

Introduction to Hearing Loss

HLAA (Hearing Loss Association of America)

HLAA is the largest, most effective organization designed just for people with hearing loss.

You can join HLAA for \$25/year. You'll receive a great magazine about hearing loss, get a discount at the wonderful national convention, you'll meet other people who will help because they've "been there", and you'll be helping HLAA advocate for the needs of all people with hearing loss.

Join HLAA Today
www.hearingloss.org

HLA-NC (Hearing Loss Association of NC)

HLA-NC is the first HLAA State Association in the country. HLA-NC is people from across the state who volunteer to help represent people with hearing loss on state-level boards, commissions, committees etc. HLA-NC also helps the local chapters grow and work together.

Wake Chapter

Wake Chapter has been helping people with hearing loss for about 20 years. We meet most months on



the 3rd Thursday of the month (often at Duke Hospital, Raleigh, on Wake Forest Rd (across from the Hilton).

Anyone interested in hearing loss is encouraged to join. There are no dues; we're supported by donations and web advertising.

Some meetings have formal programs; others are just for sharing information. A couple meetings a year are outings or pot-luck socials.

For more information, see our web site or call Janet at 469-0924 or email Steve at

steve.barber@earthlink.net.

Visit the HLA-NC
Award Winning web site
www.ncheatingloss.org

Just for You

You Are Not Alone.

Nearly one in 10 people in the United States has some level of hearing loss. That's over 25 million people.

People of all ages (even newborn babies) can be affected by hearing loss, but by age 65, nearly one in three people have a hearing loss.

Even if you don't have a hearing loss, yourself, you probably have a family member or friend who has trouble hearing.

There's Plenty of Help.

With the help of your family ... and friends and HLAA ... and the latest technology ... and all the other resources (see the other side of this sheet), you can make a real difference in your life.

But, It's Up to YOU!

Others, like your doctor, your audiologist, friends, family and HLAA can help you, but only YOU can make the decision to make the most of your hearing. You owe it to yourself ... and to others ... to hear as well as you possibly can.

What You Have to Do

Start with yourself ... You've got a hearing loss; get over it. Learn to deal with it; it's you; but don't let it ruin your life. Denial, shame and avoidance are your enemy.

Get a full audiology workup ... not just a hearing screening. There's more to it than just pure tone testing.

See a doctor ... an EAR doctor, not a regular doctor.

Learn from people who've been through it (see HLAA).

Shop around for an audiologist or hearing aid dealer who will LISTEN to your needs and work to solve them.

Shop for hearing aids that will help you the most.

Learn about all the features and determine which ones are valuable to you. The ONLY goal is hearing better. Vanity is NOT important. In the long run, NOBODY CARES whether you have a hearing aid. If anybody even notices it's probably a positive, instead of a negative.

Keep learning. Look into Assistive Listening options that might help you solve special problems. Learn the best way to handle various situations.