## The Journey to Better Hearing

Recognizing the signs of hearing loss in yourself can be difficult, and taking steps to address hearing loss can be even harder. Many individuals with hearing loss delay treatment 7-10 years and are often not sure how to seek assistance. With the right steps, creating a treatment plan can be simple.

## Don't Wait - Have Your Hearing Assessed

Once you start to notice signs of hearing loss, the first step is to obtain a hearing assessment. You can do this by contacting a local hearing health professional or obtaining a referral from your primary care physician.

During the hearing assessment, the clinician will determine your lifestyle and communication needs as well as the type and degree of hearing loss present. If a medical condition is identified a referral will be made to the appropriate health professional.

## **Hearing Aid Selection and Fitting**

If hearing aids are recommended, the clinician will work with you to find the right product that will meet your hearing and lifestyle needs. A trial period with the chosen hearing aid is an important part of the process, as it provides you time to adjust to the hearing aids so you are able to assess the benefit accurately. It can sometimes take multiple visits to the clinic to have the hearing aids adjusted. It is important to establish a trusted relationship with your hearing health professional as hearing aids require ongoing maintenance and at a minimum should be checked annually.

## HearingLife

Formerly NEXGEN HEARING

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