

# Preparing for your visit to Audika



Useful information and tips to help get ready for your hearing consultation



# Your first hearing care appointment

If you have never visited a hearing care expert, you probably don't know what to expect. At Audika you are in for a pleasant experience that is interesting, informative and may be your first step to better hearing. You will get to understand your hearing needs better, and explore any possible improvements.



## What to expect

When you arrive at Audika, your hearing care expert will discuss your hearing history to understand what factors have influenced your hearing and also to get more information on your personal hearing needs.

In addition, a hearing examination will be conducted. The visit may also include a listening experience with hearing devices, when appropriate. After your hearing care expert has interpreted the results of your hearing evaluation, he/she will explain them to you clearly.

Then it will be time to develop a plan for the next steps. If we find that you do have a hearing loss, we may recommend hearing aids.

## Bring someone with you

Most people find it helpful to bring a spouse, family member or friend to this visit. You will typically get more out of your visit if someone close to you can share in the experience. The hearing care expert will also benefit from learning about your hearing abilities from someone close to you.

# Understanding your hearing

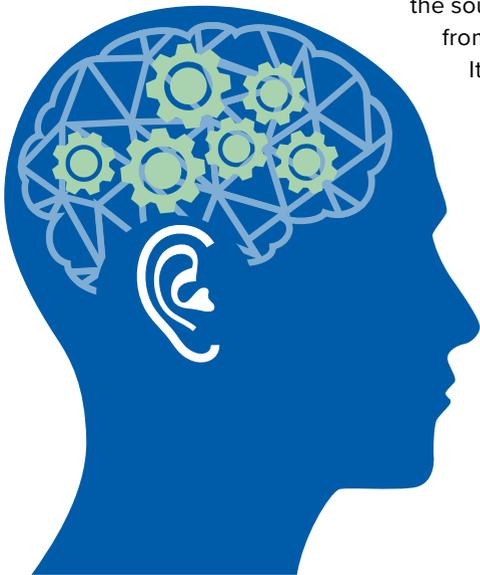
As you prepare for your visit, there are a few things you need to know

## It's your brain that hears not your ears

Your hearing serves many purposes, such as keeping you safe, locating where sound is coming from, and helping you follow conversations. Your ears and brain work together as a hearing system. Your ears funnel information into your brain, which processes the information into sound and meaning.

Your brain constantly takes in a wide variety of cues from your ears. It automatically and effortlessly identifies the sounds and locates where they are coming from. Imagine you are about to step into traffic. It is your brain that lets you know whether or not it is safe to proceed. Therefore, it is crucial that you can hear all the sounds around you. It is also important to hear them with both ears, in order to understand where a sound is coming from.

In noisy environments, your two ears work together to improve speech understanding by providing access to the important details in the environment. The more detailed the information your brain receives, the easier it is to identify and follow what is being said.



## Living with a hearing loss is tiring and may affect your ability to remember

Getting through the day with a hearing loss can be hard work. Everyday situations require more effort in order to follow and understand what is being said. When you have a hearing loss, your ears lose their ability to pick up certain sounds. Your brain has to work much harder to "fill in the gaps" and guess what is being said.

Both of these tasks require more mental resources and can leave you feeling exhausted. Using more mental resources to hear leaves you with fewer resources to perform other important brain functions such as remembering what was said. So even if you manage to follow the conversation you may struggle recalling what has been said. To reduce the load on your brain, it is important that you hear all speakers clearly, especially in noisy environments.



### Did you know?



Untreated hearing loss makes it difficult to follow conversations and may make you feel exhausted



Untreated hearing loss often leads to reduced contact with family, friends and colleagues, which can turn into feelings of isolation and depression



Untreated hearing loss makes it difficult to stay connected to communication and entertainment devices like TV and phones

# Sound is an individual experience

No two people experience sound in the same way. Even if they have identical hearing test results, they can experience the same sound environment differently.

Hearing loss also affects people in different ways. For some, conversations in crowded rooms are a strain. Others may find it difficult to hear certain sounds.

Because of this, the best listening experience is only possible by customising hearing aids to match your needs.



Sport



Family dinner



Watching TV



Work



Meeting friends



Traffic



Other situations?

Which situations do you find challenging?  
Are there particular things you would like to improve?

