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HEAR BETTER, LIVE LONGER

Hearing-impaired elderly individuals who elect to wear hearing instruments are likely to experience a higher quality of life than those with hearing losses that go untreated. Thus, the decision to be fitted with and wear a hearing instrument can be a significant factor in the lives of seniors, among whom the incidence of hearing impairment doubles with every decade of life. According to the World Health Organization, 360 million people around the globe have “disabling hearing loss,” which is defined as hearing loss greater than 40 decibels in the better-hearing ear. Treating this problem leads to better cognitive function, improved sociability, and longer life. There is a great deal of benefit to be gotten from a tiny instrument.

TIP OF THE WEEK

Receiving the appropriate amount of amplification for your hearing loss can significantly improve your overall quality of life. Ask your audiologist to verify the level of amplification that your hearing devices are providing by performing live speechmapping.

P.S. As the population ages, we are learning that seniors need not necessarily experience restrictions that were once considered to be inevitable consequences of aging. Just ask the 70-year-old woman on the StairMaster at the gym.

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