

## May is Better Hearing and Speech Month!

- Better Speech and Hearing Month was founded in 1926 by the American Speech-Language-Hearing Association and is supported by the CDC.
- Early identification is important! Because hearing loss happens slowly as we age, it is easy to not realize we are missing sounds until the hearing loss is severe.
- Now there are more options than ever before: from OTC hearing aids to prescription devices to cochlear implants, there are more treatment options to suit each patient's audiological needs!



## Prevention

- Make sure your patients protect their hearing. If they tell you they have any hobby or occupational, recommend they use hearing protection.
- Any sound **above 70 dB** over a period (or multiple exposures) can damage hearing. Sounds **above 120** can cause immediate harm.
- **A rule of thumb- if a sound is so loud you must yell over it to be heard, it is dangerously loud, and could cause hearing loss.**
- **Fun fact: Carolina Hurricanes games often reach a sound level of 115 dB!**
- If your patient is over 50 years old and has not had a baseline hearing test or hearing screening, recommend one!
- Hearing loss is associated with cognitive decline. Early and successful treatment of hearing loss can mitigate this risk, so if someone has known hearing loss, make sure they do something about it!



***Prevent, Diagnose and Treat- we are happy to help your patients with all the above!  
Consider sending them to us for an audiological evaluation.***

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