

Learn About Hearing Series:

Successful Hearing Loss Coping Strategies

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Successful Hearing Loss Coping Strategies

More articles in the series:

***Everything You Wanted to Know About Your Hearing Loss But Were Afraid to Ask
(Because You Knew You Wouldn't Hear the Answers Anyway!)***

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Practical Coping Strategies for Hearing Loss

One person asked, “ Could you give me some practical tips for dealing with hearing loss in the home and in restaurants?” Another person commented, “It hadn’t occurred to me that re-arranging furniture in my home might help me hear better. Can you tell me more? Also about where to sit in places like restaurants.”

These are excellent questions. Understanding people in homes and restaurants can be daunting indeed! Let’s look at each of these separately and learn how we can put the odds in our favor in order to hear better and strain less.

I am assuming that you are wearing hearing aids, using assistive listening devices as appropriate and speechreading to supplement what you hear. (Actually, the following tips will help you hear better whether you do that or not.)

As an added benefit, the following coping strategies do not cost anything. They are absolutely free. We just have to put them into practice.

In Our Homes

Houses today are not designed with the needs of hard of hearing people in mind. Therefore we need to rearrange our homes to make them more user friendly to hard of hearing people. Here are three aspects we need to understand and put into practice in our homes in order to converse with a minimum of stress and strain. They are light, distance and noise.

1. Light

Almost all hard of hearing people speechread (lip reading is the older term) whether they realize it or not. In order to speechread, we need adequate light. We need to rearrange the lighting (or the seating) in our homes so that there is adequate light falling on everyone's faces but not in their eyes. This means that the traditional table lamps at eye level are out. Ceiling lights are the best as they are out of everyone's eyes and illuminate our faces. Unfortunately for us, ceiling lights are not in style in our homes today. The second choice is pole lamps with the lights high on the pole.

Another important thing to consider is the light coming in the windows. Yes, we want that light, but no, we don't want it in our eyes. As a result we mustn't arrange the living room furniture so that a chair or sofa is in front of the window. Anyone sitting there would be backlit by the outside light. To a person sitting across the room facing the window, that person's face would be in the shadow and very hard to speechread.

I know a hard of hearing lady that has a Bible study in her home each week. The pastor sits in a chair in front of the window and the rest of the people sit on the sofa and chairs opposite him. It is hard for any of them to speechread him. I pointed out to her that if she arranged the furniture just the opposite and they sat with their backs to the window and the pastor sat facing them, he would have the light on his face and it would not be in their eyes so they could speechread him much easier.

This only works if you are talking with a hearing person. If there are two hard of hearing people, neither one can be backlit or the other one won't be able to speechread him clearly. The solution is to sit the chairs facing each other with the light coming from the side. That way both their faces are at least half in the light and make for passable speechreading.

2. Distance

Distance is an enemy of hard of hearing people. Unlike people with normal hearing, we need to be close to the speaker in order to hear him. Few people realize just how critical distance is in our ability to understand speech. Let me show you.

If I were to talk right into your ear at a comfortable listening level and then move away from your ear still speaking at exactly the same volume, here is what would happen. At only 2 feet from your ear, my voice would be only one quarter as loud. At 4 feet it would be one sixteenth as loud. At 8 feet it would be one sixty-fourth as loud, and at about 12 feet, the distance across a typical living room, it would be 150 times softer than it was at your ear.

For a person with normal hearing this isn't a problem. Their dynamic range is much greater than ours. To us, from this distance we hear little or nothing. So instead of having people shouting at us, all we need to do is move the chairs closer together. Instead of the typical seating around the perimeter of the room which means people are sitting far apart, clump the chairs close together and place them facing each other. Just moving the chairs closer together makes hearing so much easier.

Also, it is much easier for us to speechread when the person we are talking to is sitting across from us rather than sitting beside us on a chesterfield. For one thing, it is much easier on the neck. Then, too, the sound is better directed at our ears. Several individual chairs grouped together facing each other make much more sense than a couple of chesterfields set along the walls.

3. Noise

A common enemy of understanding speech is background noise. We want to chat where it is quiet! One hundred years ago, houses were built with doors to each room. Now, we have open architecture and many times the living room, dining room and kitchen are all open to each other. The noise from one area travels freely to another area and we have trouble hearing.

If you can, separate the noisy areas by shutting doors if you have them. Have children play downstairs or outside or in their bedrooms when you have hard of hearing guests in your home.

Turn off the TV, radio, and stereo as this just interferes with our ability to hear speech. The same is true for any other noisemakers in your house such as the dishwasher, washing machine, etc. These chores can wait until after the conversation is over.

If traffic or other outside noise is a problem, shut windows or doors on that side of the house or move to a quieter location in the house.

Another thing is to keep separate conversations in separate rooms. Two groups chatting in the same room make it almost impossible for us to understand much of anything. Move one group to another room and both groups will then be able to chat to their hearts content without interfering with each other.

In Restaurants

Restaurants pose a particularly difficult listening situation for us because we have little or no control over that environment. People are talking and laughing, cutlery is

clinking, cash registers are clanking, dishes are clattering as the busboys clear/set tables. On top of that there is the ever-present (and annoying) background music. Traffic noise comes in through the doors as patrons come and go.

What can we do to hear better? Here are some things to consider.

If you can, select a quiet restaurant. Some are made deliberately noisy. Others are soft and muted. If you have the choice, select a quiet restaurant in the first place. Scout around and see what there is in your community.

