

# Comprehensive Hearing Guide

Proper ear care begins by understanding how to protect your hearing for a lifetime. The trusted audiologists at Texas 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 Texas 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
- Cochlear implants

# Listen up!

## Hearing loss is a growing problem...



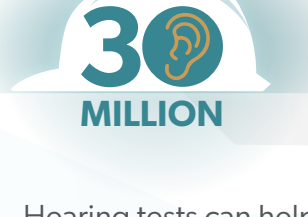
Hearing Loss is the **3rd most common health problem among older adults in the US.**



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 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.

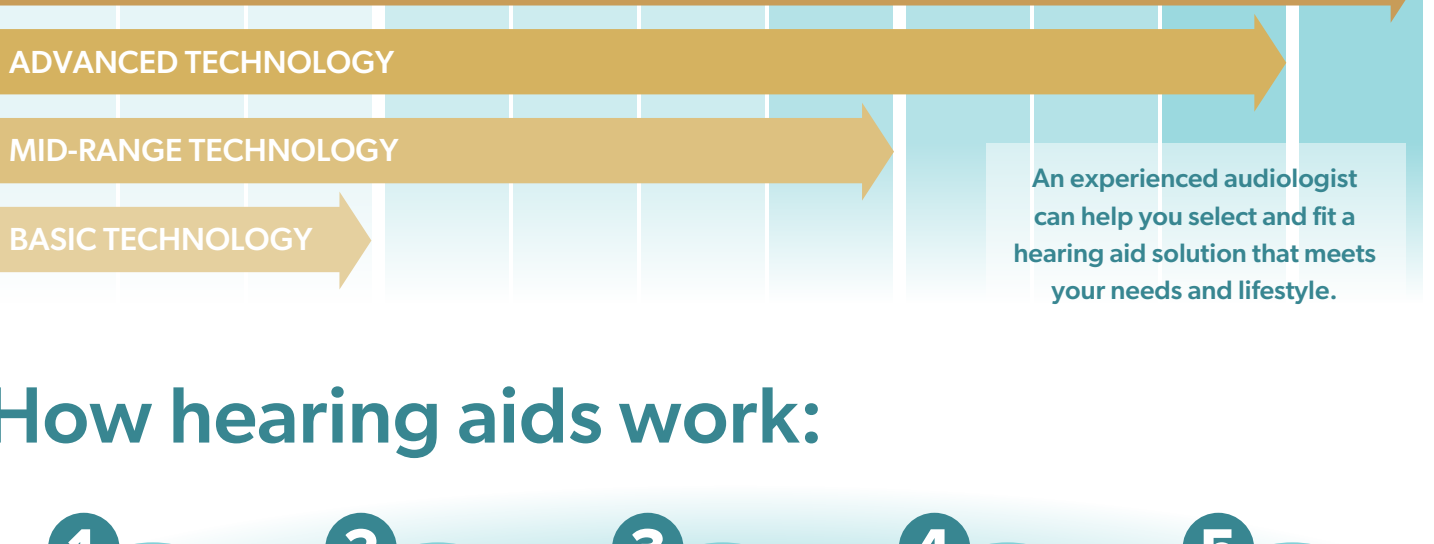
**DIABETES**  
Hearing loss is twice as common in people with diabetes compared to those without. Adults whose blood glucose is higher than normal but not high enough for a diabetes diagnosis have a 30% higher rate of hearing loss compared to those with normal.

**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.

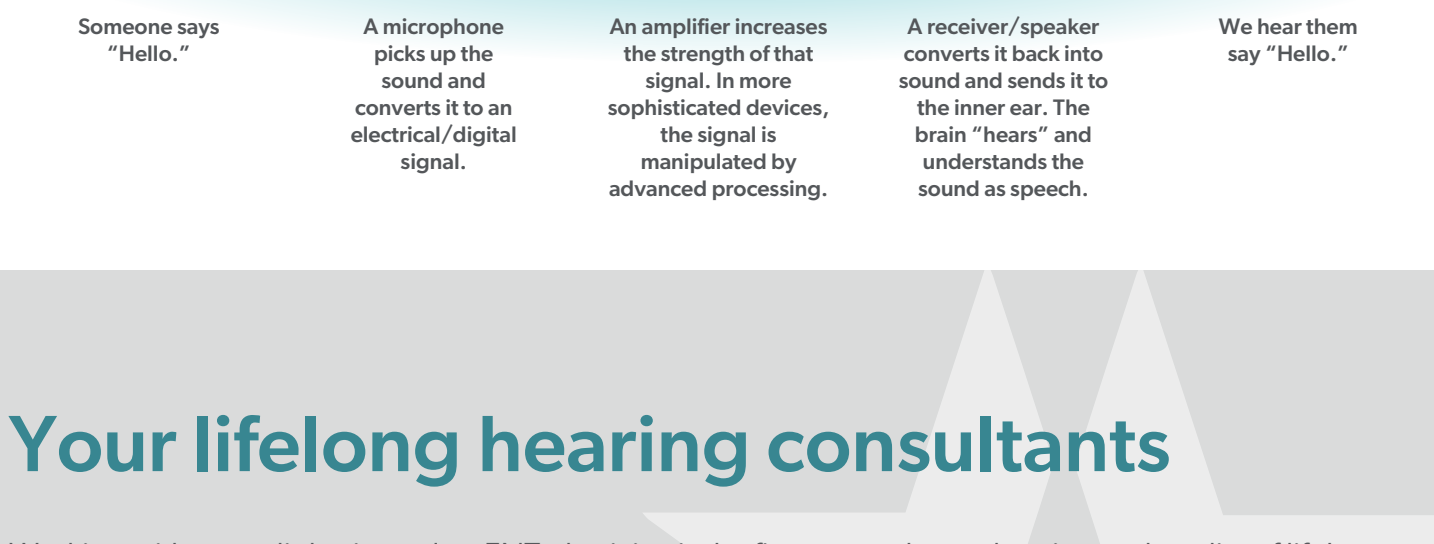
## Are HEARING AIDS right for you?

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:



## 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 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

*"Properly treated hearing loss will provide the stimulation your brain needs to continue to be able to interpret sound correctly. Our goal as audiologists is to deliver the very best hearing healthcare for each patient's individual needs."*

- Julie Wheeler, Doctor of Audiology at Texas ENT Specialists

*"It is important to visit an audiologist because we can provide a real ear evaluation, give guidance and face to face communication to ensure excellent fit and service of a hearing aid."*

- Kody Brooks, Doctor of Audiology at Texas ENT Specialists

**15 convenient locations in South Texas.**

## How do I get started?

Start your journey to better hearing at Texas 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.

*"Over the course of 20 years, I have had several Audiologists. Never have I had one that I feel as comfortable with as our Audiologist here. You feel she is part of the family. The hearing aids feel like wearing earrings. I don't even notice them there. When she put them in, I jumped! I could hear so much better. I haven't been able to hear this well in years."*

- A Patient of Texas ENT Specialists