

# HEARING HEALTH

Communication Tips and the Devices that Help!

Hearing  
Institute  
Atlantic

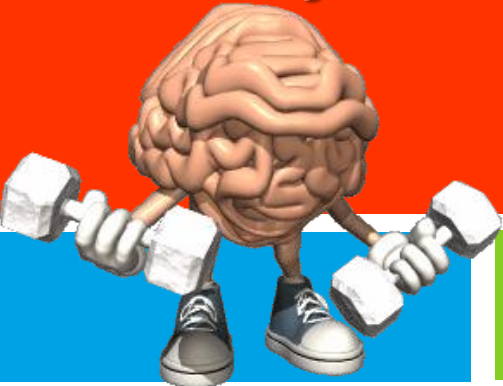


*Trust the experts who listen.*

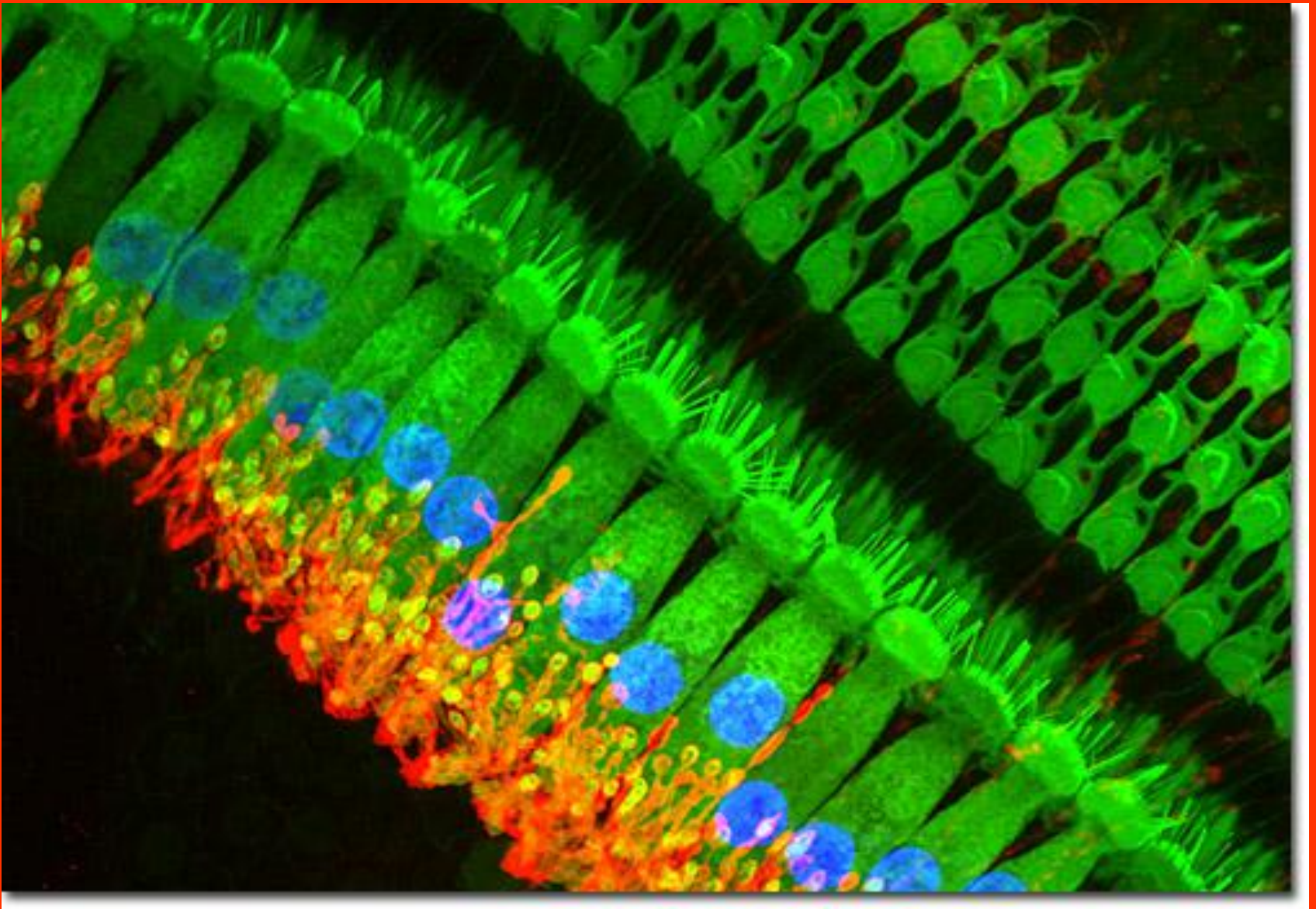
Mary Cameron – HIS/Ops Mgr  
Dr. Sarah Williams - Audiologist

# HEALTH & HEARING

- Good cardiovascular health is associated with better hearing
- Diabetes is linked to a higher prevalence of hearing loss due to damage of the inner ear – cochlea
- Noise exposure, medications, illness and genetics all contribute to hearing health
- Hearing Loss left untreated can cause, stress, anxiety, and depression leading to decreased social activity

