

## AGING WELL

# Ear Health and Hearing

### Why is ear health so important?

Nelson has been having a hard time understanding what family and friends are saying during potlucks and gatherings. When his grandchildren talk, their voices are soft and hard to understand. Nelson feels embarrassed asking friends to repeat themselves at community board meetings and finds that he misses out on important conversations. After getting a hearing test and talking with an audiologist, Nelson was able to get hearing aids. Now, Nelson can hear clearly and talk with others easily.

### What are some considerations for ear health and hearing?

- Trouble understanding speech in noisy places (gatherings, parties, meetings, etc.)
- Needing to turn up the volume on the TV or radio
- History of noise exposure (firearms, chainsaws, etc.)
- Tobacco use
- Diabetes

Often, we think hearing only occurs in our ears, but it is the brain that does most of the work. Our ears are the starting point of the pathway that passes sounds up to our brain. Hearing loss can happen at any or all parts of the hearing pathway. Caring for your hearing is important for wellness and quality of life.

### Questions to ask yourself:

- Do you ask people to repeat what they say often?
- Is your personal or social life limited due to hearing loss?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code

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## What can you do?

- Listen to family and friends if they have concerns about your hearing.
- Take care of your hearing by wearing ear protection (ear plugs, over-the-ear muffs) when around loud noise.

## Where can you find support?

Contact your primary care team directly or contact  
Anchorage Native Primary Care Center ..... 907-729-3300

Your Primary Care Team 

Your primary care team can assist talking through hearing questions or concerns.

Audiology ..... 907-729-8844

Audiology offers hearing tests and can assist you with getting hearing devices or protection.

Diabetes Education Classes  ..... 907-729-8749

Diabetes education classes can assist you with understanding and managing diabetes which affect hearing.

Tobacco Cessation   ..... 907-729-2689

Tobacco Cessation can provide support to quit tobacco use.

### Key

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit