



# Comprehensive Hearing Guide

Proper ear care begins by understanding how to protect your hearing for a lifetime. The trusted audiologists at South Florida ENT Associates 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 South Florida ENT Associates, 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.

**TOTAL BODY HEALTH BEGINS WITH BETTER HEARING 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.

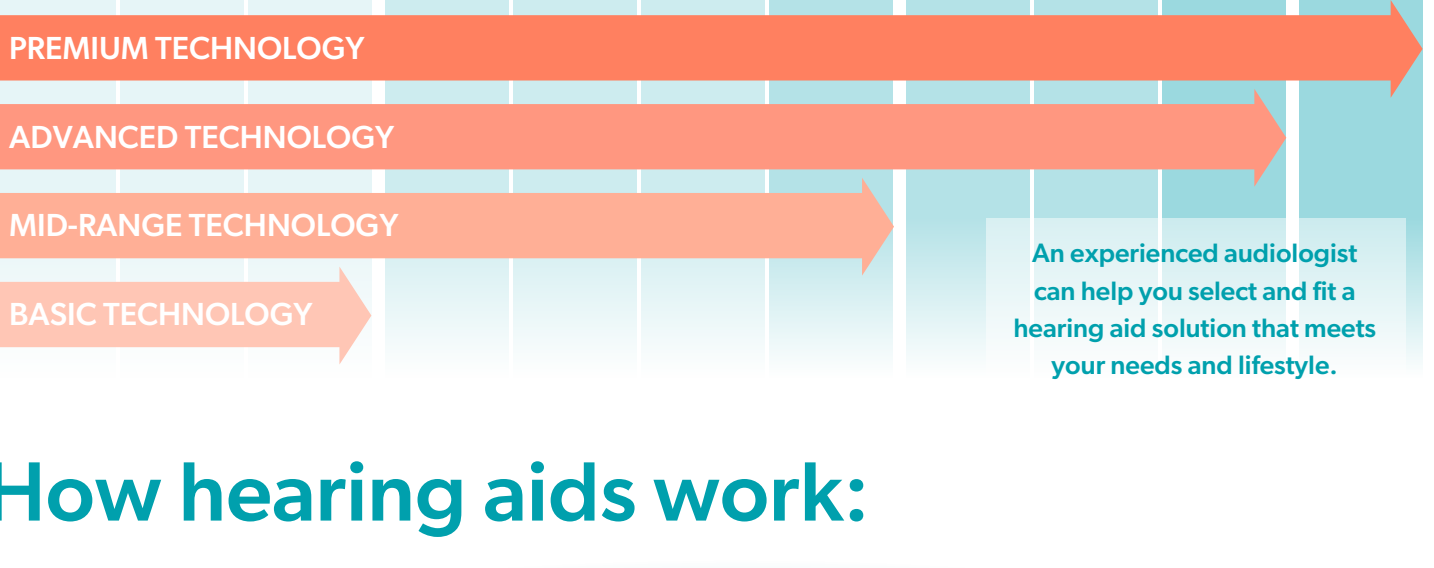
**OTOTOXICITY**  
There are more than 200 medications on the market today that are known to cause hearing loss. The list of known ototoxic drugs (toxic to the ears) includes aspirin, quinine, water pills, certain antibiotics, some anticancer drugs, some anesthetics, environmental chemicals like carbon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

- 1** Someone says "Hello."
- 2** A microphone picks up the sound and converts it to an electrical/digital signal.
- 3** An amplifier increases the strength of that signal. In more sophisticated devices, the signal is manipulated by advanced processing.
- 4** A receiver/speaker converts it back into sound and sends it to the inner ear. The brain "hears" and understands the sound as speech.
- 5** 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

**“Every individual’s hearing loss and needs are unique, and an audiologist is the most qualified professional to provide solutions that will improve communication and quality of life.”**

- Maria Roa, Doctor of Audiology at South Florida ENT Associates

**“Our goal is to provide you with the very best compassionate and personalized hearing care so that you can reach your maximum hearing potential.”**

- Sherry Rauh, Doctor of Audiology at South Florida ENT Associates



## How do I get started?

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

*“At the age of four, I was diagnosed with hearing loss. For the past 20 years, South Florida ENT Associates and my doctor have been an important part of my life. I definitely recommend South Florida ENT.”*

- A Patient of South Florida ENT Associates