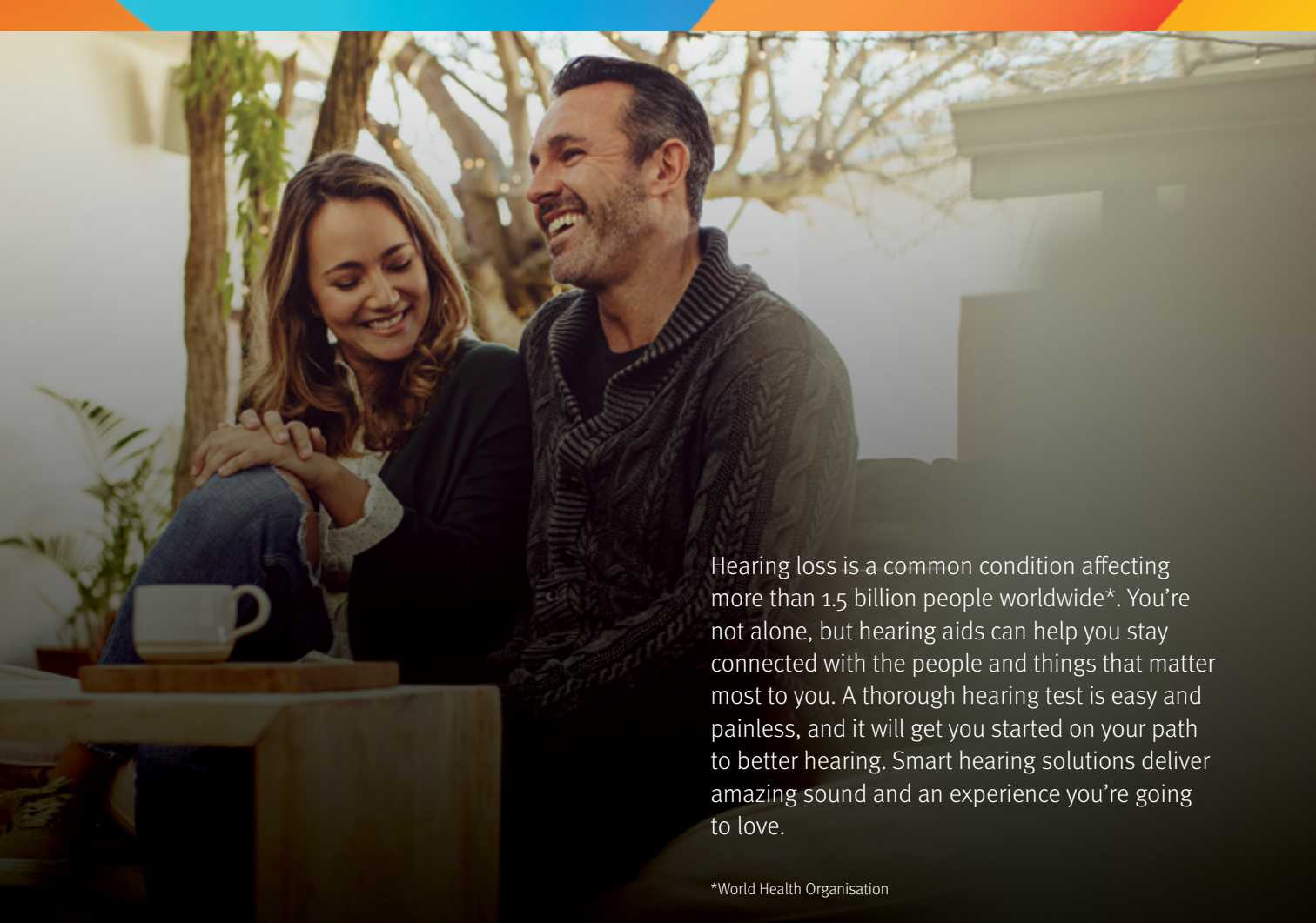




Navigating hearing loss

unitron™ Love the
experience

A Sonova brand

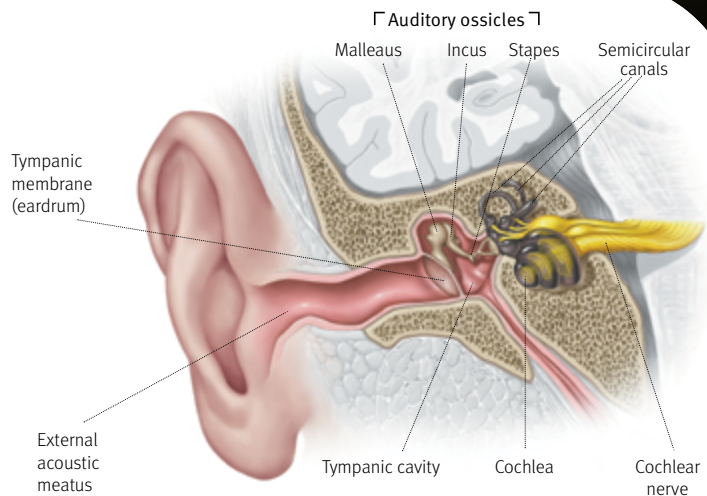


Hearing loss is a common condition affecting more than 1.5 billion people worldwide*. You're not alone, but hearing aids can help you stay connected with the people and things that matter most to you. A thorough hearing test is easy and painless, and it will get you started on your path to better hearing. Smart hearing solutions deliver amazing sound and an experience you're going to love.

*World Health Organisation

A good place to start

Sound is collected by the outer ear and transmitted through the ear canal to the middle ear, where it is converted into vibrations. These vibrations are sent to the cochlea in the inner ear. The cochlea is a snail-shaped organ that is filled with fluid and contains thousands of tiny hair cells. The vibrations travel through the cochlea causing the fluid to bend the hair cells. As the hair cells bend, nerve impulses are passed through the auditory nerve to the brain where they are interpreted as sound.



Damage and how to prevent it

Constant exposure to loud noises can damage these hair cells, resulting in sensorineural hearing loss. Once the hair cells are damaged, they can't be repaired. The most important step you can take is to avoid constant exposure to loud noises; if you can't do this, wear airtight hearing protection during exposure and take regular breaks.

Sounds can hurt

Sound level (decibels)	Common sounds
30	whisper
50	rainfall; quiet office; refrigerator
60	dishwasher; conversation
70	traffic; vacuum cleaner; restaurant
80	alarm clock; subway; factory noise
90	electric razor; lawnmower
100	garbage truck; chain saw
110	rock concert; power saw
120	jet takeoff; nightclub; thunder
130	jack hammer
140	shotgun; air raid system
180	rocket launching pad

When loud is too loud

Warning signs that you're being exposed, even temporarily, to excessive noise levels include:

- The need to ask others to speak loudly so that you can hear them
- Ringing or buzzing in your ears (tinnitus)
- Reduced hearing

