

5 Inspiring Things Treating Hearing Loss Says About You

1. You're a go-getter.

Research has found that people with hearing loss who use hearing aids are more likely to tackle problems actively. Addressing hearing loss shows self-assurance and a willingness to deal with issues head-on. Most hearing aid users in the workforce even say it has helped their performance on the job.

2. You value your relationships.

Healthy relationships rest largely on good communication. Treating hearing loss lets close family and friends know that you want to stay connected and involved in your relationships with them. Most people who currently wear hearing aids say it not only helps their overall ability to communicate effectively in most situations, but it also has a positive effect on their relationships. And they're more likely to have a strong social network.

3. You like to be active.

If you enjoy an active lifestyle, you're not going to let untreated hearing loss stop you. Treating hearing loss means you have every intention of keeping up the pace of a fulfilling

Continued on page 2

The Impact of Hearing Loss on Relationships

You might think your hearing loss only affects you, but consider this: Is your hearing loss causing problems in your relationship?



Treating your hearing loss with hearing aids can improve intimacy. Hearing loss does not occur in a vacuum. It affects not only the person with hearing loss, but all of those surrounding him. Studies show that untreated hearing loss can negatively impact our relationships with family and friends and particularly with those closest to us, i.e. our romantic partners.

According to the Center for Hearing and Communication, over 48 million people in the U.S. have hearing loss. The problem is that only 1 out of 4 people who need them actually wear hearing aids. That means 75 percent of those with hearing loss are putting their relationships at risk. And the research bears that out: A 2009 British study revealed that out of 1,500 people with hearing

loss surveyed, 44 percent reported that their hearing loss had caused relationships with their partner, friends or family to suffer. And 34 percent reported that the breakdown in communication had actually brought about loss of relationships, including marriages.

Day to day communication among couples, whether about important matters or those that seem trivial, are the cornerstone of a healthy relationship. Hearing loss can cause those small but important reflections and events, seemingly insignificant at first glance, to be lost. When communication breaks down, frustration creeps in. That frustration can lead to resentment, which leads to further breakdown in communication and intimacy. The result? A sense of loneliness and isolation for both partners.

And there is more. According to a 2007 survey published in the ASHA Leader, 35 percent of participants reported that out of all of their relationships, the one with their significant other suffered the most. "All too often spouses blame each other's ability to listen when in fact it is truly a hearing problem that is chipping away at their ability to communicate," said audiologist Patricia Chute, professor and chair of the Division of Health Professions at Mercy College in Dobbs Ferry, N.Y.

Continued on page 2

The Impact of Hearing Loss on Relationships *Continued...*

A recently released report titled "In it together: The impact of hearing loss on personal relationships" by Action on Hearing Loss (formerly RNID), revealed the results of 23 interviews conducted with those with hearing loss and their partners. The goal of the interviews was to answer the basic question, "How do partners and their families respond to hearing loss?"

The interviews revealed both the positives and negatives in terms of partnership when it comes to hearing loss. While those with hearing loss viewed their partners as a valuable source of support and as having an important role in creating awareness of the presence of hearing loss and encouraging treatment, there was a downside: Participants in the interviews stated that even the most supportive partners seemed to have difficulty truly understanding hearing loss, i.e. how tiredness and background noise play a role in how much their partner could hear at any given time. And overall, both the hearing partners and those with hearing loss agreed on one thing: That there had been a significant change in the nature and content of their communication as a result of hearing loss.

All of this research boils down to one important point: that even the smallest communications, even those normally deemed as unimportant, actually build intimacy and connection between partners. Those small asides, including jokes and humor, are actually quite significant, bringing about shared companionship and reflection. And relationships experience a significant loss in the absence of that communication.

Hearing loss can cause a cascade of detrimental effects and negative emotions between partners. Among these:

- Frustration
- Resentment
- Loneliness, i.e. the hearing partners feel that they are missing out on companionship
- Curtailing of social activities, withdrawal from social interaction
- Decrease in intimate talk, joking with family
- Shared communication difficulties
- Decrease in shared activities such as watching TV
- Loss of companionship
- Decrease in communication (words are kept to a minimum)

On the flip side, the studies show that interventions such as hearing aids can not only improve quality of life, but can improve relationship satisfaction, communication and social functioning. From having intimate conversations with their partners to watching TV together or socializing, people who get hearing aids find that they are once again able to enjoy life. And more importantly, they are able to enjoy life once again as a part of a couple. So think about the relationships that matter in your life. Has communication with those you love suffered? If you are experiencing communication issues due to hearing loss, don't wait to seek treatment. Make an appointment with a hearing care professional today.

