

HEARING WELL, LIVING BETTER

Spain is one of the countries with the longest life expectancy in the world. This achievement, however, confronts us with a new challenge: **improving and prolonging our quality of life.**

This means being aware of age-related diseases. Among them, **presbycusis**.

This type of hearing loss is generally **experienced with a certain degree of resignation**. People neither seek nor address solutions that could improve their **physical, cognitive or emotional health**.



Presbycusis is deafness associated with the ageing of the hearing system and sets in gradually over the years.

**It is essential to maintain healthy habits,
be across its symptoms
and see a specialist to reduce its negative impact
on our lives.**

Healthy habits

- ✓ Ear hygiene. Don't use cotton buds. Control wax.
- ✓ Avoid noisy environments and exposure to loud sounds. Protect yourself from noise.
- ✓ Make rational use of headphones.
- ✓ Control the use of ototoxic drugs.
- ✓ Have periodic hearing examinations with an ENT specialist in otorhinolaryngology.
- ✓ If hearing aids or implants are used, have regular professional check-ups (ENT and prosthetic audiologist).

Warning signs of presbycusis

- ✓ Having to turn up the volume on the TV, radio or other devices.
- ✓ Difficulty understanding conversations.
- ✓ Difficulty understanding phone calls.
- ✓ Difficulty understanding the television.
- ✓ Failure to respond when called from short distances (e.g. from one room to another).
- ✓ Buzzing or beeping in the ears.
- ✓ Avoiding or not enjoying leisure activities (cinema, theatre, etc.) or meetings with family and friends.
- ✓ Need to take someone with you to make arrangements.

Available solutions

Medical, audiological and technological advances are now available to treat hearing loss.

Among them, hearing prostheses are the **most remarkable** (hearing aids and implants).

There are also **support products** (subtitling, magnetic loop and digital wireless technology) for accessing information and communicating in the environment.

**If you use hearing aids and/or implants,
you will be able to hear better**

**without the adverse effects of reverberation, distance and background noise by
activating the **telecoil** that will allow connection to the **magnetic loop** installed in
spaces and buildings.**

**When purchasing, be sure to read up and ask for your hearing aid to be fitted
with a **telecoil**.**



This symbol means the space or place you are in has a **magnetic loop**.

More information at:

