



A FLORIDA ENT ASSOCIATES PRACTICE



# Comprehensive Hearing Guide



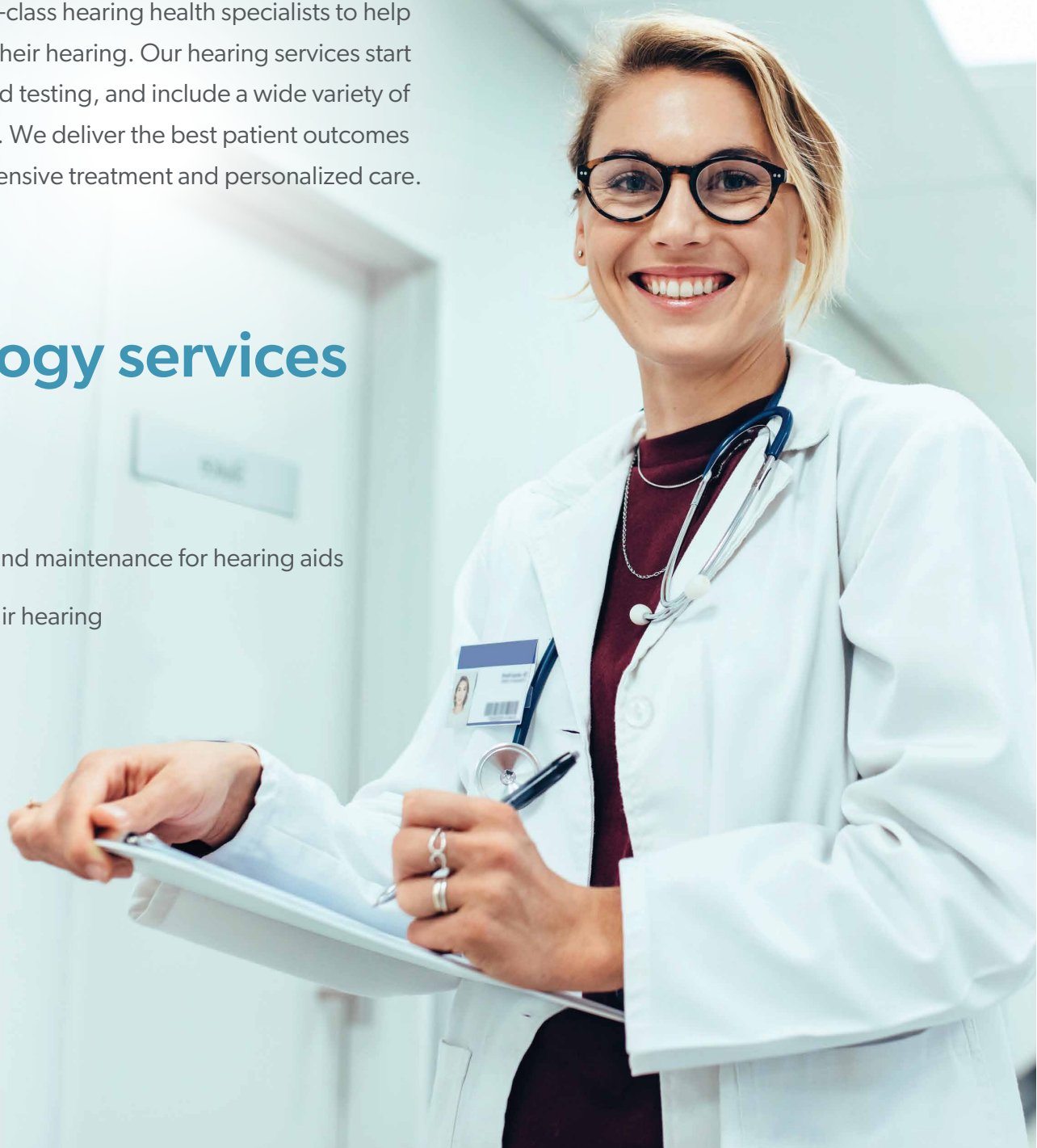
Proper ear care begins by understanding how to protect your hearing for a lifetime. The trusted audiologists at ENT Specialists are experienced at guiding patients through hearing solutions that are truly life-changing.

