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# What to do when hearing loss strikes?

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## Hearing loss? It's an **undeniable** fact that needs realistic attention.

The idea of living without one of our five senses is actually frightening and can be also depressing. As you get older, it will pretty obvious and not too hard to tell that your hearing isn't as sharp as used to be before. For many, this can be bothering and uncomfortable and would create an

unmistakable impact their daily lifestyle, so let's face it now. Don't you think it's about time to act positively and acknowledge that your hearing needs to be assessed and action needs to be taken so that you are left behind in every day's conversation, By the way, you are not alone, many of your friends, colleagues and neighbors experience that same thing but most of them prefer to keep it a secret!

Well, I want to be realistic and move a step ahead to face it bravely, so what should I do?



## Don't act as such you **don't** care

Actually you just took the first and the most important step, which is being proactive by addressing your hearing needs immediately disregarding any social or any other consideration.

Making excuses is easy but facing consequences is really bitter. Losing a sense is so scary and that would essentially compromise on different aspects of your hearing lifestyles. At the end, it's only you who will have to bear with it all and live with hearing impairment. Instead, accept the fact that your ears aren't as sharp as before and get your hearing evaluated. Nobody will be able to repair the damage, but definitely the technology can improve your hearing.



## **Buy** yourself a hearing aid

You have done the hearing assessment; that's great, what is next? Get yourself 1 or 2 hearing aids in accordance of your hearing needs. Fortunately, there are plenty of choices depending on your personal preference. Those choices are made on style, color, size, features... etc.

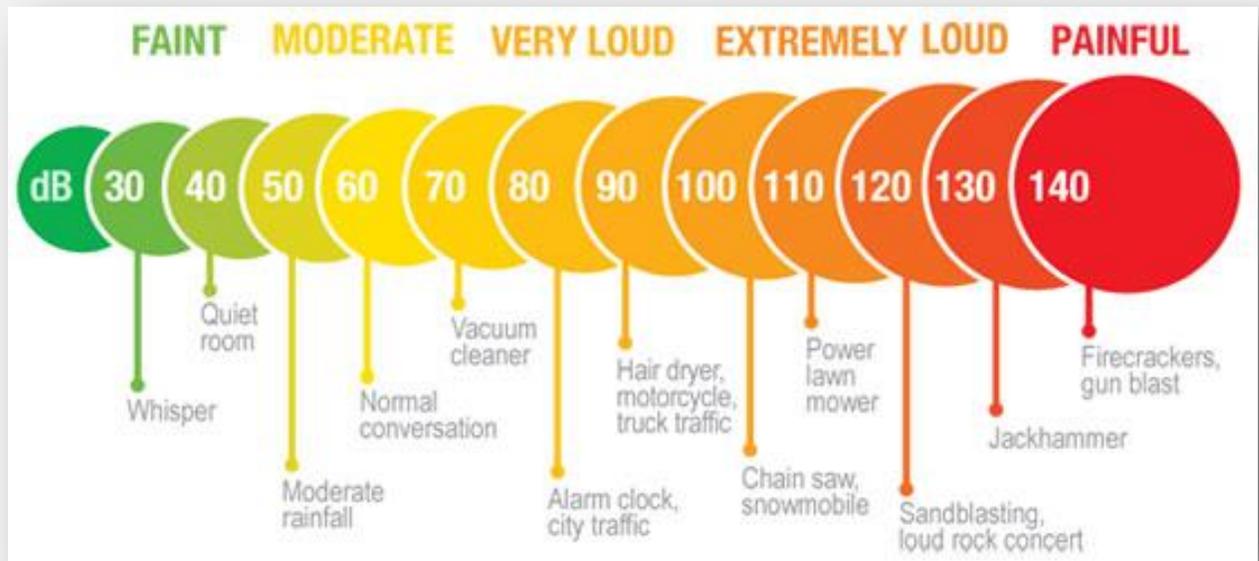
Nowadays, hearing aids are getting smaller, smarter, clearer and getting so close to produce natural voices and sounds. Also, they are versatile as they can be connected to your smart phone so you can stream your favorite media right into your ears without missing any piece of details.



## Look for an **audiologist's** advice

All of the above is pointless if you can't see the signs in the first place. So, understanding that your hearing isn't as strong as before is essential. To do this, a test by an audiologist or hearing care professional is ultimately a step in the right direction. These medical professionals would be able to provide you with a detailed report about your hearing loss. They also are capable of giving you the best options for hearing solutions such as hearing aids, tinnitus treatment devices or both. Your audiologist or hearing care professional is your

friend throughout the journey of your hearing management. They will never leave you alone facing this challenge; in fact they will go a step beyond the experience of hearing evaluation and selling hearing aids.



Maybe it's time to consider **reducing** the loudness of your music.

As soon as you accept that hearing loss is a problem, then you can adjust the kind of

lifestyle you have. The main thing to do is to lower the decibel levels. Sound waves are a part of life, from listening to music to watching TV. However, loud noises can damage the middle and inner ear even more they can cause further harm. Don't omit noise from your life altogether, but do make sure it isn't at harmful levels.

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