All restaurants are much noisier when they are busy. If possible, choose to dine during the off hours. This sure makes a difference. For example, my friend and I deliberately went to a restaurant around 11:15 AM for lunch. There were only about 6 people in the entire restaurant so conversation was relatively easy. By 11:50 the place was filling up and there were a couple of hundred people milling around. The din was enormous. But by that time we were almost finished and out of there.

Some quiet restaurants not only are muted in sound, but they have mood lighting. Read that as dimly lit! This makes it difficult to speechread. What can you do? If you ask the waiter to turn up the lights, it spoils the ambience for everyone else. However all is not lost. There are several possibilities depending on the specific restaurant. One choice is to choose a table that is along the wall close to a wall light that shines on your table. If it is daylight outside, request a window seat and use the available daylight streaming in the window to speechread by. Perhaps you can get the light turned up if you sit in a corner or in a separate room. It never hurts to ask. If you don't explain your needs, how will any one be able to help you?

If the restaurant is fancy and uses candles on the tables here are a couple of tricks. First, move the candle(s) to the side of the table so they are not in your direct line of sight with the person opposite you. That way your eyes don't try to shut down to cut the glare from the candle and hence make the person's face appear darker than it already is. Second, request that the waiter bring you a couple of more candles and make a row along one side of the table (or on both sides). This additional light will make it much easier to speechread. (Do the same at home for those romantic candlelight dinners.)

Choose the location of your table carefully. Here are some of the places I try to stay away from. Choose a table away from the main door to cut down on the noise of people constantly entering and leaving. Keep away from the cash register and its attendant noise. Never sit near a door to the kitchen. That is one noisy place to be. Ditto for the areas where the busboys pile the dirty dishes. If it is a buffet style restaurant, sit well away from the buffet area and its attendant noise.

Some other considerations regarding table location. I like to choose a table along a wall or in a corner. This cuts down the noise coming at me from all directions. A table in the middle of the room gets noise from all directions. If the choice is a booth or a table, take the booth. It is quieter.

Don't choose a table right under a loudspeaker or the music will drown out your conversations. I look for a table as far away from loudspeakers as possible.

Choose a seat at your table such that the waiter/waitress can't come up behind you and begin talking. I like to sit so they have to approach me in my line of sight. This makes taking the order so much easier.

Finally, don't let the hearing members of your party railroad you into taking the table of their choice. You take charge. They won't think of all of your special hearing needs and why you need to sit where you choose.

These are some of the hearing loss coping strategies I regularly use to make dining/ conversing a more enjoyable experience. They will work for you too!

The original of this article is on the Center's website at <https://hearinglosshelp.com/blog/practical-coping-strategies-for-hearing-loss/>.

The Single Most Effective Hearing Loss Coping Strategy

A person asked, “If you only had one coping strategy you could employ, and it mustn’t cost a cent, what would your single most effective hearing loss coping strategy be?”

The answer’s a no-brainer—**get close**—get as close as you can to the speaker’s mouth.

There are four very good reasons for you to get close.

Get Close Because...

1. Sounds Drops Off with Increasing Distance

You all know this, but do you realize just how dramatic this drop off is? If I am talking and you have your ear right at my mouth, you will hear me 100%. However, if you move just 2 feet away from my mouth, the sound will rapidly drop off according to the inverse square law, and will only be one quarter as loud. To calculate this, you put a 1 over the distance squared. In this case, it is 1 over 2×2 which is 1 over 4.

So just 2 feet away you will only hear me $\frac{1}{4}$ as loud. If you increase that distance to 8 feet, then you will only hear me 1/64th as loud (1 over 8×8). At the back of a room at say 20 feet, you will only hear me 1/400th as loud (1 over 20×20). Couple this with your hearing loss, and this makes a dramatic difference in what you hear.

Therefore, if you want to hear louder, get close!

2. Background Noise Becomes a Problem with Increasing Distance

With increasing distance, more sounds come between you and the speaker—and because they are closer to you than you are from the speaker, you hear them better. As a result, they drown out the speaker. This means any extraneous sounds from the audience such as coughing, papers crinkling, shifting in your seat, people talking, or any external sounds coming in through the windows or doors all make it more and more difficult for you to understand the speaker the farther you are from him.

Wearing hearing aids doesn't really help in these cases because with increasing distance you need to turn up your hearing aids more—and when you do that, your hearing aids pick up more and more background noise which interferes more and more with your ability to understand speech.

However, if you have your ear right at the speaker's mouth, you won't hear any of this background noise.

Therefore, to eliminate background noise, get close!

3. Speech Becomes Distorted with Increasing Distance

As speech sounds travel through the air, they are subject to distortion. For example, reverberation and reflections off hard surfaces in a room can distort speech. The closer you are to the speaker, the less you will hear this. If you have your ear close to the speaker's mouth, you won't hear any distortion at all.

Therefore, to eliminate distortion, get close!

4. Speech Intelligence Drops with Increasing Distance

Did you know that the further you are from a speaker, the less intelligence there is in the speech sounds you hear? This means it becomes harder and harder to understand what the speaker is saying with increasing distance. Let me explain.

