



by David Glaser, Au.D., CCC-A, FAAA
Doctor of Audiology

INSTRUMENTAL CHANGE

Being a musician has its challenges. From a hearing specialist's standpoint, musicians must guard against noise-induced hearing loss. The best way for musicians to preserve their hearing is to wear headphones or earplugs so they can modulate the sounds entering their ears. On the other hand, playing music can not only be a joyful experience, but there is new research showing that it can actually improve hearing ability. According to an examination of musicians between ages 45 and 65, their auditory memory and ability to hear speech in noisy environments were better than those of non-musicians of similar ages. It appears that music training fine-tunes sound processing centers of the brain, thereby priming them for the perception of speech.

TIP OF THE WEEK:

Hearing aid manufacturers realize that music has always been difficult for users to hear naturally. Some manufacturers have created hearing aid technology to better enhance the music experience.

P.S. Listening to and performing music are both necessary for experiencing the hearing improvement described above.

AA-4