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EASY DOES IT!

There is little question that hearing instruments used to treat age-related hearing loss help hearing-impaired seniors hear their conversation partners better. Seniors fitted with hearing instruments also have less risk of depression and dementia. As welcome as these benefits might be, those fitted with hearing instruments for the first time sometimes stop using them. This problem of discontinued use largely stems from the reintroduction of ambient noises such as background conversation and traffic noise to which new users of hearing instruments are unaccustomed. With this in mind, hearing specialists recommend that new users get used to their instruments gradually. Instead of wearing their instruments all day, it may be better to start a few hours at a time.

TIP OF THE WEEK

When wearing hearing devices for the first time, be patient with yourself. Your brain needs to adjust and adapt to sounds and stimuli that you have not heard most likely in a long time.

P.S. Age-related hearing loss, “presbycusis,” makes it particularly difficult to hear higher frequencies (at which women and children tend to speak).

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