

The 5 Steps to Better Hearing with Hearing Aids

- 1 Admit that your hearing isn't what it used to be** – Most people wait five to seven years before solving their hearing problem. That's time you cannot get back.
- 2 Keep a positive attitude while you seek help** – Success with your hearing aid will depend on your attitude, your desire to learn, and determination to increase your ability to hear.
- 3 Learn about your hearing problem** – The best remedy for hearing loss is education. Learn all you can about your particular loss and work with a hearing professional to determine the best solution for you.
- 4 Set realistic expectations** – You won't hear again like you once did with normal hearing. Hearing aids are only a substitute for the original. Your best bet is to focus on improvement. Your hearing aid will help you hear better, not perfectly.
- 5 Practice, time and patience** – The transition to hearing aids requires practice. It's an investment that usually begins to pay dividends within 45 days. Remember the more you wear your hearing aids, the better your experience will be.