



So You, Or One You Know, Thinks You Have Hearing Loss

Hearing loss is being partly or totally unable to hear sound in one or both ears.

Symptoms may include:

- Certain sounds seeming too loud
- Difficulty following conversations when two or more people are talking
- Difficulty hearing in noisy areas
- Trouble telling high-pitched sounds (such as "s" or "th") from one another
- More trouble hearing women's voices than men's
- Hearing voices as mumbled or slurred
- Feeling of being off-balance
- Feeling of pressure in the ear (in the fluid behind the eardrum)
- Ringing or buzzing sound in the ears

—Medlineplus.gov

What To Consider When Shopping For Hearing Aid

A hearing aid is a small electronic device that you wear in or behind your ear.

It makes some sounds louder. A hearing aid can help people hear more in both quiet and noisy situations.

Hearing aids help people who have hearing loss from damage to the small sensory cells in the inner ear. The damage can occur as a result of disease, aging or injury from noise or certain medicines.

Once hair cells in the inner ear are dead, there's no bringing them back.

Only about one out of five people who would benefit from a hearing aid actually uses one. If you think a hearing aid could help you, visit your doctor.

Hearing aids differ by size, their placement on or inside the ear and how much they amplify sound.

The one that will work best for you depends on what kind of hearing loss you have and how severe it is.

Hearing aids have a microphone to pick up sound, an



amplifier to make sound louder and a receiver that sends the sound into the ear canal.

The right hearing aid for you depends on several factors, including the type and severity of your hearing loss,

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your lifestyle and your manual dexterity. A hearing aid that one person likes might not work for someone else.

Most hearing aids will never completely remove background noise and allow you to hear only the person—or people—talking.

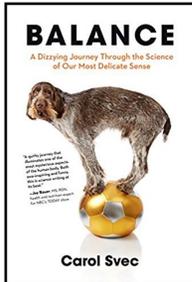
Even within the same brand, there can be several versions of a given model. That kind of variation makes comparing hearing-aid models and brands very challenging.

—National Institutes of Health

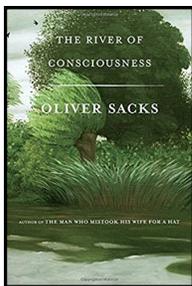


New Books at the Meriden Public Library

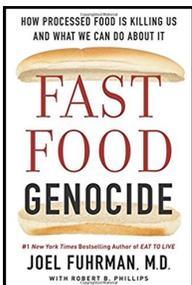
These health-related books can be found in the “New Books” area:



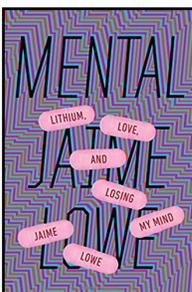
Balance: A Dizzying Journey Through the Science of Our Most Delicate Sense
by Carol Svec,
616.841 SV



The River of Consciousness
by Oliver Sacks,
612.82 SA



Fast Food Genocide: How Processed Food Is Killing Us and What We Can Do About It
by Joel Fuhrman,
613.2FU



Mental: Lithium, Love, and Losing My Mind
by Jaime Lowe,
616.895 LO

Hearing Aids Come in Five Major Styles

1. **Mini-Behind-the-Ear** — Receiver is inside the ear canal. It attaches to the ear via a thin wire and a custom-made earmold (a piece of soft material made to fit snugly in the ear and channel sound into the ear), or a noncustom dome-style ear-canal piece.
2. **Traditional Behind-the-Ear** — all electronic components are in the plastic case worn behind the ear. Sound is sent to the ear through the tubing that connects the case to the receiver and a custom earmold worn in the ear canal. Considerable low- and high-frequency amplification. Offers flexible features and considerable amplification, making it good for those with severe hearing loss. Controls often easy to manipulate. The custom-made earmold can be easily cleaned. Accommodates larger batteries for more power.
3. **Completely-in-the-Canal** — Recessed into the ear canal and fits deep and tight in the ear. Minimal feedback when used with a phone. Because it's in the canal, it has low visibility and can be removed with a removal string. Less sensitive to wind noise.
4. **In-the-Canal** — Barely visible, less of a plugged-up feeling because the aid sits deep in the canal. Larger units can include directional microphones. Discomfort is an issue for many. These models are susceptible to moisture, and the receiver is vulnerable to clogging from earwax.
5. **Traditional In-the-Ear** — All electronic components are included within the case, which rests in the bowl of the outer ear. Offers more room for features such as directional microphone, and wireless streaming. Less of a plugged-up feeling when vented. Relatively easy to insert..

— Consumer Reports