



by David Glaser, Au.D., CCC-A, FAAA  
*Doctor of Audiology*

## **PERSONAL ADVICE**

If you find it difficult to hear your conversation partners, you are probably suffering from age-related hearing loss (“presbycusis”). The only way to confirm this diagnosis is to schedule a hearing test that charts the type, degree, and configuration of any hearing loss. In turn, this “audiogram” can be used by a hearing specialist to fit you with a hearing instrument that is specifically programmed to amplify only the frequencies in which your hearing loss occurs. On the other hand, some individuals choose to bypass this entire process by ordering a product known as a “personal sound amplifier” (PSA), which amplifies sounds less discriminately. This heavy-handed approach is less likely to provide the results you need.

### **TIP OF THE WEEK**

When being fit with hearing aids, make sure that your hearing healthcare provider performs some form of verification like live speechmapping and/or validation (questionnaires) that benefit is being seen.

*P.S. Presbycusis is characterized as hearing loss that primarily affects the higher frequencies, at which most conversation is conducted (mostly by children and women).*

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