

The Fortune Teller's Tale

At a party, someone told me how she came to believe in fortune tellers. She, along with her sister and mother were smoking outside a soothsayer's office when the fortune teller arrived and invited them in. After a séance involving tarot cards, she was told she has increasing trouble breathing, walking up stairs, nearly all the members of her family smoke, and she will die of a heart disease or lung cancer like many of her relatives. She was amazed at all the fortune teller could see! While I resisted uncovering the obvious, I'm sure you can see the forest for the trees. If her sister and mother also smoke, a fair guess the rest of the family smokes. If you smoke, you have a diminishing lung capacity, making walking up the stairs harder... and the cigarette box will tell you all you need to know about your future risks of heart disease and lung cancer- no fortune teller needed.

As an audiologist, I use medical research as my guide, not tarot cards, to help patients prepare for their hearing future. There is no magic. Here are a few tell tale signs that someone will likely have future hearing challenges: a family history of hearing loss, working in noisy work environments without appropriate hearing protection, regular or prolonged exposure to high sound levels (ex. car stereos, MP3 players, cell phones, concerts, noisy toys) and the prolonged use of ototoxic drugs. There is much you can do right now, today, to help retain a healthy lifetime of hearing.

More questions?

Come in to the office, or give us a call. We'd be happy to help!

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