# Committed to your hearing

Our hearing plays an essential role in connecting us to the world around us. At ENT Specialists, we bring together a network of best-in-class hearing health specialists to help patients improve their hearing. Our hearing services start with evaluation and testing, and include a wide variety of treatment options. We deliver the best patient outcomes through comprehensive treatment and personalized care.

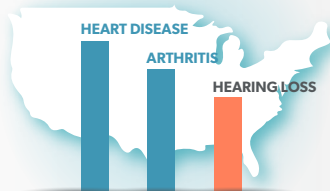
## Audiology services

- Hearing testing
- Hearing aids
- Programming and maintenance for hearing aids
- Surgery to repair hearing



# Listen up!

## Hearing loss is a growing problem...



Hearing Loss is the **3rd** most common health problem among older adults in the US.

— “ —

*There is no such thing as insignificant hearing loss. Any type and degree of hearing loss will have a substantial impact on many aspects of living.*

— ” —



Approximately **1 in 8** children ages 6-19 have noise-induced hearing loss.



**1.1 billion** people are at risk for hearing loss due to unsafe personal use of portable music devices.\*



Approximately **30 Million** workers are exposed to noise levels on the job.

Hearing tests can help detect hearing loss early, which can be critical for successful treatment. An experienced audiologist will determine your plan of care based on the degree of loss you experience and prevent the chances of further damage to the auditory system. Regular screenings are an important tool for maintaining good hearing health.



\*Limit your use of portable devices and keep the volume level at the half-way point or under. If you have to remove your headphones in order to hear someone speaking from an arm length away, it's probably unsafe.

Have you heard?

# Your hearing affects your whole body health.

## COGNITIVE DECLINE



Those with hearing loss experience a 30-40% greater decline in thinking abilities and a higher risk of dementia.

## SAFETY/BALANCE



People with mild hearing loss are 3 times more likely to have a history of falling. Every additional 10 decibels of hearing loss increases the chances of falling by 1.4 times.

## HYPERTENSION



There is a significant association between high blood pressure and hearing loss. Hypertension can be an accelerating factor of hearing loss in older adults.

## OBESITY



Higher body mass index (BMI) and a larger waist circumference are associated with an increased risk of hearing loss in women.

## OSTEOPOROSIS



A study linked osteoporosis and hearing loss, theorizing that demineralization of the three middle ear bones may contribute to conductive hearing impairment.

## ISOLATION



Adults 50 years and older with untreated hearing loss are more likely to report depression, anxiety, anger, frustration, emotional instability, and paranoia than those with hearing aids.



## TINNITUS

Tinnitus affects 1 in 5 people and 90% of people with tinnitus also have hearing loss.

Tinnitus can be caused by hearing loss, an ear injury, or a circulatory system disorder.



## DEPRESSION

Uncorrected hearing loss gives rise to a poorer quality of life, isolation, and reduced social activity leading to depression.



## HEART HEALTH

The inner ear is extremely sensitive to blood flow. Studies show that a healthy cardiovascular system - a person's heart, arteries, and veins, positively affects hearing. Inadequate blood flow and trauma to the blood vessels of the inner ear contribute to hearing loss.



## SMOKING

Current smokers have a 70% higher risk of hearing loss than nonsmokers.



## DIABETES

Hearing loss is twice as common in people with diabetes compared to those without. Adults whose blood glucose is higher than normal but not high enough for a diabetes diagnosis have a 30% higher rate of hearing loss compared to those with normal.



## OTOTOXICITY

There are more than 200 medications on the market today that are known to cause hearing loss. The list of known ototoxic drugs (toxic to the ears) includes aspirin, quinine, water pills, certain antibiotics, some anticancer drugs, some anesthetics, environmental chemicals like carbon monoxide, hexane, and mercury.

