

SOUND ADVICE

Tips to help you hear your best

Hearing is important to maintaining health and an independent lifestyle. When hearing is diminished, so is the ability to effectively communicate, which can lead to feelings of isolation, dependence and depression.

The good news is there are lots of new hearing aid technologies, styles, brands and features on the market to help keep you connected. Hearing aid prices, however, feel like they range from expensive to very expensive. But when armed with a little knowledge, you are better prepared to match your condition and lifestyle to the technology and features that will help you hear best.

*Courtesy of SLUCare Physician Group
Hearing Aid Center*



1 First & Foremost

It is particularly important to **set realistic expectations**. Hearing aids don't restore hearing, they amplify all sounds around you. *There is a difference between hearing and listening, so you will need to learn how to ignore background noise and listen to what you want to hear.*

2 Talk to an Audiologist

Avoid hearing aid sales people. Your audiologist will help you understand the causes of your hearing loss and recommend helpful technologies and features best to aid your condition.

3 Do Your Homework

Don't be pressured to buy hearing aids. It's not a life or death issue. The prices of hearing aids vary, and there is a relationship between cost and the level of technology and features in the hearing device. An audiologist will walk you through your selection.

4 Test Drive Device

Your hearing aid includes a 30-day return period, during which it's recommended that you see your audiologist.

5 Get Instructions

Make sure you're instructed on how to insert and remove the aids, replace wax guards and batteries, perform cleaning and maintenance, and troubleshoot common problems.

6 Get Tested with Aids In

Have a hearing test while wearing your hearing aids to ensure the devices reach the audible goal.

7 Know the Warranty

Study the warranty to **know what's covered** and who is responsible for various costs.

8 Explore

Explore new technologies. Traditional stand-alone aids now include a new features and can be paired with devices like smartphones to expand hearing, health and safety capabilities.

9 Have a Sense of Style

Consider your lifestyle when selecting a type of hearing aid. Do you need long battery life because of your job? Do visible aids affect your sense of style? Does it need to work with a device like a smartphone? Your audiologist can help guide you.

BASIC HEARING AID STYLES



Behind The Ear

PROS: rechargeable option, variety of colors to match skin or hair color, variety of sizes, several features, power levels, control options and battery sizes | **CONS:** visible



Receiver In Canal

PROS: rechargeable option, inconspicuous, comfortable, wirelessly connect smartphone and other devices | **CONS:** smaller battery



In The Ear

Good for severe hearing loss | **PROS:** several options, large battery, easy to adjust, connect to wireless devices
CONS: large, visible



In The Canal

For less severe hearing loss | **PROS:** discreet fit, large battery, several options, wireless features
CONS: occlusion effect (ears feel plugged, your voice sounds like in a barrel).



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