

Five Steps to Better Hearing



Is hearing loss affecting your relationships or quality of life?
Do you find yourself avoiding social situations that you once found enjoyable — or isolating yourself from those you love — because hearing is a challenge?

Do something about it by following these five simple steps to better hearing!

Step 1:

Test your hearing

Confirm your hearing loss by going to Starkey's free online hearing test located at:

starkey.com/hearingtest

Experts also recommend that you see a hearing care professional for a comprehensive audiological examination.



Step 2:

Join the club

If you have hearing loss, you're in good company. It's the third most common physical condition affecting older adults after arthritis and high blood pressure.¹

Millions of people around the globe have hearing loss, including:



**1 in 3 people
60 years
and older²**



**Two-thirds of
adults over 70
years old³**



**4 of 5 people
85 years+⁴**



**LABĀKAS
DZIRDES CENTRS**

Step 3:

Know the effects of hearing loss

Many people ignore hearing loss because they falsely think the consequences are not that bad. But years of research shows otherwise. Untreated hearing loss has been proven to impact our physical and mental health and, ultimately, our quality of life.

The growing list of issues linked to hearing loss includes:

- Relationship issues
- Social isolation
- Fatigue
- Depression
- Anxiety
- Cognitive decline and dementia

Step 4:

See a hearing healthcare professional

Don't wait until hearing loss leads to bigger, irreversible issues. Treat it as soon as possible.

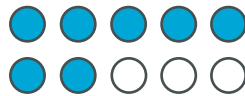
Start treatment by making an appointment with a hearing healthcare professional. Only they have the experience and equipment needed to perform a thorough and proper audiological evaluation, then prescribe the solution and treatment protocol that best fits your unique needs.

To find an authorized and authorized and hearing professional near you, call +371 205-502-86 and visit dzirdescentrs.lv

Step 5:

Hear better. Live better.

It's proven that hearing health is connected to our overall health and well-being — and treating hearing loss has numerous benefits. A WebMD survey of people who treated their hearing loss with hearing aids confirmed it⁵:



7 of 10 said wearing hearing aids improves their relationships



3 of 4 said it makes them more confident in social situations



8 of 10 said it improves their quality of life

Are you ready to hear better? Then we can help.

Call +371 205-502-86 or visit dzirdescentrs.lv and get started today!

Sources:

¹<http://www.hearingloss.org/content/basic-facts-about-hearing-loss> | ²<http://www.betterhearing.org/hearingpedia/prevalence-hearing-loss>

³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3869227/> | ⁴<http://jamanetwork.com/journals/jamaotolaryngology/article-abstract/2552989>

⁵2017 WebMD Healthcare Professionals and Hearing Aid Wearer Study commissioned by Starkey Hearing Technologies.



**LABĀKAS
DZIRDES CENTRS**