



CHOOSING A HEARING AID cont.

1 or 2? - If your hearing loss affects just one of your ears, you may only need one hearing instrument. Although age and noise-related hearing loss tend to affect both ears, your hearing profile for each ear is likely be different.

In general, a binaural (two-ear) approach is most effective. It helps a wearer distinguish between sounds more easily and determine which direction a sound is coming from.

Cosmetics - Hearing instruments come in a variety of sizes and styles. Some instruments fit discreetly behind your ear, while others are so small that they're almost entirely hidden. Remember: Others will be far less aware of your hearing aid than you are.

Value & Price - Your hearing aid is much more than a piece of plastic that houses state-of-the-art technology. It's an investment in your quality of life, in the ability to fully participate in your relationships, work and activities.

Think about what you value most in a hearing solution. Is it the latest technology? Is it comfort or ease of use? The cost of the instrument may or may not include the services of your hearing aid professional such as testing, earmould impressions, fitting and follow-up care. Make sure you understand what's included so that you can make an informed decision.

TYPES OF HEARING AIDS

You'll find there are a variety of hearing aid styles from which to choose. Technological advances have resulted in more options to meet specific hearing problems as well as cosmetic concerns. Our Hearing Aid Audiologist will help you to choose the perfect one to suit your lifestyle and budget.

There are 5 types of hearing aid ranges, they are:

BEHIND THE EAR (BTE)

- easiest to adjust
- appropriate for most types of hearing loss and ages
- secure fit



IN THE EAR (ITE)

- easy to adjust
- appropriate for mild to severe hearing loss
- custom-made shell
- good compromise for appearance and dexterity

IN THE CANAL (ITC)

- less visible
- appropriate for mild to mildly severe hearing loss
- variety of circuit choices that previously required a larger aid



RECEIVER IN CANAL (RIC)

- comfortable "open" earbud suitable for an instant, secure fit
- appropriate for mild to severe high frequency hearing loss
- micro-thin tube and tiny earbud for ultimate discretion
- OVER THE EAR (OTE) hearing aids also available for more mild hearing loss

COMPLETELY IN THE CANAL (CIC)

- very discrete
- appropriate for mild to moderate hearing loss
- not appropriate for all ages



for more information, call us today

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Do you need a hearing aid?

“People are always mumbling”

“I’m constantly asking people to repeat what they said”

“I’m often told I have the TV volume up too loud”

“I misunderstand what people are telling me”

Does this sound familiar?

If so, you may need a hearing aid, or you may have wax build up.

EAR WAX

WHAT IS EAR WAX?

Ear wax is produced by glands at the entrance to the ear canal. Ear wax is composed of fats and sugars, the more fats and sugars in your blood supply to the glands the more wax you are likely to produce.

Heredity factors influence the amount of wax produced. The ageing process also influences the type of wax produced as elderly peoples glands produce oily substance (sebum) and their wax becomes harder and drier. Some ear canals are narrower and more



easily blocked with wax. Stimulation of the glands by rubbing (as with a cotton bud) produces more wax.



People living in the western hemisphere tend to produce sticky wax and those from the eastern hemisphere produce dry flaky wax.

RELIEVING SYMPTOMS

Prevent a minor problem becoming major one. A regular ear check in the same way as you have a dental check can prevent wax build up.

If you have dry irritable ears use an olive oil ear spray to lubricate the skin and encourage the natural movement of wax out of the ear canal.

The skin of the ear canal moves outwards from the centre of the ear drum at the rate of 33mm each year and will assist in moving the ear wax outwards.

Some over the counter drops for ear wax removal can cause pain and discomfort. It is best to use the simple remedies to help lubricate the skin around the wax plug so the wax is encouraged to come out naturally with movement of the ear canal skin.

REMEMBER

- DON'T IGNORE YOUR EAR PROBLEM.
- Ear canals need wax to lubricate the skin and prevent dust entering
- Ear canals can normally clean themselves unless you have had ear canal surgery
- If you have ear problems keep all water out of your ears. Bacteria does not thrive in a dry environment
- Poking the ear can damage the skin lining leading to infections
- Using a cotton bud in the ear canal may push the wax further into the ear canal and make it difficult to remove
- Wax in the wrong place in your ear canal can cause itchiness
- Ears blocked with wax can cause tinnitus, discomfort, pain, whistling, poor performance of hearing aids and hearing loss
- An olive oil spray will provide a measured dose easily without risk of ear discomfort to aid in removal of ear wax. Please discuss this with your pharmacist
- If you wear ear plugs/defenders at work keep them clean. Every time you remove ear plugs replace them with clean ones

Hearing Aids

CHOOSING A HEARING AID

Choosing the right type of hearing aid is a personal process that requires thorough consultation with a Hearing Aid Audiologist.

Think about the following:

Lifestyle - Consider your work and free-time activities. Does your hearing loss make any of these particularly challenging or even impossible? Today's hearing aids cover a wide range of designs and degrees of sophistication. Some models have manual volume controls. Others automatically adjust to new listening situations.

Technology - Most hearing aids process sound digitally and allow for fine-tuning to suit a wearer's specific hearing needs, even basic hearing instruments can deliver appropriate sound quality.

Physiology - The shape and size of the ear canal can make wearing a particular style difficult for some individuals. For example, if your canal is extremely narrow, an in-the-canal instrument may not be the best fit.

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