Most hard of hearing people have a high frequency hearing loss. On your audiogram the low frequencies are shown on the left and the high frequencies on the right. A person with normal hearing has a line that goes across the top on or near the 0 dB line. A person with no hearing at all has a line that goes across the bottom. However, most hard of hearing people have a high frequency hearing loss so their audiogram shows

reasonable low-frequency hearing, significant mid-frequency hearing loss, and hearing that drops off dramatically in the high frequencies.

Now follow this carefully.

Most of the volume in speech is in the low frequencies which you already hear not too badly—so you hear these low frequency sounds quite well.

However, most of the intelligence in speech is in the softer high-frequency sounds which you don't hear much of at all.

Therefore, because you can still hear low-frequency sounds reasonably well, you can hear people talking, but because you can't hear the softer high-frequency sounds well, if at all, you have great difficulty understanding what people are saying. You desperately need to hear those high-frequency sounds better in order to understand speech.

Now here's where it gets interesting.

Low frequency sounds travel quite well through air so you can hear them at a greater distance. For example, the low frequency component of a speaker's voice easily travels to the back of a typical room.

However, high frequency sounds attenuate quite fast in air so you can't hear them well from very far away. They rapidly drop out of the air with increasing distance. Picture the high-frequency sounds coming out of the speaker's mouth and falling in a pile on the floor close to his feet. The mid-frequency sounds travel farther and fall in a pile in the middle of the room, while the low frequency sounds from his mouth zoom right to the back of the room.

What this all means is that the farther your ears are from the speaker's mouth, the fewer high-frequency sounds you hear and consequently, the less you understand of what he is saying because the sounds you need to understand speech are all laying here in a pile near his feet. They never reach your ears! So, if you want to hear the intelligence in speech, you need to be close to the speaker's mouth.

Therefore, to understand speech better, get close!

Getting Close—Here's How

There are two ways to get close.

1. Get Physically Close

You do this by putting your ear close (closer) to the speaker's mouth. This may work well in one-to-one situations, but won't work in groups. Therefore,

2. Get Electronically Close

You do this by using an assistive listening device (ALD) that has the microphone close to the speaker's mouth.

This is the beauty of assistive listening devices. The speaker wears a microphone that is very close to his mouth—maybe 5 inches away. The result is that all the high frequency sounds reach the microphone and are captured before they have a chance to fall on the floor just beyond him.

Once these sounds have been captured by the microphone, they never have to travel through the air again except for a half inch or so in your ear canal. As a result, you don't lose the intelligence contained in the high frequency sounds.

For example, if you are using an FM system, the sounds reach your ears via radio waves—including the high frequency sounds. If you are using an infrared system, the sounds reach your ears via light waves—including the high frequency sounds. And if you are using a loop system, the sounds reach your ears via a varying magnetic field—including the high frequency sounds.

The result is that when listening to an ALD that is being used properly, you hear wonderfully clear sound (at least as clear as your damaged ears will permit). This is because you have effectively covered all your bases—you have gotten close (because the microphone is close to the speaker's mouth), you have cut out most or all background sounds (because the microphone is close to the speaker's mouth), you have eliminated distortion (because the microphone is close to the speaker's mouth) and you have captured the intelligence of the high-frequency sounds (because the microphone is close to the speaker's mouth).

Here is another thing that is important for you to understand. Hearing aids by themselves cannot do what ALDs do because your hearing aids' microphones are at your ears, not at the speaker's mouth—thus the high-frequency sounds from his voice still land in a pile near his feet. They never reach your hearing aids' microphones! This is why, if you are at any distance from a speaker, you need to supplement your hearing aids with effective ALDs.

Let me illustrate this with a story that shows just how effective ALDs can be. In my Hearing Loss Association of America chapter, we use a room loop. At one meeting, I was sitting in the first row right in front of the speaker—about 10 feet away.

With my hearing aids in their microphone settings and by speechreading, I could understand the speaker, but I had to pay close attention. When I switched my hearing aids to their t- coils, suddenly the speaker's voice was wonderfully clear—just as if he was talking into both of my ears at the same time. It was so clear that I could look away and still easily understand him.

Then I got up and walked to the back of the room. With my hearing aids back at their microphone settings I had to strain to understand the speaker. All the crispness had gone out of his voice and his voice sounded very bassy and muffled. However, when I switched my t- coils back on, wow! The sound was beautiful and clear again—just like he was talking right into both of my ears.

This is how dramatic the difference is when you get electronically close via your hearing aids and ALDs. Therefore, whether you are using your bare ears, wearing hearing aids or using ALDs, always remember that the single most effective hearing loss coping strategy is simply this—one way or another—get close!

The above article was extracted from Dr. Neil's book *Keys to Successfully Living with Your Hearing Loss*. (See ordering information at the back.)

The original of this article is on the Center's website at <https://hearinglosshelp.com/blog/the-single-most-effective-hearing-loss-coping-strategy/>.

Get It Right! Repeat Back What You Heard

A lady wrote, “My friend asked me why I didn’t tell her I hadn’t heard her. I said, ‘If I didn’t hear, how do I know to ask?’ I liked the ‘duh’ look on her face “

That’s sort of my experience. When I was in school, the only accommodation I had was to sit at the front of the classroom. Each year on the first day of school, typically I’d go to the teacher and let him/her know that I was hard of hearing. Invariably, the teacher would say, “If you miss something in class, come and see me after class or after school and I’ll tell you.” As it happened I’d miss something and go to the teacher after class.

Me: “Teacher, I missed something in class today.”

Teacher: “What did you miss?”

