

Your Health Matters

HEARING THE TRUTH ABOUT FALL PREVENTION

Hearing helps you detect some safety hazards and helps you keep your balance, which can prevent falls. If you are over 50 years old it is recommended that you make an appointment with an audiologist to have a hearing exam.

Signs that you might have trouble with your hearing:

- Asking people to repeat themselves often.
- Turning up the volume on the TV.
- Hearing mumbling when people speak.
- Hearing ringing or buzzing in your ear.



Tips:

- Make an appointment with a physician or audiologist for an ear cleaning to remove wax build up.
- Wear your hearing aids as prescribed.
- Care for your hearing aids as recommended and change the batteries as needed.
- If you are hard of hearing, let others know so they can communicate with you better. For example, ask them to raise their voice, make eye contact with you or use visual gestures.

