Dear Patients,

We hope you are doing well and enjoying the sounds of summer! While the warm weather is upon us, remember to take advantage of these beautiful, sunny days and schedule an appointment to see your audiologist for your routine check-up.

At Hearing Professionals, we are constantly striving to provide you with the most up to date information about your hearing and offer suggestions to improve your quality of life. In this newsletter, our column called Sound Advice features an article written by our audiologist, Sue Sherman. See Page 2 to read about the importance of motivation when it comes to pursuing your hearing healthcare options. There is much more to a successful outcome with hearing aids than the product itself.

Hearing is an important part of our overall health and is often overlooked. Take a look at the article on Page 3 to learn about common myths that young adults believe about the use of hearing aids. If you enjoy playing golf in the summer, refer to the article about how hearing loss can affect your golf score. For our patients currently using hearing aids, don’t miss our article on Page 4 for great summer travel tips.

Remember, regular six month check-ups are important for maintaining your hearing health. Hearing well allows all of us to better enjoy our summer activities. At Hearing Professionals of Illinois, we are “hear” for you and we look forward to seeing you soon!

Warm Regards,

The Staff at Hearing Professionals of Illinois

Packing Tips For Summer Traveling with your Hearing Aids

There are certain things that must be in your bag when you travel with hearing aids:

Extra Batteries. Be sure to pack extra batteries and keep some with you at all times.

Drying kit or Dehumidifier. If you have moisture issues, be sure to take your drying kit or dehumidifier. This is especially important in humid weather.

Back-up Hearing Aids. If you have an old pair of hearing aids, plan on bringing them. In the unlikely event that one of your hearing aids malfunctions, you’ll be happy that you have them with you.

If you are travelling by plane, pack your hearing aid accessories in your carry-on bag in case your checked luggage does not arrive at your destination.

Using public transportation. Hearing announcements can be difficult even for people with normal hearing. When you arrive at the airport, bus or train terminal, you can ask the gate agent to inform you directly of any important information such as boarding times or gate changes. This improves communication and helps decrease stress when traveling.

When traveling by plane, it is not necessary for you to turn off your hearing aids during take-off or landing.

What about security screening? There is currently no need to remove your hearing aids during security screening by TSA agents. However, we do recommend that you mention that you are wearing hearing aids to the security personnel since airport rules tend to change frequently.

Bon Voyage!!
Nearly half of people older than age 75 and approximately one-third of those ages 65 to 74 have a hearing loss. However, only 1 in 4 individuals who could benefit from using hearing aids currently own them. In addition, many people who own hearing aids do not function well with them. Some do not use them at all. These statistics have relatively remained constant over the past several decades even though the quality of hearing aid technology has improved immeasurably over time. This is a rather sad state of affairs, if you ask me.

One of the main reasons people continue to avoid getting the help they need is because of persistent negativity about hearing aid use - even with the vast improvements in hearing aid technology. In order to succeed, people need to be properly and thoroughly educated and guided through the entire hearing aid process because…

THERE IS MUCH MORE TO A SUCCESSFUL OUTCOME WITH HEARING AIDS THAN JUST THE PRODUCT ITSELF.

The fitting of hearing aids is as much an art as it is a science. It is a marriage between an electronic device and a human being. Each person’s hearing loss, anatomy, dexterity and needs are unique. Your audiologist is the one to educate and guide you in selecting the most appropriate product for your individual needs, and ensure your successful outcome by working with you through the entire process until you are sure you are satisfied.

The fitting of the hearing aids is not the end of the process. It is actually the beginning of the adaptation period, during which time you will be seen as often as necessary to ensure optimal comfort and sound. You need to have good communication with your audiologist so we can see you on a timely basis if you are having any problems. This is the beginning of a long-term relationship because we will continue to see you twice a year for routine check-ups.

Pursuing hearing aids is a healthcare decision. Your trust and confidence in your hearing healthcare professionals is the foundation for your success with hearing aids. The audiologists and ENT physicians in our practice take pride in providing the best possible hearing healthcare for our patients. Our mission is for all of our hearing aid patients to become members of the exclusive club of successful hearing aid users. Each successful hearing aid user takes us one step closer to shifting the public’s consciousness about hearing aid use in a more positive direction.

This process takes time and effort, and should not be approached casually. The patient’s motivation is the most important ingredient for a successful outcome. This does not mean that you have to love the idea of getting hearing aids. Being motivated means that you are ready to make a commitment to follow our instructions and put forth the effort that is required to succeed until the process is complete. We will be with you every step of the way. This is the recipe for success!

If you are ready to pursue hearing aids, or just have questions, we are “hear” for you.

4 Common Hearing Aid Myths Young Adults Believe

MYTH #1: HEARING AIDS ARE ONLY FOR OLD PEOPLE
Although hearing loss is more prevalent as people reach their senior years, plenty of younger people also experience hearing loss. Age is no indication of hearing loss. Many children experience hearing loss early on due to genetic reasons. Teens and younger adults are experiencing much more noise-induced hearing loss than ever before due to the increasing noisiness of our hobbies and careers. Most people with hearing loss are good candidates for hearing aid use at any age, if the need exists. Statistically, about two-thirds of those who wear hearing aids are under the age of 64.

MYTH #2: HEARING AIDS ARE BULKY, NOTICEABLE AND UNCOMFORTABLE
Current hearing aid technology is truly astounding when it comes to appearance and comfort. Even behind the ear models are sleek and come in a wide range of colors designed to blend with skin tone or hair color. As for comfort, once you get used to the presence of modern hearing aids, it becomes easy to forget you’re even wearing them.

MYTH #3: HEARING AIDS CAN’T HELP WITH TINNITUS
Using hearing aids often has the extra benefit of making people’s tinnitus less noticeable. Some new models feature a program to specifically address tinnitus. If you’ve been suffering with tinnitus, visit your hearing healthcare professionals who can suggest treatment options for you.

MYTH #4: HEARING AIDS ARE TOO EXPENSIVE
Hearing aids are available in a wide range of prices. The dramatic advancements in technology have resulted in very good options at all price points. We encourage you to select the best level of technology for your lifestyle, while staying within your budget. This is an important investment in your hearing health, and will dramatically increase your quality of life.

The Link Between Your Hearing & Your Golf Score
An important yet often ignored factor that can affect your golf score is your hearing. Studies show that individuals with good hearing in both ears tend to play better golf than those suffering from hearing loss. By paying close attention to the sound made when the club head comes into contact with the ball, golfers can better control their shots.

Golf legend Arnold Palmer lends credence to the idea that good hearing is crucial to accuracy. Palmer was diagnosed with hearing loss in his 40s, following in the footsteps of his father and grandfather. He credits hearing aids with improving his hearing ability and golf game. “When I walked out on the golf course the first day I had a hearing aid,” he says, “I heard things I hadn’t heard on the golf course, like the click of hitting a putt or hitting a golf ball, or the air going through the club when I was swinging it. It made a tremendous difference.”

In addition to helping you have more control over your golf swing, good hearing will also help you better enjoy all your summer activities.