

A Self-Check for your hearing and ears



Check YES or NO to each item for yourself or for an adult loved one:

1. Do you experience ringing or noises in your ears?
 YES NO
2. Do you hear better with one ear than the other?
 YES NO
3. Have any of your relatives had a hearing loss?
 YES NO
4. Have you had significant noise exposure at work, recreation or in military service?
 YES NO
5. Do you find it difficult to follow a conversation in noisy restaurant or crowded room?
 YES NO
6. Do you sometimes feel people are mumbling or not speaking clearly?
 YES NO
7. Do you experience difficulty following dialog in the theater?
 YES NO
8. Do you sometimes find it difficult to understand a speaker at a public meeting or religious service?
 YES NO

9. Do you sometimes find yourself asking people to speak up or to repeat themselves?
 YES NO
10. Do you find men's voices easier to understand than women's?
 YES NO
11. Do you experience difficulty understanding soft or whispered speech?
 YES NO
12. Do you sometimes have difficulty understanding speech or words on the telephone?
 YES NO
13. Does a hearing problem cause you to feel embarrassed when meeting new people?
 YES NO
14. Do you feel handicapped by a hearing problem?
 YES NO
15. Does a hearing problem cause you to be nervous?
 YES NO
16. Does a hearing problem cause you to visit friends, relatives, or neighbors less often than you like?
 YES NO
17. Does a hearing problem cause you to talk to family members less often than you would like?
 YES NO
18. Does a hearing problem cause you to feel depressed?
 YES NO

YES answers to any of these questions may mean that you have a hearing problem.

Several YES answers strongly suggest that a hearing check is necessary. In either case, ask your Hearing Professional to check your hearing.

Digital: The Ultimate in sophisticated hearing technology

Why does music from a CD sound more crisp, clear and distortion free than music from a record or tape? The answer, at least in part, is the difference between analog and digital sound processing.

Digital hearing aids have one or more microchip processors inside them that convert analog sound waves into the zeros and ones of computer language. Sound in this format can be processed more quickly and more efficiently than analog sound waves.



Digital algorithms quickly analyze sound levels and frequencies, manipulating them to provide a more efficient match to an individual's hearing loss.

For example, a person with a hearing loss may have trouble hearing soft sounds, but when some sounds are amplified even a small amount, they become uncomfortably loud. Hearing aids with digital compression circuitry are able to stratify incoming sounds and detect those that need amplification.

Custom hearing instrument styles



In-The-Ear instruments house componentry in a custom formed ear-mold that fits in the outer portion of the ear. Its size is helpful for those with limited dexterity.



In-The-Canal instruments are smaller still, with an earmold that fits down in the ear canal, and a smaller portion facing into the outer ear.



Completely-in-The-Canal aids are barely visible. CICs are popular for their aesthetic appeal, but their size may be unsuitable for some individuals' ears.

Good communication is important in life and it starts with good hearing!

Please consult the following Hearing Professional to learn more about your hearing:

Date of Appointment

Time of Appointment

www.starkey.com



Hearing Loss



What you should know about hearing loss

- Hearing loss develops later in life, comes on slowly, is permanent, and often gets gradually worse.
- Most of these losses can be helped effectively by individually selected pre-scribed and fitted hearing aids.
- Some adults can have their hearing corrected by an ENT or surgeon, so it is important to have an evaluation to make this determination.



Why you may be unaware of the problem

It is typical for individuals with a mild to moderate hearing loss to be unaware of their problem, even though family and friends are quite aware of it.

Hearing loss is invisible and almost always painless. There are no physical warning signs, except in some cases there may be ringing in the ear(s). But, the real reason hearing loss “sneaks” up on you is that the change is so gradual. Most hearing losses develop over a period of 25-30 years. By age 50 or 60, there can be enough deterioration to interfere with conversation.

Most hearing professionals believe that hearing loss in older adults is the accumulation of two or more causes, such as exposure to loud noises and family history or simply the natural aging process.

Hearing loss can prevent the quality of life you’ve hoped for. It can restrict your ability to interact with others, prevent you from hearing important information, cause misunderstandings, heighten stress, cause unnecessary fatigue, and filter out the subtle sounds of nature. Don’t let poor hearing make you miss out on the many good and vital messages of life.

Hearing loss indicators

If you agree with one or more of the following statements, it may indicate the need to seek a complete hearing screening.

- You “favor” one ear over the other.
- You have been told that the TV is too loud.
- You have difficulty following conversations in groups and noisy places.
- You ask people to repeat themselves, especially women and young children.
- Hearing from a distance is more trouble than it used to be, such as in a church or theater.
- Family and Friends have commented on your inability to hear.

A

Comprehensive



Self-Check

