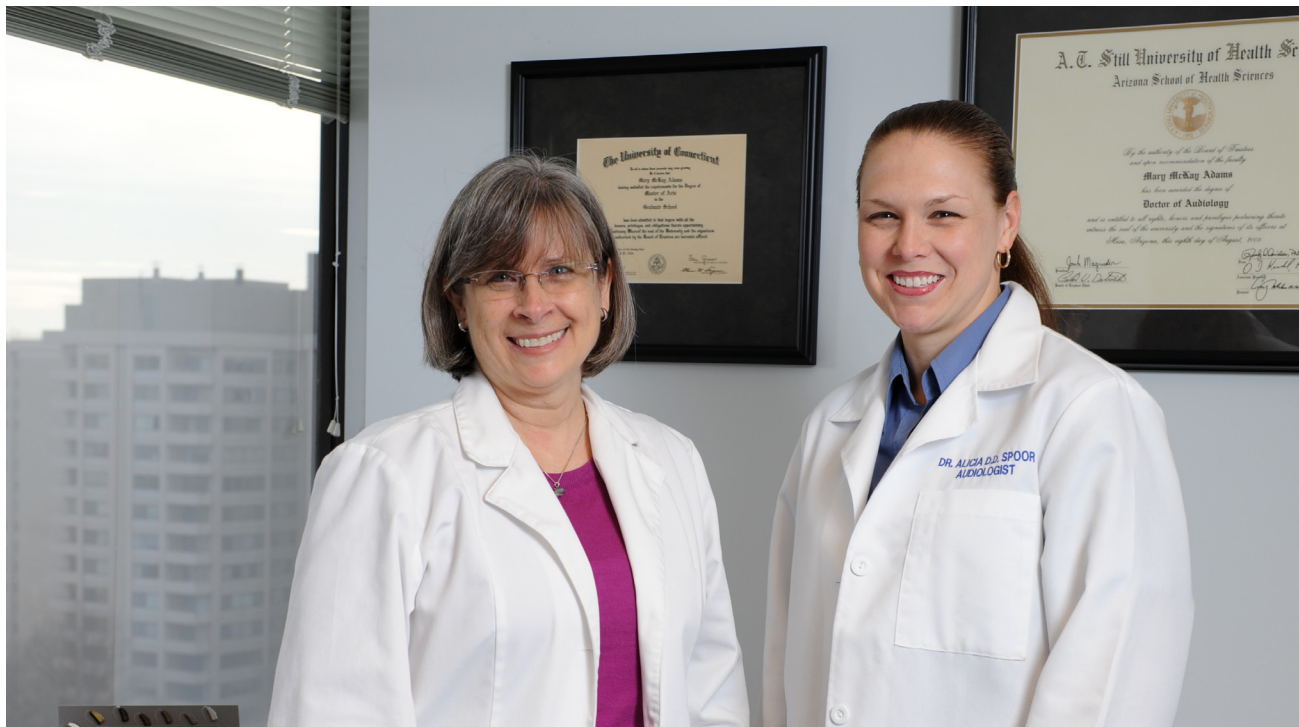


A&A Hearing Group



HILARY SCHWAB

Question: How do I know if I have a hearing loss?

Dr. Mary Adams: Hearing loss is the third most common health problem in the United States, yet many people are reluctant to admit that they have a problem. An easy self-test to see if you might have a hearing deficit is to ask yourself these questions: Do you often feel like people are “mumbling”? Do you find yourself frequently asking “What?” during conversations? Do others complain that you have the TV too loud? Do you have trouble hearing at noisy restaurants or parties? If you answered yes to any of these questions, you should get a hearing exam by a doctor of audiology.

If you have any level of hearing deficit, it is important to properly treat it. Studies have shown that leaving hearing loss untreated can lead to increased levels of anxiety, depression, fatigue, stress and social isolation. Recently, Johns Hopkins and the National Institute on Aging found a link between untreated hearing loss and early onset of dementia and Alzheimer’s.

A doctor of audiology is the health professional who is best qualified to evaluate hearing loss. During your first appointment you can expect a pleasant and comprehensive hearing evaluation during which the audiologist will provide you with complete information about your hearing status and the best treatment options if any are appropriate.

Question: What can hearing aids do for me?

Dr. Alicia Spoor: Hearing aids can help you hear what you have been missing and help you enjoy life again to the fullest! A recent

study by the Better Hearing Institute (BHI) showed that properly fit hearing aids, using real ear measurements and evidenced-based protocols, can improve relationships, increase safety and reduce listener stress and fatigue.

A&A Hearing Group offers hearing aids in a variety of styles and sizes, including, but not limited to, invisible hearing devices. Important benefits available in today’s hearing aids include significantly helping the user hear in noise, automatically adjusting the level for comfort and clarity, and digital sound enhancement for crisper speech understanding. There are even easy-to-use remote controls and Bluetooth options available so you can hear your cell phone and TV right through your hearing aids! In addition, for people suffering with tinnitus, there are devices that can help with its management.

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