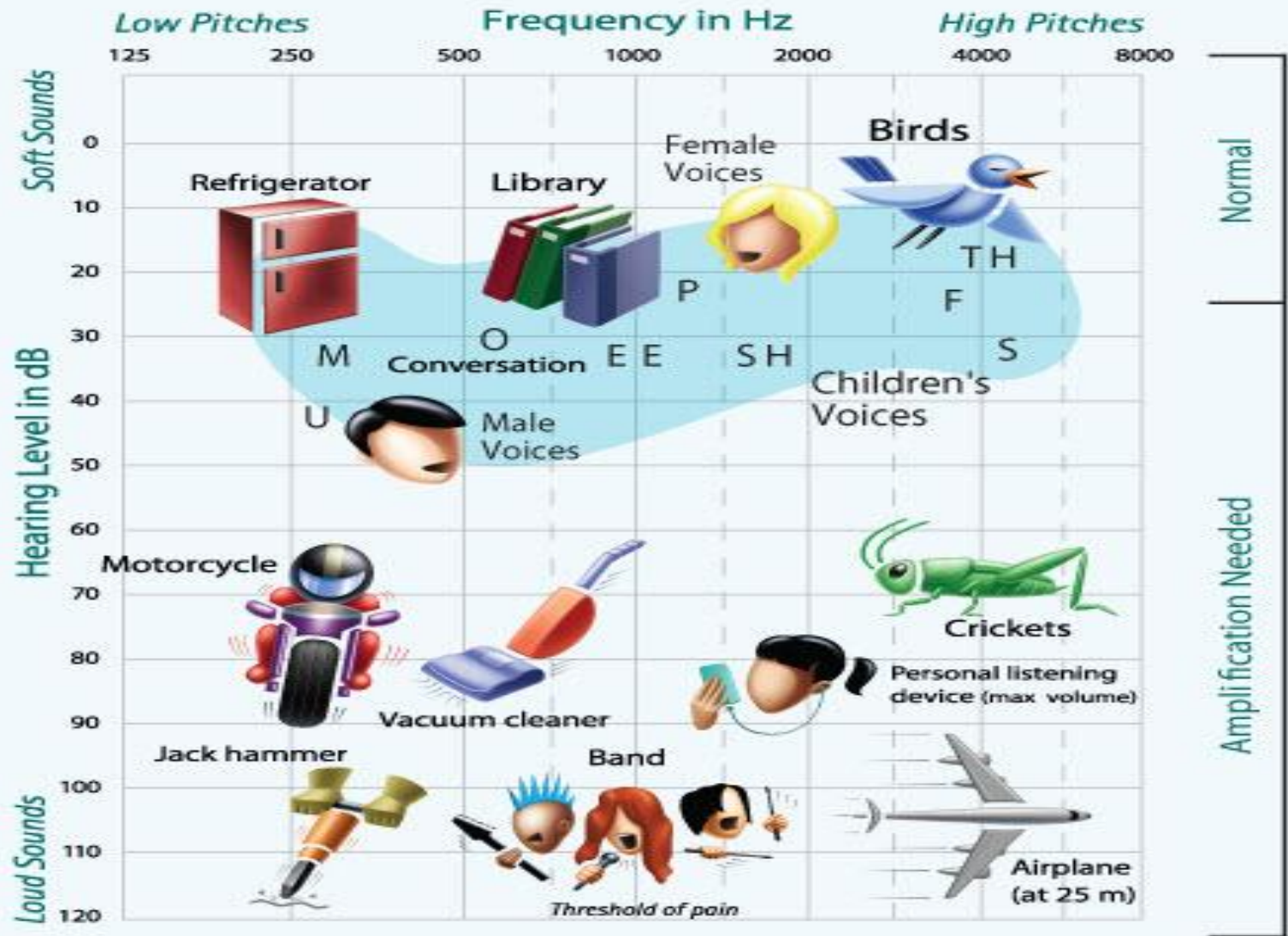


**1 in 10 Canadians has Hearing Loss**



**Cochlear Hair Cells**





What do we miss?

# COMMUNICATION TIPS

## Speaking with someone who has Hearing Loss

- Get attention of listener before speaking
- Do not shout
- Speak Face to Face
- Don't repeat – rephrase
- Avoid background noise distractions
- Be patient, relaxed and positive
- Use Clear Speech
  - Speak slightly slower
  - Speak slightly louder
  - Pause between phrases



Common Sense not Rocket Science

# MODIFY THE ENVIRONMENT

- Maintain good lighting
  - avoid standing in front of light source
- Turn off surrounding noise
  - TV/Radio
- Avoid conversation in noise
  - ie. Bath/Shower Time
- Move away from noise



Less Distraction = More Attention



# Telephone Tips

- **Speaker phone is best!**
- **Check for volume controls and “boost” options**
- **Keep cords untangled**
- **Cordless and Cell phones are not Hearing Loss friendly**
- **When using Hearing Aids place telephone next to microphones.**
- **Whistling Aids – turn phone slightly out to create open space**

Hello..Helloooo...HELLO – Phone Help!

# Styles of Hearing Aids



CIC/MIC Power\*



CIC/MIC\*



ITC



HS/LP



mini RITE



RITE



BTE13 Hook



BTE13 Power Hook

Its time to get “Hands On”



# RESOURCES FOR YOU



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**ME**

Email - [mary@hearinginstitute.ca](mailto:mary@hearinginstitute.ca)

**We're "HEAR" to Help!**

# Hearing Institute Atlantic



*Trust the experts who listen.*

482-2222

**Be Proactive, Have Your Hearing Tested!**