

# Hearing Health Matters!



Ontario Association of Professional Audiology Clinics  
Your Hearing Deserves An Audiologist

## What you should know about Hearing Loss and General Health

Preventive medicine makes sense because it "...focuses on the health of individuals, communities, and defined populations. Its goal is to protect, promote, and maintain health and well-being and to prevent disease, disability, and death."<sup>1</sup> Good health requires good hearing. In a 2013 article, hearing impaired individuals self-reported that they are less healthy than others. Results that appear in the article *Hearing Loss in Older Adults are Tied to More Hospitalizations and Poorer Physical and Mental Health* indicated that "Among the population with hearing loss, only 39 percent say they are in excellent health, compared to 68 percent of those without hearing loss."<sup>2</sup>

Yet, when it comes to hearing health, it is often forgotten or not recognized amongst the many things considered important. One study revealed that "...60% of medical practitioners who were in a position to refer older adults with hearing loss to an audiologist agreed with the statement that hearing loss is a normal part of aging that does not require treatment."<sup>3</sup>

According to recent research, "Hearing loss may have a profoundly detrimental effect on older people's physical and mental well-being, and even health care resources,"<sup>4</sup> says senior study investigator and Johns Hopkins otologist and epidemiologist Frank Lin. "Our results underscore why hearing loss should not be considered an inconsequential part of aging, but an important issue for public health..."<sup>5</sup>

### Best Practice Advice Start 2018 by checking your patients' hearing early.

Make your referral to an Audiologist as part of your patient's routine checkup. Much like regular health indicator checks and screenings, baseline hearing tests are simply a good idea.

## References

<sup>1</sup> [www.acpm.org/page/preventivemedicine](http://www.acpm.org/page/preventivemedicine)

<sup>2</sup> [http://www.hopkinsmedicine.org/news/media/releases/hearing\\_loss\\_in\\_older\\_adults\\_tied\\_to\\_more\\_hospitalizations\\_and\\_poorer\\_physical\\_and\\_mental\\_health](http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_in_older_adults_tied_to_more_hospitalizations_and_poorer_physical_and_mental_health)

<sup>3</sup> Hopper, T; Hinton, P, Canadian Journal of Speech Language pathology and Audiology, Vol 36, No.4, Winter 2012/2013

<sup>4</sup> [http://www.hopkinsmedicine.org/news/media/releases/hearing\\_loss\\_in\\_older\\_adults\\_tied\\_to\\_more\\_hospitalizations\\_and\\_poorer\\_physical\\_and\\_mental\\_health](http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_in_older_adults_tied_to_more_hospitalizations_and_poorer_physical_and_mental_health)

<sup>5</sup> Ibid

With so many places to refer your patients, it becomes difficult to choose what is best for your patient.

Audiology practices within the Ontario Association of Professional Audiology Clinics (OAPAC) are:

- Audiologist owned-and-operated. As such, they are the only ones fully regulated. Your patients are completely protected.
- Not limited or restricted. As independents, they can choose from 10 different hearing aid manufacturers and prescribe what's best for your patients.

Greater emphasis is being placed on hearing health.



Good health requires good hearing.

The Ontario Association of Professional Audiology Clinics (OAPAC) represents independent audiology practices in Ontario.

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- ✓ Own and manage their practice
- ✓ No quotas, no franchises, no conflict of interest
- ✓ Assess and make appropriate recommendations
- ✓ Share the licensed Act to prescribe hearing aids
- ✓ Offer full scope of practice to all ages
- ✓ Are regulated...No misleading advertising, no testimonials

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Audiologists spend 7 to 9 years in University. The minimum requirement to practice in Ontario is a Masters Degree in Audiology or equivalent.

Sudden hearing loss? Call us immediately!

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