

3 Steps to Healthy Hearing

from the Center for Hearing and Communication

1. Limit Noise Exposure

Exposure to everyday sounds can cause permanent hearing loss if the volume is too high.

- MP3 players
- Car stereos
- Subway trains
- Health clubs
- Concerts & sporting events
- Household appliances

It's up to you to protect your hearing!

- Turn down the volume
- Wear hearing protection
- Educate your children about noise

Practice sound judgment:

- If it sounds too loud, it probably is!

Let the Center for Hearing and Communication create custom fit earplugs to wear when you're in a noisy environment. Reduce your risk of noise-induced hearing loss.

FREE HEARING SCREENINGS

CHC offers free hearing screenings at offices in New York City and Florida. Call for an appointment and spread the word to your friends and family.

2. Get Your Hearing Screened

Make annual hearing screenings a part of your overall health and wellness program. Five minutes with a licensed audiologist is all it takes.



3. If Your Screening Suggests a Hearing Loss, Follow Up with a Complete Hearing Evaluation

A complete diagnostic evaluation will determine whether or not you have a hearing loss. If you do . . . you're not alone.

- Hearing loss affects 38 million Americans including:
- 10% of all adults
 - 14% of adults aged 45-64
 - 35% of adults aged 65+

Visit the **Center for Hearing and Communication** for the highest quality hearing health services available. Our team of skilled and caring professionals will evaluate your hearing, assess your individual needs, and provide personalized solutions.

Services include:

- Hearing testing
- Hearing aid evaluation & fitting
- Hearing aid sales and repair
- Free hearing screenings
- Listening Studio*
- Assistive devices consultation
- Custom hearing protection
- Communication evaluation*
- Speechreading (lipreading) therapy*

Phone the location near you for a complete list of services or visit us at www.chchearing.org.

We accept most major insurance plans.

**Center for
Hearing and
Communication**

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