

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:

