

Mailbag

Dear Editor,

May 1 marks the start of Better Hearing and Speech Month, a month dedicated to educating consumers about the need to assure that their hearing is healthy. This year, Abington Audiology and Balance Center is joining with the Better Hearing Institute (BHI) in the Across America Hearing Check Challenge, a nationwide campaign to help millions of Americans reclaim their quality of life by facing up to unaddressed hearing loss. Spouses, Baby Boomers and their aging parents, and all American families and friends in the area are encouraged to rise to the challenge and get their hearing checked—together. Now, simply by visiting www.hearingcheck.org and walking through a simple, 15-question self-screener in the privacy of one's own home, anyone can

easily take the first step in addressing hearing loss.

We know that unaddressed hearing loss seriously undercuts a person's quality of life and has a tremendous impact on relationships. We see it every day in our practice and hear it from our patients and their concerned family members and friends.

We also know that too many people wait years, even decades, before getting treatment—either unaware of the extent of their hearing loss or too afraid to confront it—losing out on so much. Members of our community can take the first, most critical step in reclaiming their hearing—and their quality of life. And when they're ready to take that next step—and get a professional assessment—we're here and ready to help.

The signs of hearing loss can be subtle and emerge slowly, or they can be significant and come on suddenly. Either way, there are common

indications. Symptoms of hearing loss include not being able to hear well in a crowded room or restaurant, having trouble hearing children and women, keeping the television or radio turned up to a high volume, needing to ask friends to repeat what they're saying, or experiencing ringing in the ears.

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