



We Improve Communication for Life

## Hearing and the Holidays

Do you have trouble following conversations? Do you keep asking people to speak up or repeat themselves? Does it seem like your grandkids mumble a lot?

You might not realize how much you're missing on a day-to-day basis or that you compensate for a hearing loss, but those around you notice. Often friends and family are the first to recognize a hearing loss.

Don Carman, Columbus Speech & Hearing Center patient, was in this situation at one time. "At parties or at family gatherings with large groups I would have to say, pardon me, pardon me, I can't hear you."

Many people put off getting a hearing evaluation because they don't want to be told they need hearing aids. Unfortunately a stigma still exists. People believe that hearing aids will make them look old, or that they are too expensive. The truth is there are various styles of hearing aids available, both in terms of price and appearance.

Loss of hearing is a debilitating experience. It can adversely affect a person's career, studies, interpersonal relationships and quality of life in general. Only you can decide if your hearing loss is significant enough for a hearing aid, but missing what your family and friends are saying is reason enough.

"I didn't like missing out on conversations," said Don. "My wife recommended I make an appointment at Columbus Speech & Hearing Center, and once I got my hearing aids my hearing improved 100%. I could understand people across the room and sounds weren't blurry anymore!"

"Now everyone has become so accustomed to my hearing aids, that if I miss something in conversation, my family will say, 'Dad, are your hearing aids turned on?'"

**Don't miss out on the holidays! Make sure you can hear your family at the next gathering. Schedule a hearing evaluation by calling 614.261.5452 or emailing [hearing@columbusspeech.org](mailto:hearing@columbusspeech.org). Your family will thank you!**