



Take action

- Get your hearing tested (it's not hard)

ReSound
red|scover hearing



Do you have doubts about the hearing test?

It's probably the easiest test you'll ever take. A hearing test is quick, simple and painless. In most cases, the results are instant - you will learn immediately if you have a hearing problem and what steps you should take to improve your hearing. There are a number of different testing methods, but most start with brief questions about the health of your ear, your general health and your lifestyle. These questions determine the cause and nature of your possible hearing loss.

A quick look into the ear

The first thing a hearing professional will do is take a look in your ear with a special otoscope. This is done to examine the ear canal - the tunnel that leads from the outer ear to the eardrum. Inspection of the eardrum can also provide a lot of information about what is happening in your eardrum or middle ear. Looking into the ear does not hurt.

Remember that you are in the hands of professionals who want to help you improve your life. Do not hesitate to discuss your concerns or ask any questions you might have.





The actual hearing test

A hearing test evaluates your hearing sensitivity and is generally performed by using an audiometer, which determines sensitivity at different frequencies.



Step by step:

- 1** You are usually placed in a sound insulated booth with a set of headphones over the ears or foam earphones placed in the ear canal.
- 2** Your headphones are connected to the audiometer. The audiometer is calibrated to measure your hearing with precision.
- 3** The audiometer sends tones at various frequencies to one ear at a time, while the audiologist plots the loudness (in decibels) on an audiogram (see next page).
- 4** While you are being exposed to the different tones, you'll signal to the audiologist either by raising your hand or pressing a button, when you hear the tone, no matter how quiet it is. The audiologist is looking for the softest levels at which you can hear the tones important for understanding speech. You may hear the same tone many times. Don't worry: this is part of the test and ensures accurate results.
- 5** Over the course of the test, the audiologist plots points on a graph that will show your hearing compared to the norm (see next page).
- 6** The test will produce results in the form of a graph with frequency on the horizontal axis and loudness on the vertical. The result is referred to as your "threshold". Normal hearing for adults is usually 25 dB or quieter.
- 7** Your evaluation may include other subtests such as speech audiometry. Your hearing care professional will read lists of words to you through the headphone, and you will do your best to try and repeat the words. Do not worry if you miss any of the words. Just do the best you can.



What do my test results mean?

Your hearing care professional will explain the test results in detail. Hearing loss is measured in decibels hearing level (dB HL). If you can hear sounds across a range of frequencies at 0-25 dB your hearing is considered normal. The thresholds for different types of hearing loss are as follows:

Mild: 25-40 dB HL

Moderate: 41-55 dB HL

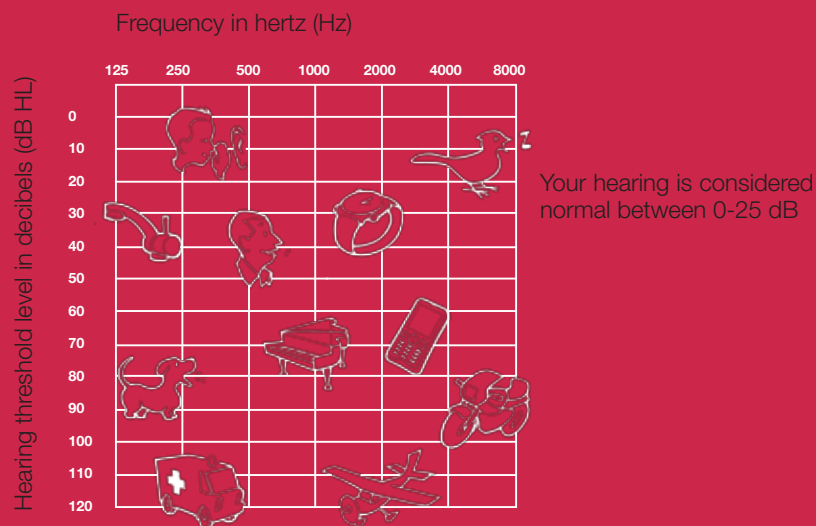
Moderately severe: 56-70 dB HL

Severe: 71-90 dB HL

Profound: 90+ dB HL

What if the hearing test shows hearing loss?

A hearing test will reveal the nature of your hearing loss. If your test shows a hearing loss, you'll be advised on the kind of hearing assistance that best suits your needs, whether you'll need one or two instruments, and how you can get the most benefit from them.





A hearing instrument is more discreet than hearing loss

Long gone are the days when a hearing instrument was a large, obvious, embarrassing flesh-coloured prosthesis with bad performance. Just like computers and cellular telephones from a decade ago, hearing instruments are now available as much smaller devices and they perform in unthinkable ways compared to recent years. There are four basic types of hearing instruments: Behind the ear (BTE), In the ear (ITE), In the canal (ITC) and Completely in the canal (CIC). And in April 2008, Resound introduced a fifth category: Invisible Open Technology (IOT).

Behind the ear (BTE)



Invisible Open Technology (IOT)



In the ear (ITE)

In the canal (ITC)

Completely in the canal (CIC)





What are the benefits of a modern hearing instrument?

New hearing instruments offer a number of high-tech features that amongst other things provide better speech understanding in noisy environments by for example turning down the unwanted noise and turning up the speech. They are also programmed to compensate for your specific hearing needs.

A modern hearing instrument doesn't make everything louder – it makes sound more distinct!

Towards better hearing

The road to better hearing begins with an audiological evaluation for diagnosis. This is followed by the selection and fitting of hearing instruments, and finally a period of adjustment. The more you know about this process the better the results, so read as much on the subject as possible. The hearing care professional can recommend further reading material and there is a lot of information to be found online.

You can start at www.rediscoveround.com

