

# 3 Steps to Better Hearing

## So You Think You Might Have Hearing Loss: *Now What?*

A person's hearing health directly affects their overall health and well-being. This is why it is critical, if you suspect you have any degree of hearing loss, that you follow these three steps to better hearing:

**1 Recognize and accept you need help.**  
Millions of Americans suffer from hearing loss, and denial impacts more than just you. It can cause frustration, concern and confusion among loved ones and those you interact with daily.

**2 Make an appointment with a hearing healthcare professional.**  
Hearing health professionals – whether an audiologist, hearing aid specialist or ENT – are the only ones who can diagnose your hearing problem and determine how to treat it. The initial hearing consultation consists of a hearing analysis, a lifestyle discussion and most importantly, weighing solution options.

**3 Maintain treatment, annual hearing tests and follow up appointments to live a fuller, healthier life.**

Today's best hearing aids are intelligent and provide life-changing benefits to improve health and wellness. By amplifying sounds you want to hear and diminishing sounds you don't, hearing aids ensure you never miss the moments that matter most.

### Effects of Delaying Treatment

- Diminished psychological and overall health
- Impaired memory and ability to learn new tasks
- Reduced alertness and increased risk to personal safety
- Avoidance or withdrawal from social situations
- Fatigue, tension, stress and depression
- Reduced job performance and earning power