Me: “How do I know? That’s why I’m here!”

Another lady explained, “Now that I really can’t hear, my husband and I are having some major communication issues. I’ve always coped so well that I’ve made it easy for my family to not think about my hearing loss, but I’m to the point where it’s painfully evident to them how much I don’t hear. One of the biggest things I keep telling my husband is that, like it or not, I can’t know when I’ve misheard you or didn’t hear something you said, so that puts the responsibility on you for making sure that I clearly understand what you want me to know. It’s not fair, but it’s not my fault that I can’t hear. I think I heard one thing, but it was something else. If I’m not sure, then I ask for a repeat, but many times I think I heard it right, but didn’t, so how am I supposed to know?”

That is one of the major problems with being hard of hearing—all the miscommunications and misunderstandings between spouses.

There are actually five possibilities how this works out in practice.

1. You know you heard correctly (and you did).
2. You're not sure you heard correctly (so you ask for a repeat to be sure).
3. You know you didn't hear correctly (or didn't hear much at all), so you have to ask for repeat.
4. You know you heard correctly, but in actual fact, you got it wrong. In this case, you won't ask for clarification because you know you got it right. (That's what makes this case so insidious—and where a lot of problems arise.)
5. You didn't hear anything, so you don't even know someone was asking you a question, or telling you something. (That is why it is so important to acknowledge each part of a communication by saying “uh huh” or “got it”, or “right” or just nodding your head.)

There is basically only one way around the above communication problems. It's simply this. You, as the hard-of-hearing person, have to repeat back essentially every instruction or point you hear. Then, it is up to the hearing person to make sure that you have included every essential point.

If you have missed something, it is up to the hearing person to repeat it again (and again) until you can repeat back all the essential points.

Only what a hard-of-hearing person can repeat back is what the hard-of-hearing person truly heard and understood.

The key here is that the hearing person has to make sure you have included every essential point and not just assume that you already know some of the background. Here is an example from my days as a hard-of-hearing volunteer fire fighter.

Back then, I lived on the Canadian prairies, and during the spring seeding time and fall harvest time, we often had field fires.

The prairie roads where I lived were laid out in a grid pattern. There was an east-west road every 2 miles and a north-south road every mile. We had a “zero” mile-point at 6th avenue E and 2nd street N from which we would always take the mileage. Thus,

for example, we'd say the fire is 4 miles north and 3 miles west. Everyone knew that the mileage was taken from this particular point.

One day we had a field fire and the chief assigned me to drive the water truck.

I asked, "Where's the fire?" The chief said, "4 miles south and 2 miles east". The chief, the deputy chief and the captain were standing right there. I repeated back "4 miles south and 2 miles east". All three nodded their heads.

Then, because our water truck was an old lumbering cow, I asked for permission to roll before the other trucks so I wouldn't end up too far behind the faster pumper trucks. I wasn't even out to the main highway before the other trucks had all zipped past me and rapidly disappeared into the distance.

When I got to the point 4 miles south and 2 miles east, to my chagrin, there were no fire trucks in sight, and to make matters worse, I couldn't see any signs of fire or smoke anywhere either. Obviously, I was in the wrong place—but where was I supposed to be? I was exactly where I was supposed to be—4 miles south and 2 miles east.

I got on the radio, but all I could hear was a bit of static coming back at me. The trucks were down in a coulee and the radio signals weren't getting out.

I had the water they needed. I just had to find out where the fire really was. What was I supposed to do? I couldn't hear them on the radio, and I couldn't see any signs of smoke or the trucks. I looked around and behind me about a mile back was a little rise. I figured I could make radio contact with them from the top of the rise. I headed for the rise and gave them a shout on the radio. This time, I could hear them. The chief asked, "Where are you?" I said, "I'm right here where I'm supposed to be—4 miles south the 2 miles east. Where are you?"

That's when I found out that back at the hall, there was one critical piece of information that I had not heard. For some reason on this fire, they had taken the starting point, not from the usual spot, but from a point on the main highway four miles south of town. The guys with normal hearing heard that, just not me. Thus, when I asked, "Where's the fire?" they assumed I knew they were taking the directions from a different starting point. As a result, I ended up exactly 4 miles north of the fire.

This is a perfect example of why it is so important for hearing people not to assume anything when talking with hard-of-hearing people. Again I emphasize, "Only what a hard-of-hearing person can repeat back is what they heard and understood."

Consequently, you and your husband need to discuss these strategies between the two of you. It will make your communications ever so much better—but it will take a lot of effort on your part—I mean, why should you repeat back things you know you heard correctly? (Refer to point 4 above whenever you think this is a waste of time.)

My wife and I have communications mix-ups too. I'll repeat back what I know I heard (the first part of the sentence) and want her to repeat just the last part I missed—but she insists on starting from the beginning. This drives me nuts and I tell her to "Just repeat what I missed!". Then I find out that she can't just repeat the part I missed because I got the first part wrong too!

The original of this article is on the Center's website at <https://hearinglosshelp.com/blog/get-it-right-repeat-back-what-you-heard/>.

"Don't Yell" and Other Hearing Loss Coping Strategies

One lady vented, "My complaint in dealing with folks on the phone who, when I tell them I'm hard of hearing, they think that talking louder is what is needed.

