

Listen up: Protect Your Ears!



Poor hearing can impede a person's ability to learn, understand and speak no matter your age—**65%** of hearing loss occurs in people *under the age of 65!*

During your **yearly** physical exam from your PCP you should get your ears examined—if you notice a change in your hearing sensitivity ask about a referral to an **audiologist**.

1 in 10 people hear so poorly that they would benefit from a hearing aid; but only **20%** of them actually get one.

Take Control of Your Hearing : **Schedule a Hearing Screening!**
NHIT members are eligible for **Amplifon Hearing Health Care** which offers custom hearing solutions, expert care, and low prices to help with your ear needs.
Call **1-877-301-0838** or visit **www.amplifonusa.com/nhinterlocal** to select a hearing healthcare professional at a location near you!

Hearing loss is usually **permanent** when the inner ear or nerves of the ear are damaged; if it is caused by a blockage, it is usually **temporary** and **treatable**.

Hearing loss can be a side effect of **heart disease, depression, Alzheimer's** or even **cancer**.

You should **never** put anything in your ears especially cotton swabs—they can push wax further into your ear and can **damage** the ear canal.

