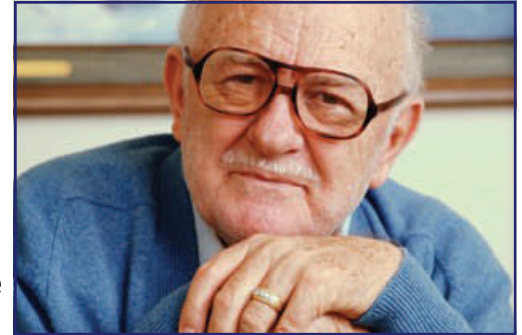


Listen to the World Around You

By Dr. Vanessa M. Dazio

Hearing loss is one of the most common conditions affecting older adults. Roughly one-third of Americans 65 to 74 years of age and 47 percent of those 75 and older have hearing loss. Most people are aware of their own hearing loss, but surprisingly, don't do anything about it. My Uncle Bob is somebody who did do something about his hearing loss. He recently got new see-through hearing aids. He said friends never even noticed them. Uncle Bob said hearing again was a joyful experience. He knew he was missing out on common daily life sounds, but did not realize how much, until he could hear again. My uncle reveled in hearing birds in his back yard, wind rustling through trees, background music, his own footsteps or that of his grandchildren running down the hall. He said he can even hear sounds when he scoops coffee grounds in the morning. He realized they were simple sounds, but sounds of life he was missing.



Uncle Bob is now listening to the world around him with joy and appreciation. He said it was a great gift he gave himself. To have hearing tested, consult with an audiologist or ask a health professional for a referral to a specialist in your area. This could be a life enhancing first step filled with possibilities.