Case in point; yesterday I had to deal with a local company. After playing the waiting game, I told the lady who answered my call that I was hard of hearing. She started screaming, or so it seemed at me, over the phone. I told her she didn't have to scream and her reply was, "well you told me you were hard of hearing". If I could have gone through the phone, I'm sure I would have tried to throttle her. I said, "Yes, but if you talk normally I have an apparatus that will take care of the volume. Please just speak slower.

How do we ever get folks to realize it is not increased volume we need. I need them to speak clearly and slowly. I am going to write to this company and inform them they need to train their phone folks. This is absolutely maddening to me to deal with folks who just don't get it."

Another lady explained, "It can go the other way too, where the person starts speaking so slowly and enunciating every syllable to make it seem like they're talking to a dunce on the other end."

These kinds of miscommunications and frustrations are common among hard of hearing people. It need not be. Both of these ladies are missing the boat because they are leaving out one critical piece of information that would make all the difference.

Whenever you tell a person you are hard of hearing, in the same breath you need to tell them the one or two things you need them to do at that point so you can hear and understand them.

When you don't do this—you get the above kind of responses. The truth is, people are not mind readers. They don't know what kind of hearing loss you have, so they don't have a clue how to respond appropriately.

For example, if I tell someone I am hard of hearing, I need them to speak up (maybe even shout) because I can't hear them otherwise since I have the rare reverse-slope hearing loss and thus don't hear the lower frequencies well at all.

However, if you have the typical ski-slope loss, then the last thing you want them to do is shout because you are already hearing these lower frequency sounds quite well.

Here's the problem. What I need them to do and what you might need them to do is exactly opposite—and that confuses people. They don't know the correct response. That is why you need to tell them exactly what you need them to do at that point.

At the same time, don't overload them with a bunch of instructions—just pick the one or two things that you know will make the greatest difference for that conversation. Next time you meet that person, if the circumstances are the same, maybe they will remember what you need. However, here's the kicker—if you meet them under different circumstances, maybe you'll need them to do something entirely different.

That is why, as soon as you realize you are going to have communication difficulties, it is up to you to tell people that you have problems hearing and what you need them to do at that point.

Here are some of the things you might ask them to do at any given point.

Speak a bit louder (or a lot louder).

Speak slower.

Speak clearly. (It's usually better to ask the person to speak slower rather than speak clearer because when they speak slower, they almost always speak clearer at the same time.)

Write down the key words.

Move over here where it is quieter.

Face me so I can speechread you.

Stand so the light is on your face, not behind you.

Repeat what you just said.

Rephrase what you just said (if you see that repeating the same words isn't working).

Come closer—or better yet, you move closer to them if you can—but if they are in an “employees only” area, then they need to move closer to you.

When you are proactive and tell people how to best communicate with you, you will find that your communications go be much less frustrating. In fact, you may find that you actually enjoy chatting with them!

To learn more tips for successfully communicating with hard of hearing people, check out our book, *Talking with Hard of Hearing People—Here's How to Do It Right!* (See ordering information at the back.)

The original of this article is on the Center's website at <https://hearinglosshelp.com/blog/dont-yell-and-other-coping-strategies/>.

Good Books on Hearing Loss

Books in the series:

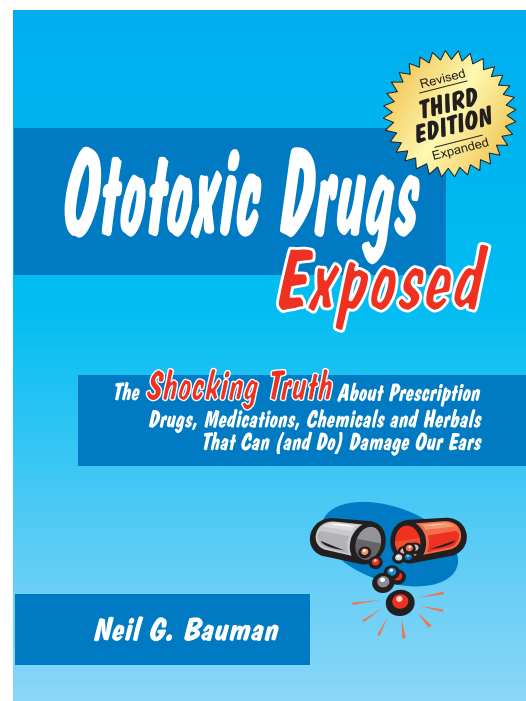
Everything You Wanted to Know About Your Hearing Loss But Were Afraid to Ask (Because You Knew You Wouldn't Hear the Answers Anyway!)

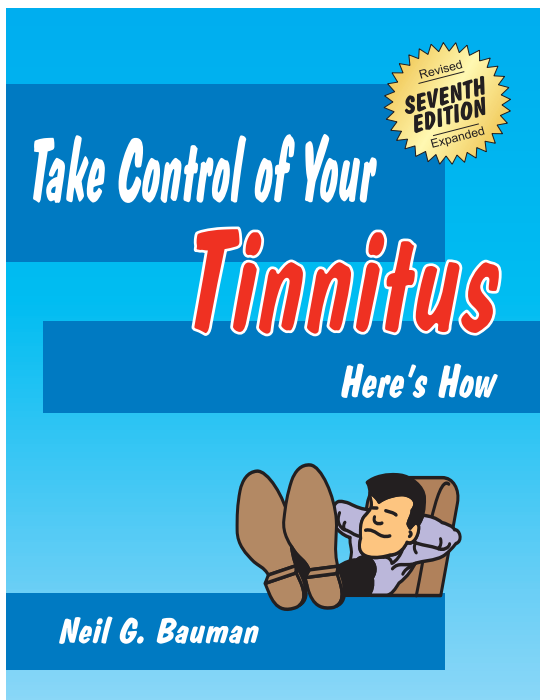
by Neil G. Bauman, Ph.D.

