

## Ask the Audiologist

**Q:** How many hours per day should I wear my hearing aids?

**A:** This is a question we hear frequently. We often respond with – how many hours a day do you want to hear? But the sincerest answer is that the more you wear them, the better you will hear and understand. Your brain needs to be exercised and trained to hear and listen again.

Your brain has to learn to acclimate to background sounds and how to ignore that which is unimportant. When someone first gets hearing aids, they notice every little sound in the environment, becoming bothered or distracted by it. With time, they learn to ignore them. If you only put your hearing aids on when you are going to be around people, you will be overwhelmed with all of the environmental sounds that you aren't used to hearing.

So the short answer is, at our office, we encourage people to wear their hearing aids a minimum of 12 to 14 hours per day even when home alone or watching TV by themselves. Remember: the more you use your hearing aids, the quicker you will adjust to them and the better you will hear and understand.

**Q:** Is there anything I can do to prevent my hearing from getting worse with age?

**A:** EXERCISE! Being active may actually be a boon for your ears. A recent study found that walking just two or more hours per week helped preserve people's auditory function. "Exercise may improve blood flow to the cochlea – the auditory portion of the inner ear – and may also protect it against oxidative damage," says Sharon Curhan, an instructor in medicine at Brigham and Women's Hospital in Boston.

## Hear for the Holidays!

The holidays can be a wonderful time. Family, friends and lively celebrations make the season bright.



Did you know that 50% of families will suffer from hearing loss at their holiday table?

**Audiology and Hearing Services** is hosting a special event, just in time for the holidays.

Join us on **Tuesday, December 19th** to receive a complimentary hearing screening and Widex BEYOND demonstration.

We will also be offering a **free trial of the BEYOND** over the Holiday. Wouldn't you want to Hear For The Holidays?

Learn about the latest advancements in hearing technology and learn the best treatment options for your type of hearing loss. Learn how Audiology and Hearing Services can offer you better hearing health which leads to improved communication and an overall better life!

Call 517-323-6222 today to reserve a spot for the Widex BEYOND event.