

May is Better Hearing and Speech Month

According to the American Speech-Language-Hearing Association (ASHA), an estimated 28 million Americans have hearing loss. If you think you or a loved one is among them, there is help. In celebration of Better Hearing and Speech Month – we encourage Veterans to get their hearing tested to determine if they have a hearing loss.

You or a loved one may have a hearing loss if you:

- Frequently ask people to repeat themselves
- Often turn your ear toward a sound to hear it better
- Understand people better when you wear your glasses or look directly at their faces
- Lose your place in group conversations
- Keep the volume on your radio or TV at a level that others say is too loud
- Have pain or ringing in your ears
- Notice that some sounds remain clear (often low-pitched sounds such as the bass line in music) while others may seem fuzzy (frequently the high-pitched voices of women and children).

"Veterans who see themselves in these statements should see one of our audiologists for a hearing test," says Mary S. Gray, M.S. CCC/SLP Coordinator, Physical Medicine and Rehabilitation and a Speech Language Pathologist. "Even a very slight hearing loss can have an effect on your daily life. Hearing loss is treatable, and there is no reason for anyone to miss all the important sounds of life."

Speech Language Pathologists treat a wide variety of speech language, swallowing, and voice disorders. These communication deficits can be a result of neurological problems, head injury, and cancer of the head and neck.

As a first step, Veterans should talk to their primary care provider about any hearing and speech concerns and ask about seeing an audiologist or speech pathologist. These professionals specialize in preventing, identifying, assessing, and treating hearing and speech language disorders. In addition, they provide treatment that can help improve your quality of life.

Should you have any questions, please call (859) 233-4511, ext. 4972 and ask to speak with one of our staff.