



We were visited by Belinda from Hearing Australia on the 4th of March.

This was Belinda's second time for accepted our invitation and kindly giving us a short presentation on some of the most common age-related hearing loss.

Belinda also conducted a FREE HEARING TEST to those who grabbed this opportunity.

Thank you Belinda and we'll see again next year.

A summary of age-related hearing loss:

Presbycusis is a common condition of hearing loss, affecting many people as they age. It's a sensorineural hearing loss what involves the inner ear and the nerve that carries sound signals to the brain.

Hearing loss normally progresses gradually, therefore people may not detect the changes until they are substantial.

Age-related hearing loss can adversely affect a person's quality of life and can lead to social isolation for having trouble communicating and feeling unsafe.

What can cause hearing loss?

- **Deterioration of the sensory cells** in the inner ear called Cochlea what gradually loses its function of detecting sound vibration.
- Increased risk of hearing loss due to a **family history**.
- **Lengthy time** spent in a **noisy environment** can increase the process of hearing loss.
- The **nerve** what **transmits sound signals** from the inner (Cochlea) to the brain is **adversely affected**.

Conditions like **high blood pressure** and **diabetes** can also contribute to hearing loss.

The first sign often starts with difficulty hearing high-pitched sounds

Difficulty understanding speech, particularly in noisy environments

Difficulty locating sources of sound

Difficulty differentiating between similar-sounding words

Ringling or buzzing in the ears called Tinnitus

Age-related hearing loss cannot be prevented, but you can protect your hearing.

- Protect your ears with earplugs or earmuffs in noisy environments.
- Control blood pressure and diabetes.
- Smoking is a well-known risk factor, so quit smoking.

Treatment and Listening Techniques can correct hearing loss.

- Hearing aids can amplify sounds and improve hearing ability.
- Cochlear implants, for medically eligible individuals, can correct profound hearing loss.
- Lip reading and various communication strategies as well as assistive listening devices can improve hearing loss.
- It could be that build up ear wax is blocking someone's hearing. Ear cleaning clinics can help removing unwanted ear wax.

Experiencing hearing difficulties?

See an audiologist or book for a hearing test and evaluation.

Website : <https://www.hearing.com.au/>