If you have enjoyed these articles and would like to learn more tinnitus or Musical Ear Syndrome, or about hearing loss and how you can successfully live with it, you may be interested in some helpful books by Dr. Neil. Each book is packed with the things you need to know in order to thrive in spite of your various hearing loss issues. To order any of these books, open your browser and go to <https://hearinglosshelp.com/shop/category/books/>.

Ototoxic Drugs Exposed—The Shocking Truth About Prescription Drugs, Medications, Chemicals and Herbals That Can (and Do) Damage Our Ears (\$52.45; eBook \$39.95)

This book, now in its third edition, reveals the shocking truth that many prescription drugs can damage your ears. Some drugs slowly and insidiously rob you of your hearing, cause your ears to ring or destroy your balance. Other drugs can smash your ears in one fell swoop, leaving you with profound, permanent hearing loss and bringing traumatic change into your life. Learn how to protect your ears from the ravages of ototoxic drugs and chemicals. Describes the specific ototoxic effects of 877 drugs, 35 herbals and 148 chemicals (798 pages).



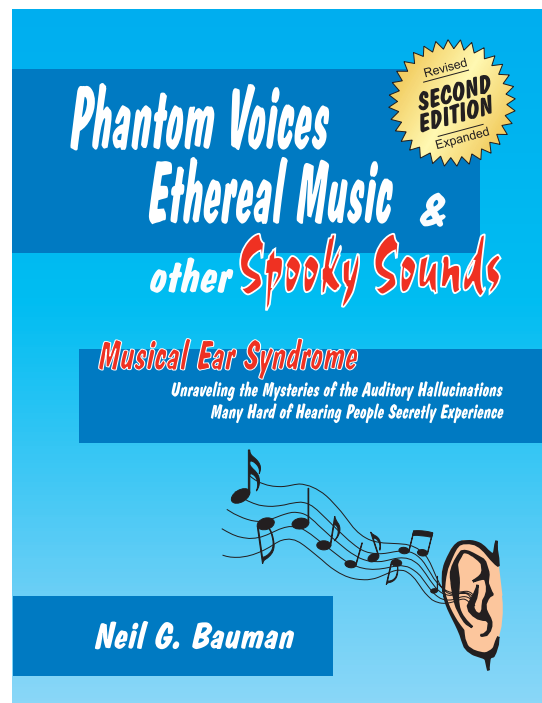


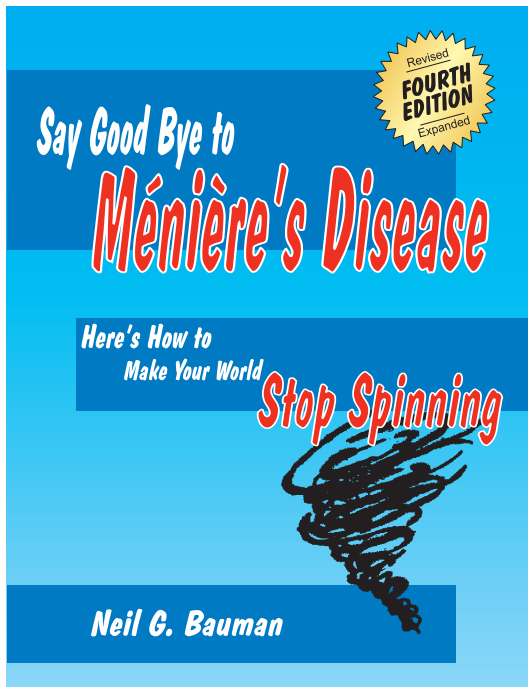
Take Control of Your Tinnitus—Here's How
(\$29.95; eBook \$22.99)

If your ears ring, buzz, chirp, hiss, click or roar, you know just how annoying tinnitus can be. The good news is that you do not have to put up with this racket for the rest of your life. You can take control of your tinnitus. Recent studies show that a lot of what we thought we knew about tinnitus is not true at all. Exciting new research reveals a number of things that you can do to eliminate or greatly reduce the severity of your tinnitus so that it no longer bothers you. This totally-revised, up-to-date and expanded 7th edition contains the very latest in tinnitus research and treatment. In this book you will learn what tinnitus is, what causes tinnitus and things you can do to take control of your tinnitus (356 pages).

Phantom Voices, Ethereal Music & Other Spooky Sounds (\$22.49; eBook \$16.99)

When you realize you are hearing phantom sounds, you immediately think that something has gone dreadfully wrong “upstairs”—that you are going crazy. Because of this, few people openly talk about the strange phantom voices, music, singing and other spooky sounds they hear. This book, the first of its kind in the world, lifts the veil on “Musical Ear syndrome” and reveals numerous first-hand accounts of the many strange phantom sounds people experience. Not only that, it explains what causes these phantom sounds, and more importantly, what you can do to eliminate them, or at least, bring them under control (178 pages).



