

Benefits of Hearing Aids #2

About 20% of the U.S. population, approximately 48 million Americans, experience changes in hearing significant enough to impact mental and physical health.

The good news is that there is a treatment option that can improve hearing and overall quality of life – hearing aids. Here is a list of just some of the ways that hearing aids can improve various aspects of everyday life:

- **Increase Feelings of Self-Worth**—Increasing your capacity to work faster, socialize, and understand conversations has a dramatic impact on how you feel about your life and yourself.
- **Increase Social Activity**—When you are no longer afraid of mishearing or missing a social cue due to hearing loss, you are more likely to interact with others, participate in social activities and avoid isolation.
- **Strengthen Relationships**—Hearing loss places great stress on both parties in a relationship. People are more likely to feel dismissed or ignored when hearing loss is involved. Hearing aids open up daily communication, ease stress, and bridge relationship gaps created due to hearing loss.
- **Reduce Frustration**—Hearing loss can impact balance, safety, stress, and the interpretation of events and subtle emotional tones. Hearing aids help with all these areas; reducing frustration, increasing overall wellness and eliminating self-doubt.
- **Reduce Self-Criticism**—Mistaken communication exchanges often occur when one or both parties have a hearing loss, and individuals tend to blame themselves for these missteps. Hearing aids increase the ability to hear and communicate, helping eliminate this type of self-criticism.
- **Increase Ability to Concentrate**—Hearing well means that the stress and concentration once needed to interpret the sounds in the surrounding environment and people's speech patterns is relieved. This allows those with hearing loss to concentrate on other things, puts less stress on the brain, and reduces exhaustion.
- **Diminish Unexpected Incidents of Falling**—Mental exhaustion from hearing loss increases the likelihood of falls. Hearing aids reduce mental fatigue by increasing the ability to concentrate, which helps keep you safe.

If you are interested in learning how you or a loved one can benefit from healthy hearing, contact *[insert practice name]* today at *[insert phone number]*!