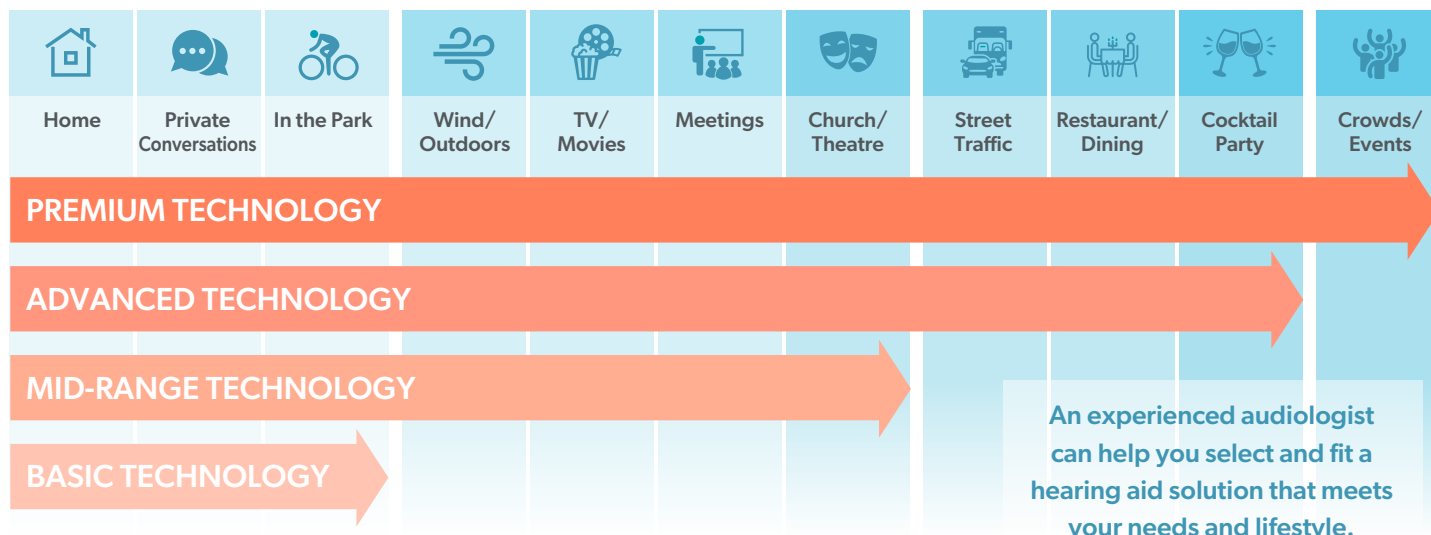
**TOTAL BODY  
HEALTH  
BEGINS WITH BETTER  
HEARING  
HEALTH**



# Are HEARING AIDS right for you?

Our hearing consultants help you identify a complete hearing solution, from early stage to profound hearing loss. Beginning with a hearing evaluation, we will explore the most innovative hearing solutions, making it easier and more comfortable than ever to find your ideal plan.

## Your hearing lifestyle:



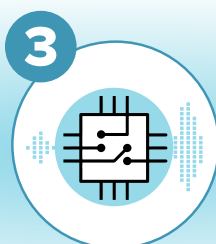
## How hearing aids work:



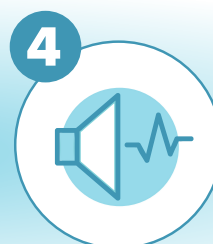
Someone says "Hello."



A microphone picks up the sound and converts it to an electrical/digital signal.



An amplifier increases the strength of that signal. In more sophisticated devices, the signal is manipulated by advanced processing.



A receiver/speaker converts it back into sound and sends it to the inner ear. The brain "hears" and understands the sound as speech.



We hear them say "Hello."

# Your lifelong hearing consultants

Working with an audiologist and an ENT physician is the first step to better hearing and quality of life!

## Benefits of working with an audiologist

- Expertise in selecting the right device for your lifestyle, budget, and needs
- Support implementing effective communication strategies for hearing loss-related speech impairment
- Provide a plan to protect and preserve your hearing
- Routine audiological exams, proper care of your devices, and ear canal checks



*"Good hearing care is not just about devices - it's about trust, understanding, and lifelong support."*

- Erin Kelly, Doctor of Audiology at ENT Specialists



*"I love doing hearing tests because they're the first step in uncovering solutions that can truly change lives."*

- Marcy Cornish, Doctor of Audiology at ENT Specialists

2 convenient locations across South Florida.



## How do I get started?

Start your journey to better hearing at ENT Specialists. Our audiologists are extraordinarily qualified to help you identify your hearing needs and the solutions available to help bring quality sound into your life.



*"I can't begin to express how satisfied I am with the entire crew in the Audiology Department. In every time of need, they immediately swing into action. Their professionalism is superb. I've never been treated better."*

- A Patient of Elevate ENT Partners

Lifelong Hearing Consultants • Clinical Expertise • Products for Every Patient • Quality Affordable Care

FloridaENTCare.com

