said. This common condition impacts almost 1 in 2 adults over the age of 65 and usually affects both ears equally.

WHAT CAUSES AGE-RELATED HEARING LOSS?

Age-related hearing loss, known as presbycusis, is most commonly caused by changes that occur in the inner ear over time.

It can also be caused by:

- diabetes
- high blood pressure
- poor circulation
- exposure to loud noises



- use of certain medications
- family history of hearing loss
- smoking

WHAT IS THE IMPACT?



Diminished ability to hear can have a negative impact on how you function in daily life. In addition to making it difficult to hear conversations, TV, music and movies, it can also cause you to miss a ringing phone or doorbell, or even a smoke alarm. Hearing loss can result in a lessened ability to participate in social activities, leading to a sense of isolation.

SIGNS OF HEARING LOSS

Take notice if you experience any of the following:

- difficulty hearing in noisy places
- ringing in your ears
- regularly turning up the volume while watching TV or listening to music
- difficulty distinguishing sounds

If you are experiencing any of these symptoms, please contact an internist, otolaryngologist (an ear, nose, neck and throat specialist), or audiologist (specializes in identifying and measuring the type and degree of hearing loss).



HOW TO TREAT HEARING LOSS



Treatment depends on the severity and type of hearing loss. Treatments may include:

- Hearing aids
- Cochlear implants
- Bone anchored hearing systems
- Assistive listening devices
- Lip reading

Speak up and let your friends and family know you're having some hearing difficulties. They can help you adjust to this change.