# Hearing is central to your health and quality of life

## Using hearing aids helps reduce mental decline

As hearing worsens, people may become increasingly frustrated and socially isolated. Studies show that untreated hearing loss is associated with a greater risk of dementia\*. While no hearing aids can cure dementia or restore your hearing, they help keep your brain to stay fit.

You may find it easier to communicate and participate in social activities if you use hearing aids. These activities stimulate the brain and help decrease the risk of accelerated mental decline that is related to untreated hearing loss.\*\*

\* Source: Lin et al. (2011). Compared with normal hearing, increased risk of dementia:

1.89 for mild hearing loss, 3.00 for moderate hearing loss, and 4.94 for severe hearing loss.

\*\* Amieva et al. (2015). Self-Reported Hearing Loss, Hearing Aids, and Cognitive Decline in Elderly Adults: A 25-Year Study. Journal of the American Geriatrics Society. Volume 63, Issue 10; 2099–2104.

## Dementia risks with untreated hearing loss

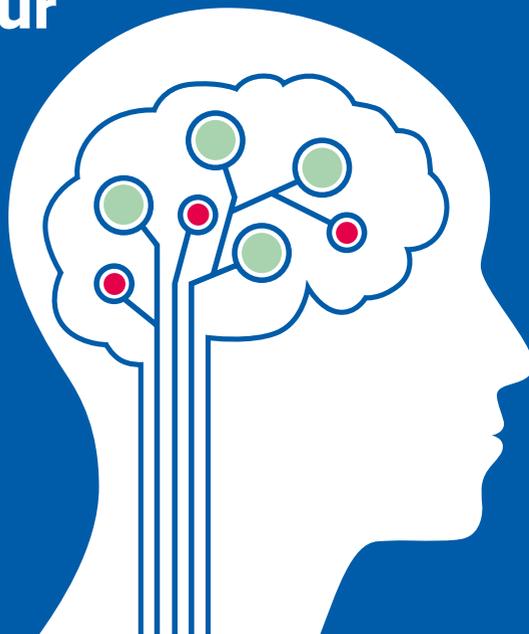
**Mild** loss: **2X** more likely

**Moderate** hearing loss: **3X** more likely

**Severe** hearing loss: **5X** more likely



## Help keep your brain fit



### Untreated Hearing loss

↓  
Less stimulation of the brain

↓  
Accelerated mental decline  
Higher risk of dementia

↓  
**Trouble with remembering  
and problem solving**



### Treated Hearing loss

↓  
Improved communication skills

↓  
Socially active  
Stimulation of the brain

↓  
**Helps keep your brain fit**



# Preparing for your visit

These questions can help to gain a good understanding of your hearing before you come to see us. Please think about how your hearing has changed and how it affects your life.

You might want to discuss the questions with someone close to you.

1. What prompted you to make an appointment with Audika?

## To what extent do you agree/disagree with the following statements?

		Agree		Neutral		Disagree	
		1	2	3	4	5	
2.	I find that people mumble a lot	<input type="checkbox"/>					
3.	I have difficulties hearing the television	<input type="checkbox"/>					
4.	I have difficulties hearing on the phone	<input type="checkbox"/>					
5.	I find it difficult to determine where sounds are coming from	<input type="checkbox"/>					
6.	It is difficult for me to hear soft speech, like whispers	<input type="checkbox"/>					
7.	I find it difficult to hear speech in places such as restaurants and parties	<input type="checkbox"/>					
8.	I feel like I have to concentrate a lot when more than one person is speaking to me	<input type="checkbox"/>					

Agree                      Neutral                      Disagree  
1                      2                      3                      4                      5

9.	I tend to withdraw from social situations because it is difficult to follow conversations	<input type="checkbox"/>				
10.	I feel tired and/or mentally exhausted at the end of days that involve a lot of conversing	<input type="checkbox"/>				
11.	I have a hard time remembering what was said in conversations	<input type="checkbox"/>				
12.	I believe a hearing aid can change my quality of life	<input type="checkbox"/>				
13.	Please write down any questions you have about your hearing					

14. Other comments

15. Would your spouse, family member or friend like to make any comments?

**Please bring your answers with you to your appointment – they can help you get the most from your consultation.**

# Contact information

Please contact us if you have any questions before your next appointment. It is important for us at Audika that you get the best possible results as you move forward.

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Hearing care expert:

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Telephone number:

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Date of consultation:

Notes: