

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

Hearing Care Professional:

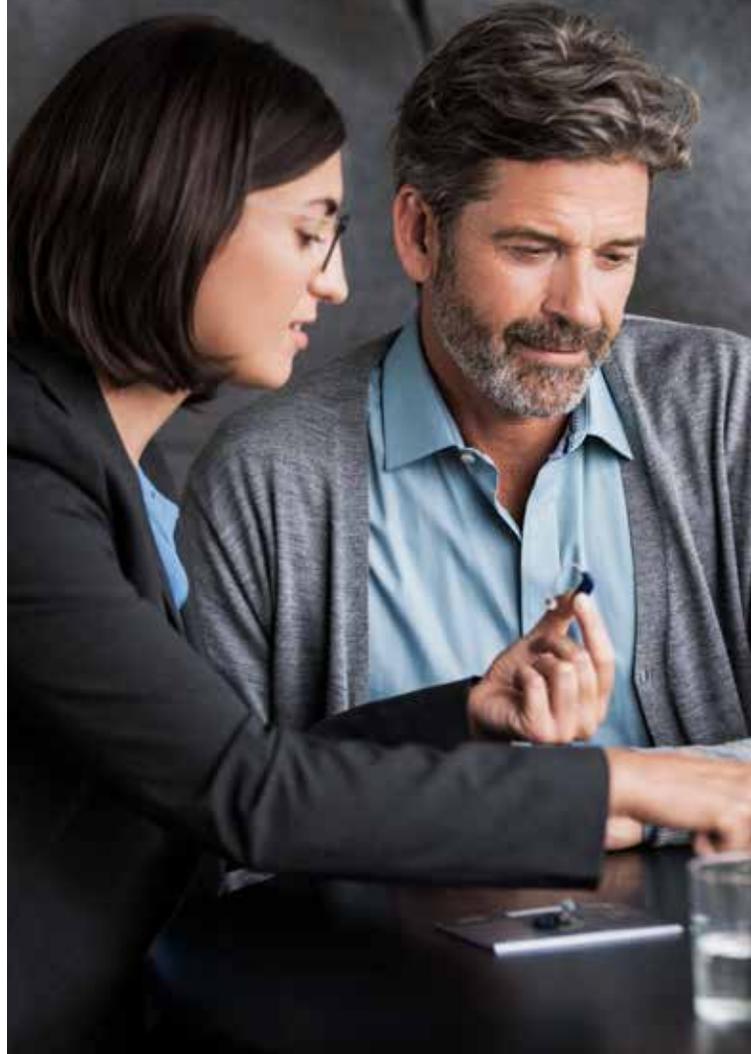
Telephone number:

Date of consultation:

Notes:

Preparing for your visit

What to expect at your hearing consultation

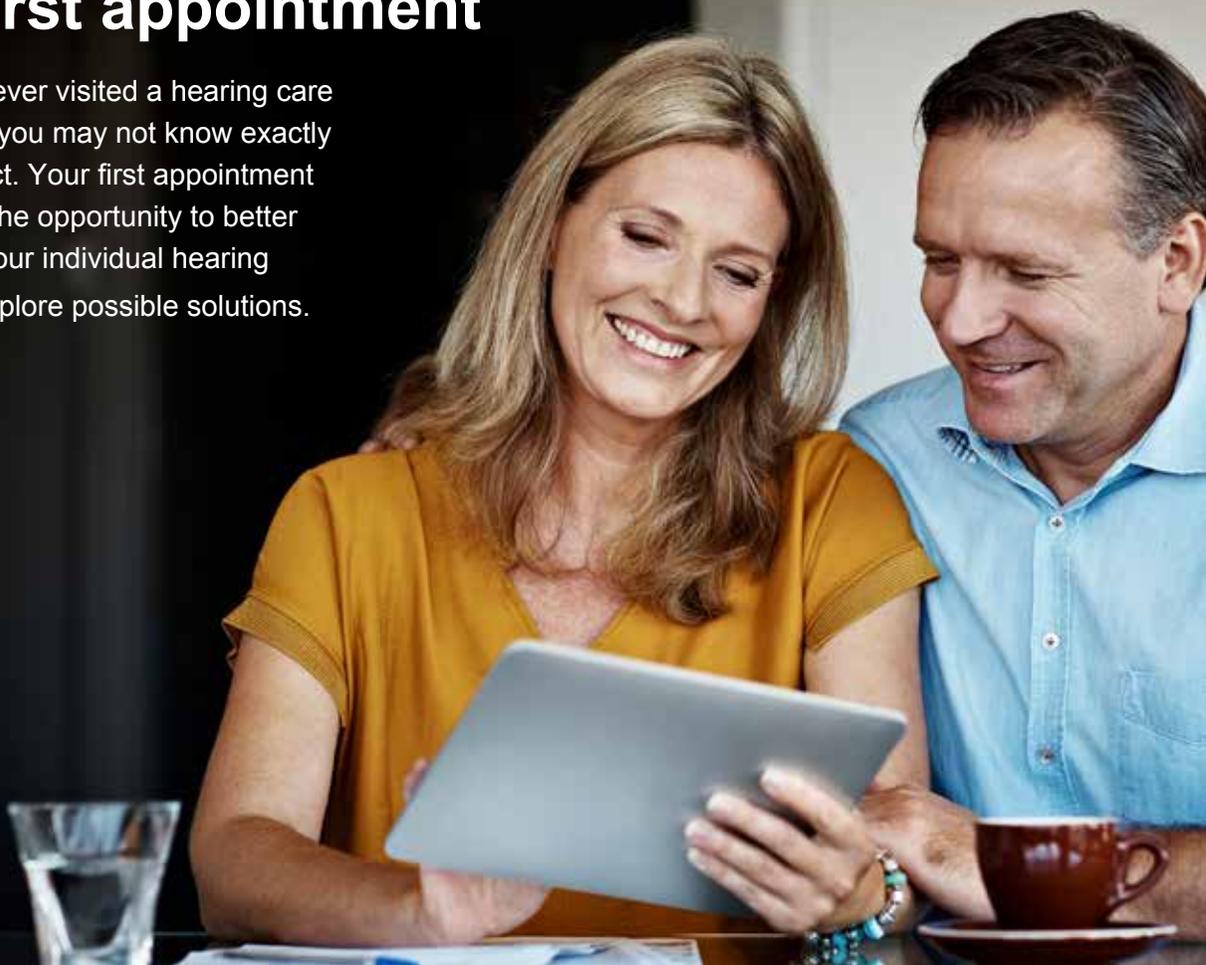


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PEOPLE FIRST

Your first appointment

If you have never visited a hearing care professional, you may not know exactly what to expect. Your first appointment will give you the opportunity to better understand your individual hearing needs and explore possible solutions.



What to expect

When you arrive for your visit, your hearing care professional will discuss your hearing history to understand what factors have influenced your hearing and 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 professional has interpreted the results of your hearing evaluation, he/she will explain them to you.

It will then be time to develop a plan for the next steps. If you have a hearing loss, hearing aids may be recommended.

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 professional 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 form a system and work

together. Your ears funnel information into the hearing system and your brain processes this information into sound and meaning.

Your brain constantly takes in info from your ears, and automatically 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 from both ears 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 can 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. Even if you do manage to follow the conversation, you may struggle to recall what has been said. To reduce the load on your brain, is it important that you hear all speakers clearly, especially in noisy environments.

Did you know?



Untreated hearing loss makes it difficult to follow conversations and is often very exhausting



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

Sound is an individual experience

Many people are surprised to find out that no two people experience sound in exactly the same way. Two people with identical test results may experience the same listening environment very differently. These differences are more than mere preferences. They reflect how each individual experiences sound.

Therefore, the best listening experiences are those that can be customized to match your listening needs.



Hearing is central to your health and quality of life

Using hearing aids can help reduce mental decline

As hearing loss increases, people become increasingly frustrated and socially isolated. New studies show that untreated hearing loss is associated with a greater risk of dementia*. While no hearing aid can cure dementia or restore your hearing, they do go a long way in helping to keep your brain fit.

When you wear hearing aids you will find it easier to communicate and participate in social activities. This stimulates your brain and helps decrease the risk of accelerated mental decline related to untreated hearing loss.**

Taking care of your hearing is one of the important keys to maintaining an active intellectual and social life.

Risk of developing dementia with untreated hearing loss

Mild loss: **2X** more likely

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

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



* 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.

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

To get the most out of your consultation, please think about how your hearing has changed and affects your life. Take a moment to complete these questions and bring your answers with you to your appointment. You might want to discuss the questions with someone close to you.

1. Tell us about what brought you in here today?

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

- | | Agree
1 | 2 | Neutral
3 | 4 | Disagree
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 1 2 Neutral 3 4 Disagree 5

9. I tend to withdraw from social situations because it is difficult to follow conversations
10. I feel tired and/or mentally exhausted at the end of days that involve a lot of conversing
11. I have a hard time remembering what was said in conversations
12. I believe a hearing aid can change my quality of life

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?
