

# FLORAL PARK DISPATCH

SERVING FLORAL PARK, SOUTH FLORAL PARK, BELLEROSE & STEWART MANOR



Gloria Jackel (left) and Dr. Alison Hoffmann (right).

## Dr. Alison Hoffmann Reveals Tips on Hearing Loss and Hearing Aids

"What did you say?" "Turn up the TV." "I thought you said let's go to the store – not let's go to the shore." These are some common statements that can suggest a hearing loss.

"Whether your problem is mild or severe or caused by trauma, noise, the aging process or other means, you may be a candidate for hearing aids, explained Dr. Alison Hoffmann, co-owner of Advanced Hearing Center, Floral Park, Queens and Albertson, LI, at a recent program held at the Sid Jacobson Y in Roslyn, LI.

She also told the group of seniors that anyone over age 50 should get a baseline hearing exam by a qualified audiologist. Early detection of hearing loss will lead to greater success with treatment. Pursuing hearing aids earlier can help maintain auditory functioning.

From the nearly invisible "in the canal" hearing aid to the miniature "behind the ear" open fit aid device, digital hearing aids have come a long way.

Today hearing aids are built like a mini computer with a tremendous amount of technology in a tiny device. It includes high tech components such as multiple microphones, a receiver, an amplifier, a computer chip, a digital sound processor, telecoil circuitry and a programming button.

"While the components can be the same in some hearing aids, it's the quality of the components that will influence hearing and the cost of the device," says Dr. Hoffmann. The sophistication of the computer chip and signal processor allows for greater clarity, noise reduction, speech enhancement and flexibility in programming the devices.

An experienced audiologist who offers devices from multiple manufacturers can help you select the best hearing aids for you. It depends on communication and lifestyle needs as well as degree and type of hearing loss. Those with more minimal

loss can wear aids that fit inside the ear canal. Many younger people like the high fashion, colorful behind the ear aids with Bluetooth capability.

During the program, Dr. Hoffmann answered many questions that revealed the following six facts about hearing and hearing aids:

- Each ear can have a different degree of hearing loss.
- Tinnitus is internal ringing in the ear that can occur with or without hearing loss. There are nutritional and supplemental approaches to treating tinnitus.
- When adjusting to amplification, it is important to wear the hearing aid devices at least eight hours a day and not keep them in the drawer.
- Initial and follow-up visits with your audiologist are crucial for optimal performance with your hearing aids.
- Ear wax can contribute to hearing difficulties. If you have wax, check it every six to eight months.
- The size of the hearing aid does not necessarily affect reception. Certain technology can be put into smaller devices. The circuitry and technology are most important.

For advice on optimizing your hearing aids, Advanced Hearing Center offers monthly hearing aid workshops at its facility in Albertson. They are held on the first Tuesday of the month at 6 p.m. and the third Tuesday of the month at 10 a.m. To make a reservation, call 484-0811.

Advanced Hearing Center diagnoses and treats hearing loss as well as performs hearing aid evaluations, testing, and maintenance. The center also dispenses hearing aids, assistive listening devices, and custom ear molds. Advanced Hearing Center has offices in Albertson and Floral Park, Queens. They also offer a free guide to "Coping with Hearing Loss." For more information, call 484-0811 or visit the website [www.hearingcenter.com](http://www.hearingcenter.com).