

# **Editorial to Brampton Guardian Special Senior's Section**

## **Pardon Me? Signs of Hearing Loss**

Do you find yourself asking for repetition often? Do you feel that other people mumble and don't enunciate their words like they used to? Do you have a ringing or buzzing sound in your ears? Do your family members complain that the television or radio is turned up too loudly? Hearing loss is a natural process affecting one in ten Canadians, as reported by Statistics Canada. It may be sudden, but more commonly, so gradual that it takes family and friends to suggest there may be a problem. An Audiologist is the hearing professional to seek for a complete hearing assessment, recommendation to manage hearing loss and follow-up hearing care.

## **Who is affected by Hearing Loss?**

Hearing loss is a natural process affecting one in ten Canadians, as reported by Statistics Canada. It may be sudden, but more commonly, so gradual that it takes family and friends to suggest there may be a problem. Our hearing may begin to fail early, in our thirties or forties, however, 50% of individuals over 50+ years have a hearing loss. A recent survey by Canadian Hearing Society noted that the average age of people affected by hearing loss is 51 years. The "baby boomer" generation is losing their hearing earlier than their parents/grandparents due to increased noise pollution in our environment. They are also more adversely affected by their hearing loss than their parent/grandparents due to their active lifestyle that they maintain, placing higher demands on their hearing.

## **What is an Audiologist?**

Audiologists stand at the centre of providing today's hearing health care. In addition to being a regulated profession to provide hearing care, they are among the most educationally qualified to evaluate and treat hearing problems for patients of all ages. In Ontario, they hold a Masters or Doctoral level degree in Audiology and are registered under the regulating body of the Canadian Association of Speech Language Pathologists and Audiologists (CASLPO).

In addition to being skilled in the evaluation and treatment of hearing loss, Audiologists are proficient in fitting and dispensing hearing aids and assistive listening devices, manage hearing loss prevention programs, provide tinnitus retraining therapy and evaluate auditory processing disorders. Audiologists often work with other healthcare professionals including physicians, physical therapists, optometrists, teachers and speech-language pathologists, to better understand the unique needs of their patients.

## **So Stay on Top of Your Game!**

Don't let hearing loss slow you down. Continue to function well in meetings and enjoy social environments...whether they be in quiet or in noise! Technology is keeping up with the active lifestyles lead by today's seniors. There are a variety of hearing options available today than even three years ago. Speak with your audiologist about the best communication options for you. Most of all, take care of your hearing and in turn, maintain the high quality of your lifestyle!

*Sherina Crichlow, Doctor of Audiology at Bovaird Hearing Clinic.  
Here for you today so you can Hear tomorrow.*