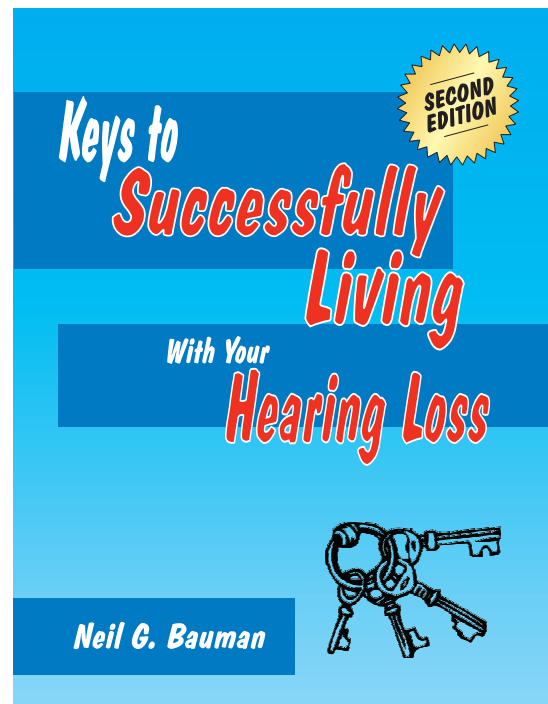


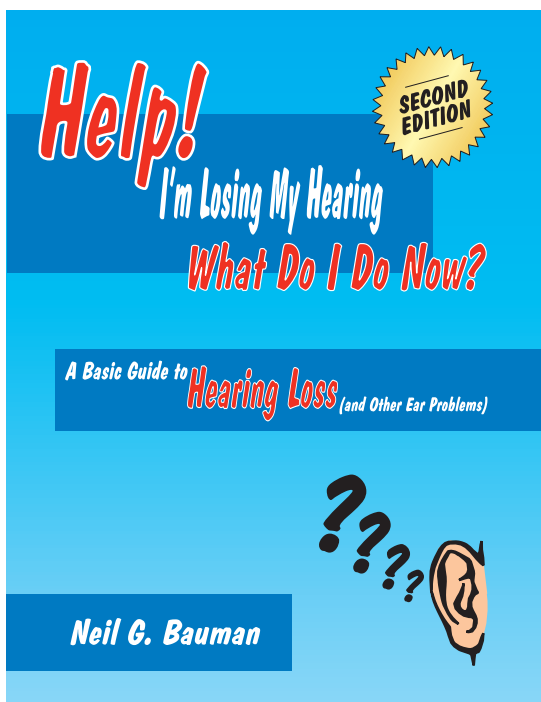
Say Good Bye to Ménière's Disease—Here's How to Make Your World Stop Spinning
(\$21.95; eBook \$16.49)

Ménière's disease is one of the more baffling and incapacitating conditions a person can experience. If you suffer from your world spinning, have a fluctuating hearing loss, tinnitus and a feeling of fullness in your ears, this book is for you. It details what Ménière's disease is like; explains the recent breakthrough into the underlying cause of Ménière's; and shows you how, at last, you can be free from the ravages of this debilitating condition. Each page is packed with practical information to help you successfully conquer your Meniere's disease. Join the hundreds and hundreds of people whose worlds have now stopped spinning (128 pages).

Keys to Successfully Living with Your Hearing Loss (\$19.97; eBook \$15.49)

Do you know: a) the critical missing element to successfully living with your hearing loss? b) that the No. 1 coping strategy hard of hearing people instinctively use is wrong, wrong, wrong? c) what the single most effective hearing loss coping strategy is? d) how you can turn your hearing aids into awesome hearing devices? This book addresses the surprising answers to these and other critical questions. Applying them to your life will put you well on the road to successfully living with your hearing loss (84 pages).



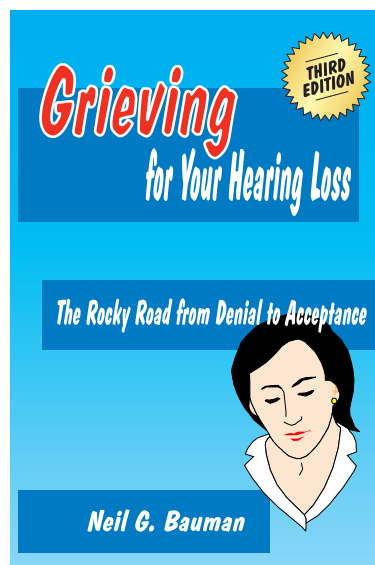


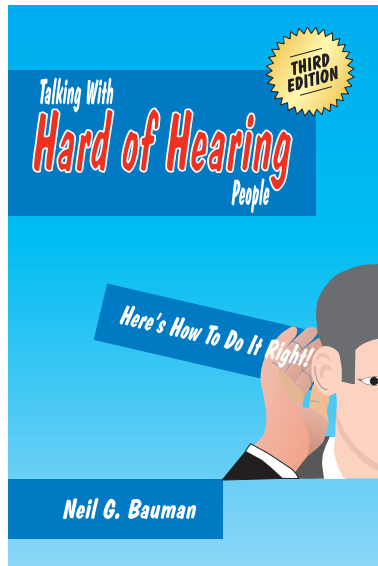
Help! I'm Losing My Hearing—What Do I Do Now? (\$18.95; eBook \$14.49)

Losing your hearing can flip your world upside down and leave your mind in a turmoil. You may be full of fears, wondering how you will be able to live the rest of your life as a hard of hearing person. You don't know where to turn. You lament, "What do I do now?" Set your mind at rest. This easy to read book, written by a fellow hard of hearing person, is packed with the information and resources you need to successfully deal with your hearing loss and other ear conditions (116 pages).

