



1222 South Patterson Boulevard Suite 400  
Dayton, OH 45402



- Hearing versus Listening- A Communication Issue
- Hearing Loss: The Hidden Danger When the Brain Can't Hear
- Risk Factors

For Appointments Call: (937) 999-2314

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# HILLCREST HEARING & BALANCE CENTER

SUMMER 2016

## Hearing versus Listening- A Communication Issue

Commonly, a person may express that they did not hear someone talking to them. This may indeed be the case, but sometimes they actually heard something, but did not understand it. This happens frequently to persons with hearing loss.

We easily forget that **hearing and listening are actually two different events. Hearing relates simply to the perception of sound, while listening involves more complex brain processing.** Listening involves paying attention to the speaker, with the intention of comprehending what he or she may be saying. Therefore, the process of listening is more active than the process of hearing.

Hearing aids are a first step in managing hearing loss. These devices can help one's ability to detect sounds, allowing the listener to spend more energy on the listening event rather than the hearing event.

In many cases, routine use of personal amplification (hearing aids) may manage the hearing loss effectively; however, more assistance

may be needed. The brain's ability to understand is very complex and individualized. There is now a way to enhance listening skills, leading to better comprehension and communication.

Rehabilitation is often a term used when someone is recovering from surgery or a broken limb. The same term can be applied to listening. Aural rehabilitation helps a person learn how to use their brains to listen and "fill in the gaps" better so they may reap the full potential of their auditory system.

Hillcrest's audiologists and hearing instrument specialists are trained to work with you to "rehab" your communication skills. Improved hearing and listening require a treatment approach to enable best results for you. Our staff will work with you to use strategies and tools to improve your listening and communication. This comprehensive service approach is designed to help you with your hearing health care for life.

*"Improved hearing and listening require a treatment approach to enable best results for you."*

Please schedule an appointment today at one of our four convenient locations: (937) 999-2314

6601 Business Parkway  
Centerville, OH 45459

1222 South Patterson Blvd.  
Dayton, OH 45402

9000 North Main Street,  
#319  
Englewood, OH 45415

1861 Towne Park Drive, #H  
Troy, OH 45373



www.hillcresthearing.com  
(937) 999-2314

# HEARING LOSS: THE HIDDEN DANGER WHEN THE BRAIN CAN'T HEAR

*The consequences of an untreated hearing loss are real. We collect sound with our ears and we process the sound in our brain. For those with an untreated hearing loss, one can lose the ability to understand the spoken word. This documented process is called "Auditory Deprivation."*

According to Teri James Bellis, PhD, in her landmark book on Auditory Processing Disorder, *When the Brain Can't Hear*, "As sound travels through an imperfect auditory pathway, words spoken to the afflicted listener may become jumbled, distorting original meaning and rendering the words unintelligible."

When you think about a conversation with all the sounds, the inflections and tempo changes, it makes communication extremely complicated. When a hearing loss has been present and untreated, the ability to follow the conversation can become extremely difficult. Without receiving the appropriate stimuli, the brain stops processing sounds like background noise and can no longer filter speech clearly. You may answer a question incorrectly, withdraw, smile and pretend you understood the conversation. This can be particularly troublesome when you are visiting the doctor, and important information is being relayed. In some cases, people have been "misdiagnosed" with Alzheimer's disease because they were unable to follow the conversation.

According to world renowned Otolaryngologist, Dr. John Shea Jr., of the famed Shea Ear Clinic, "If a person is hard of hearing and they don't get amplification, they are not hearing and they lose the ability to understand." Once

familiar sounds, like the hum of a refrigerator, slowly fade and

become unrecognizable noise competing with spoken words.

Dr. Shea went on to say, "When presented with amplification, or hearing aids, speech understanding becomes clearer. However, it is a continual process of improvement.

*"people have been "misdiagnosed" with Alzheimer's disease because they were unable to follow the conversation."*

Stimulating the brain with sound may help to overcome the auditory deprivation process, and getting help early is critical to a long term success."

The audiologists of Hillcrest and the physicians of Southwest Ohio ENT work together to help you to maintain the speech recognition you have. Recommendations often include fulltime, daily wear (in both ears) of the best hearing aids you can afford. Hearing aids may assist you to lessen communication problems and help you to preserve and protect the brain's ability to recognize speech.

Often called the "invisible disability", hearing loss happens slowly over time and may go unnoticed for years. According to an article in *Post Graduate Medicine*, by Dr.'s Shoheit and Bent, "loss of hearing is a national health problem with significant physical and psychological repercussions. Although there is no cure for certain forms of hearing loss, many patients can be helped, especially when the problem is recognized early." Wearing amplification (hearing aids) has been shown to help preserve the remaining hearing and speech clarity.



# DID YOU KNOW...

## RISK FACTORS

**EARLY INTERVENTION IS THE BEST MEDICINE.**

At **Hillcrest Hearing & Balance Center**, it is our mission to educate patients on the effects of untreated hearing loss.

### SMOKING

Current **smokers** have a **70 percent higher risk** to have hearing loss than nonsmokers.



### OSTEOPOROSIS

The demineralization of the three middle ear bones may contribute to or cause a conductive hearing impairment.



### HEART HEALTH

The inner ear is extremely sensitive to blood flow. Studies have shown that inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss.



### DIABETES

Hearing loss is about twice as common in people with diabetes.



### HYPERTENSION

High blood pressure and Hypertension are accelerating factors of degeneration of the hearing apparatus due to aging.



We encourage you to take the first step to better hearing and **make** an appointment for a consultation.

Call  
**(937) 999-2314 Today!**

