

# Many of us believe that hearing loss is a normal side effect of aging that we have to accept; this isn't true.

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Almost half of the people in the United States over 65 years of age have some degree of hearing loss. For most cases this is a permanent loss known as sensorineural hearing loss or "nerve loss." For years people with this type of loss were told that nothing could be done to improve

their quality of life. Untreated hearing loss is linked with depression, isolation, paranoia, and it contributes to decreased cognitive function. Research shows that hearing loss of any kind tends to limit social engagement and quality of life (Graydon et al., 2019).

function and more importantly, it allows for more confident participation in social interactions.

With hearing loss, we don't hear all of the conversation and expel our energy towards just trying to understand what is being said, instead of actively participating in and enjoying the conversation.

It takes time to adjust to hearing aids. Our brain literally rewires itself to changes in our hearing. If fit correctly and worn daily, most patients notice a significant benefit from their hearing aids and many actually like them!

I have been practicing in Owensboro for 24 years. I have my clinical doctorate in Audiology. I enjoy maintaining long-term relationships with my patients as we work towards improving their hearing.



Unfortunately, there is a lot of misinformation out there about hearing aids. There is not a hearing aid in the world that can "get rid of all background noise" or "only let you hear one person in a crowd." They also won't prevent us from getting dementia. But, just like how exercise helps with improved mobility, cardiovascular function, and strength. Wearing hearing aids stimulates the brain and improves cognitive

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Smith Hearing Healthcare has been providing hearing care to the greater Owensboro area and its surrounding communities for over 16 years.

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We provide personalized care and attention, the latest technology including direct to smartphone models, hearing aid service and repair for most manufacturers including: **Widex, Phonak, Oticon, Siemens, and Starkey.** We are a participating provider with Medicare and most major insurance carriers.



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