Grieving for Your Hearing Loss—The Rocky Road from Denial to Acceptance (\$12.95; eBook \$9.95)

When you lose your hearing you need to grieve. This is not optional—but critical to your continued mental and physical health. This book leads you through the process of dealing with the grief and pain you experience as a result of your hearing loss. It explains what you are going through each step of the way. It gives you hope when you are in the depths of despair and depression. It shows you how you can lead a happy vibrant life again in spite of your hearing loss. This book has helped many (56 pages).



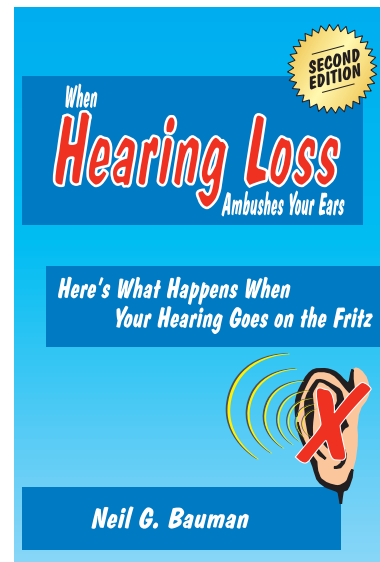


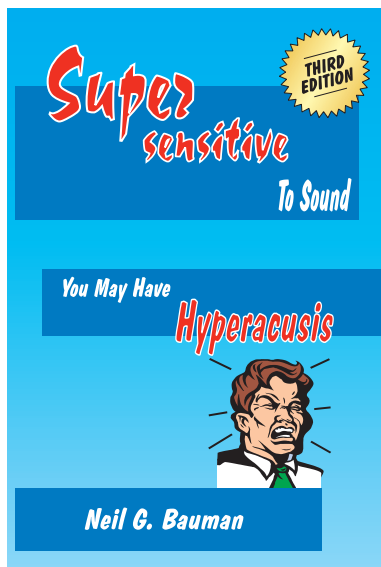
Talking with Hard of Hearing People—Here's How to Do It Right! (\$9.95; eBook \$7.95)

Talking is important to all of us. When communication breaks down, we all suffer. For hard of hearing people this happens all the time. This book is for you—whether you are hearing or hard of hearing! It explains how to communicate with hard of hearing people in one-to-one situations, in groups and meetings, in emergency situations, and in hospitals and nursing homes. When you use the principles given in this book, good things will happen and you will finally be able to have a comfortable chat with a hard of hearing person (38 pages).

When Hearing Loss Ambushes Your Ears—Here's What Happens When Your Hearing Goes on the Fritz (\$14.95; eBook \$11.95)

Hearing loss often blind-sides you. As a result, your first step should be to learn as much as you can about your hearing loss; then you will be able to cope better. This most interesting book explains how your ears work, the causes of hearing loss, what you can expect to hear with different levels of hearing loss and why you often can't understand what you hear. Lots of audiograms and charts help make things clear. You will also discover a lot of fascinating things about how loud noises damage your ears (88 pages).



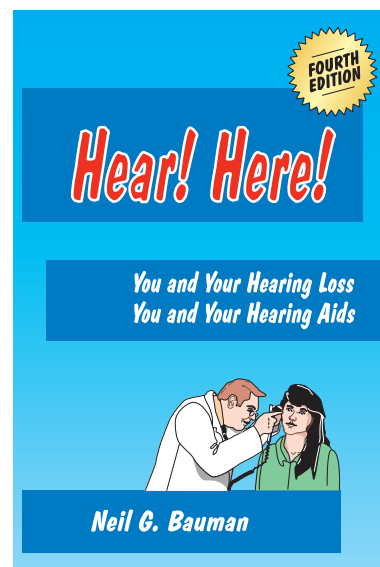


Supersensitive to Sound? You May Have Hyperacusis (\$9.95; eBook \$7.95)

If some (or all) normal sounds seem so loud they blow your socks off, this is the book you want to read! You don't have to avoid noise or lock yourself away in a soundproof room. Exciting new research on this previously baffling problem reveals what you can do to help bring your hyperacusis under control (42 pages).

Here! Here! You and Your Hearing Loss/You and Your Hearing Aids (\$12.95; eBook \$10.95)

Part I of this book contains a series of my newspaper articles on hearing loss such as, "Hear Today. Gone Tomorrow?" "Hearing Loss Is Sneaky!" "The Wages of Din Is Deaf!" "When Your Ears Ring..." "Get In My Face Before You Speak!" "How's That Again?" "Being Hard of Hearing Is Hard" "I'm Deaf, Not Daft!" Part II contains articles on hearing aids such as, "You Better Watch Out..." "Before Buying Your First Hearing Aid..." "Please Don't Lock Me Away in Your Drawer" "Good-bye World of Silence!" "Becoming Friends with Your Hearing Aids" "Two's Better Than One!" (56 pages).



You can order any of the foregoing books/eBooks (plus you can read more than 1,000 other helpful articles about hearing loss and related issues) from the

Center for Hearing Loss Help

web site at

<http://hearinglosshelp.com>

or order them from the address below



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