

## HEAR FOR THE NEW YEAR!

Holiday parties may have unveiled trouble with your hearing. Did you find that you had difficulty following conversations at your work party or family function? Did you have to constantly ask people to speak up or repeat themselves as you couldn't hear over the background noise? Did you develop headaches from focusing so hard on trying to hear what was being said to you?

If any of these scenarios described your experience communicating this past holiday season, what was your reaction? Maybe you nodded your head and smiled eagerly hoping no one would catch that you didn't hear much of what was said. Many of our older relatives may suddenly seem disinterested in attending social functions any more because it is overwhelming how alone they can feel in a room of hearing people.. Most don't want to admit they can't hear for fear of embarrassment and sometimes they're simply unaware or in denial of a very natural process.

A hearing aid may be just what the doctor ordered to get someone out of the house and enjoying the conversation of colleagues, friends and family this year. There is new technology in many hearing aids that reduces distracting background noise so that the user can focus on the person speaking directly to them – perfect for those group socials.

This year, take control of your personal and professional life by letting Bovaird Hearing Clinic start you on the road to hearing health. Call now 905-790-7342. to book an appointment for a hearing test.

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