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## **DOING A DISSERVICE**

About one-third of people between the ages of 65 and 74 and nearly half of individuals age 75 and older have hearing loss; however, only about 20 percent of those who could benefit from a hearing instrument actually use one. Instead, many people either ignore their hearing loss or decide to “live with it.” In the process of neglecting treatment, these individuals may be doing themselves more of a disservice than they might realize. By the time they do decide to get a hearing test, they often have significant hearing loss that has led to loss of cognitive function and diminished quality of life. Using a hearing instrument makes the mind sharper and averts feelings of isolation and depression.

### **TIP OF THE WEEK**

*If you experience hearing loss, have a comprehensive hearing evaluation performed by an audiologist or Doctor of Audiology. Even if you are not a candidate for amplification, you will have a comparison baseline for later hearing evaluations.*

P.S. Hearing loss not only affects the person with the loss, but it also has an impact on friends, family, and business associates who feel that their relationships are restricted.

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