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5 Inspiring Things Treating Hearing Loss Says About You *Continued...*

life. In fact, people with hearing difficulty who use hearing aids get more pleasure in doing things and are even more likely to exercise and meet up with friends to socialize, research by the Better Hearing Institute (BHI) shows.

4. You love living life.

The more exuberance you have for life, the less likely it is you'll let untreated hearing loss get in your way. When you address hearing loss, you let the world know you love living life, and you're going to live it with gusto. Research even shows that people with hearing loss who use hearing aids are more likely to be optimistic and feel engaged in life.

5. You're tech savvy and make the most of what modern life has to offer.

Sleek and cutting-edge, today's wireless hearing aids are a front-runner in personal consumer electronics. At its best, technology offers solutions, enriches life, and makes us more efficient. Today's modern hearing aids do all three. When you invest in your hearing health by using state-of-the-art hearing aids, you make it clear that you're a present-day thought leader ready to reap the rewards that modern technology has to offer.

Better Hearing Institute

Sound Care Word Search

S P S P S E I M W M Z T Y S H
 Y I I U M P U H I O S S W L E
 C O S U T F E C W T C I R E R
 C O L U F I R E N K G G P B T
 L O M L C O N E C N K O R I Z
 V A E P P A M N I H C L O C I
 S D T H U T R L I I S O G E H
 P S O I S T B E L T D I R D E
 U N O U G M E I P L I D A Y A
 E P J L U I A R Y Y A U M R R
 T D D M B U D G E T H A M E I
 A M A R G O I D U A F D I T N
 P R E S B Y C U S I S B N T G
 T E L E C O I L S C X F G A R
 G Y F I L P M A D N U O S B S

AIDS
 AUDIOLOGIST
 CILIA
 DIGITAL
 HYPERACUSIS
 MUFFLED
 PROGRAMMING
 TELECOIL

ADJUSTMENTS
 AUDIOGRAM
 BUDGET
 DECIBELS
 HERTZ
 MICROPHONE
 PRESBYCUSIS
 SPEECH
 VOLUME

AMPLIFY
 BATTERY
 COMPUTER
 HEARING
 LOSS
 MUMBLING
 SOUND
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Dr. Rebecca L. Anderson
 Owner/Audiologist

Hours:

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Thursday: 9:00 - 6:00

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Hearing Aids!



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 this special offer!

Hurry!! Offer expires 5/31/16.

May is Better Hearing Month!



In This Issue

- 5 Inspiring Things Treating Hearing Loss Says About You
- The Impact of Hearing Loss on Relationships
- Sound Care's Word Search
- Special Offer
- What's New? ReSound Micro and Multi Mic

Special Offer Inside!



Dr. Anderson's Sound Bite...

For max battery life & power, take tab off and wipe flat side to remove residue and let batteries sit out in the open for 5 minutes to power-up.

What's New? ReSound Micro and Multi Mic

Extend your hearing and enrich your life

The new and discreet ReSound Micro Mic and ReSound Multi Mic extend your listening range significantly.

Stream voices and sound directly to your hearing aids

The ReSound Micro Mic and ReSound Multi Mic enable you to hear more of everything. The voice of a loved one, a teacher, a colleague – even in a noisy place – you'll hear them with crystal-clear sound.

ReSound Micro Mic

Extremely easy to use, the ReSound Micro Mic pairs to any ReSound wireless hearing aid in seconds. Clip it on to the clothing of the person you want to talk to and enjoy the conversation, even in background noise – or be able to hear the person more than 80 feet away.



ReSound Multi Mic

Get all the benefits of the Micro Mic and use it as a table microphone that picks up all the sounds around it. Connect with loop and FM systems*, and use the mini-jack input for streaming audio from a music player to your hearing aids or other device.



Want to experience the ReSound Micro Mic or ReSound Multi Mic?

Don't wait! Call Sound Care Hearing Group today at 708-660-2350 and we can help.

**FM receiver required
ReSound*