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## **STRUGGLING TO KEEP UP THE CONVERSATION**

It's bad enough when you struggle to keep up your end of the conversation for want of anything to say; worse yet is the inability to keep up your end because you cannot hear what is being said. As most of us reach middle-age, we experience barely perceptible hearing loss that makes it difficult to understand what people are saying. This is largely due to the fact that, while most of the energy of spoken words is contained in low-frequency vowel sounds, much of the information required to distinguish one word from another is supplied by consonants in the higher frequencies. As age-related hearing loss (presbycusis) makes it difficult to distinguish words, it seems as though everyone else is mumbling.

### **TIP OF THE WEEK**

If you experience difficulty with your communication abilities, schedule a hearing test. This test will determine whether you are a candidate for amplification.

P.S. A hearing instrument can help people suffering from age-related hearing loss by amplifying the sound of consonants in another individual's speech, which are not only high pitched but also may be soft.

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