

So You Have a Hearing Loss, What Now?

Whether you're surprised by a diagnosis of hearing loss or you've suspected it for years, it's natural to think, "What now?" when thinking about your hearing. But hearing loss is not the end - with the right steps, you can manage your condition and regain some or most of your lost hearing ability. Keep reading to find out how to handle a hearing loss diagnosis and what you should expect next.

Visit An Audiologist

If you haven't already, your first step after determining you have hearing loss should be to visit an audiologist. Audiologists are specially trained and equipped to help people with hearing problems. For instance, your audiologist can help you determine:

- The type of hearing loss you are suffering from, such as conductive hearing loss, sensorineural hearing loss, or a mixture of the two
- The severity of your hearing loss
- If you would need to seek medical clearance from an Otologist to ensure that your hearing loss isn't associated with other conditions that need to be addressed
- The best course of treatment to regain hearing capability

Check Your Insurance Policy

Another important step when you are diagnosed with hearing loss is to check your insurance policy. Many health insurance providers allow for some coverage of hearing services and hearing devices, but this coverage can vary. Most insurance policies also don't offer coverage for hearing aids. Audio Recovery has an insurance coordinator on staff that will contact your insurance carrier as a part of your initial appointment to determine coverage on your behalf.





What about a Hearing Instrument Specialist?

While an HIS can help you get hearing aids, HIS training and certification isn't as extensive as audiology certification. For the most accurate and comprehensive diagnosis and treatment, an audiologist is a better choice.

Clear Up Hearing Loss Misconceptions

Most people have misconceptions about hearing loss and people that suffer from it. If you discover you have hearing loss, you should take time to clear up any misconceptions you have. For instance, here are a few misconceptions we often hear from new patients:

- **Hearing Loss Isn't Serious** - In fact, hearing loss can be very serious. People with moderate to severe hearing loss are more at risk of memory problems, depression, stress, and other serious conditions.
- **Hearing Loss Doesn't Require Treatment** - While untreated hearing loss isn't deadly, it can certainly negatively affect your life. Untreated hearing loss can isolate you socially, make it hard for you to perform tasks, and keep you from enjoying your favorite activities.
- **Hearing Loss Won't Affect My Life** - If you have loved ones, friends, coworkers, or other people around you, hearing loss can affect you and them. Loss of hearing makes it harder for people to communicate with you and can be frustrating for both sides.

Choose Hearing Aids

For most hearing loss sufferers, the best treatment is hearing aids. However, choosing the right hearing aids can be tricky. There are many styles and types of hearing aids on the market, and they feature a wide array of capabilities and functions. To learn more about the different types of hearing aids available, you can view our guides on choosing the right hearing aids or talk to your audiologist directly.

Contact Audio Recovery Today

For more hearing advice and help, contact or visit us today at Audio Recovery in Oklahoma City. Our audiology clinic has served thousands of Oklahomans with hearing loss, and we're ready to help you with your hearing needs too. Call 405-949-1906 today or visit our Facebook page to get news, updates, and more hearing advice and tips.

