

# Evaluation is first step to remedy hearing loss

By Dr. Lori Biasotti

If you suspect that you or someone you care about has hearing loss, a hearing evaluation by an audiologist is the first step. There are some signs of hearing loss that will help you to determine when it is time for that evaluation.

### Signs of hearing loss:

**Do you prefer the volume on the television at a louder volume than most people?**

**Do other people seem to be mumbling?**

**Do you often ask people to repeat themselves?**

**Is it harder for you to hear when background noise is present, such as at a restaurant?**

**Can you hear voices, but is it more difficult to understand the words clearly?**

**Have other people expressed concerns about your hearing?**



Dr. Lori Biasotti

It is very common for high frequency hearing to decrease as we get older. This high frequency hearing is what makes speech clear, especially

in noisy situations. Even if there are no signs of hearing loss, a

hearing evaluation after age 60 is a good idea to provide baseline information.

An audiologist would explain to you where your hearing falls in relation to normal levels. She/he would also explain what sounds you would likely have difficulty hearing based on your hearing loss. You may or not be a hearing aid candidate. If you are, hearing aids may be recommended.

The important thing is that you would know how much hearing loss you have and what can be done about it. Also, an audiologist

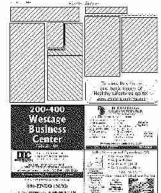
## HEARING HELP

would be able to inform you whether or not medical treatment for your hearing loss may be an option and will refer you to an ear, nose and throat physician if this is appropriate.

The Better Hearing Institute has conducted studies in the area of untreated hearing loss. They have determined that there are possible consequences. These are as follows:

**Consequences of untreated hearing loss:**

- Irritability and anger
- Loneliness and withdrawal from social situations
- Stress, fatigue and depression
- Diminished overall health and psychological wellness



Impaired ability/memory to learn  
new tasks

For additional information visit  
the Better Hearing Institute  
website at [www.betterhearing.org](http://www.betterhearing.org)  
or another good source of  
information, or to find an  
audiologist, the American  
Academy of Audiology website at  
[www.audiology.org](http://www.audiology.org).

*Dr. Lori Biasotti, Audiologist, has  
a private practice  
audiology/hearing aid dispensing  
office called Family Hearing  
Center in the Hudson Valley  
Towne Center (near Charlie  
Brown's) at 18 Westage Business  
Center Drive in Fishkill. Call (845)  
897-3059, or visit the website at  
[www.familyhearing.org](http://www.familyhearing.org).*