Experience is everything

Choosing your hearing aids

An important part of your appointment is evaluating how well different hearing aids work for you. Your lifestyle, hearing loss and budget are important factors in this evaluation. Your hearing care professional will ensure your aids fit your ears and hearing loss, as well as your individual needs and medical and audiological history.

Which style is right for me?

Unitron hearing aids are designed for wearing comfort and ease of use and offer a full lineup with a variety of styles to suit your needs and preferences. Today's hearing aids are stylish and discreet as well as comfortable – and most styles can be fit for most types of hearing loss.



Receiver-in-Canal (RIC)



Behind-the-Ear (BTE)






















In-the-Ear (ITE)

Which technology level is best for me?

Unitron hearing aids are available in a wide range of technology levels that offer different performance features. By choosing the best technology level with your hearing care professional, you get the right features for your lifestyle. Higher technology levels give you more sound environment features that automatically adjust your hearing aids to varied listening situations.

And if your needs change... Unitron devices are upgradeable.

9 ★★★★★	7 ★★★★	5 ★★★	3 ★★
7 environments	6 environments	4 environments	2 environments
 Noise	 Conversation in noise	 Quiet	 Conversation in a crowd
 Conversation in noise	 Music	 Conversation in a small group	 Conversation in quiet
 Music	 Quiet	 Conversation in a crowd	
 Quiet	 Conversation in a small group	 Conversation in quiet	
 Conversation in a small group	 Conversation in a crowd		
 Conversation in a crowd	 Conversation in quiet		
 Conversation in quiet			

Once you have selected and been fitted for your hearing aids your hearing care professional will show you how to insert, remove and care for them and how to adjust them for your different listening situations and environments.

Your hearing care professional will be an important partner as you learn to use your hearing aids, and you should not hesitate to reach out to them between appointments if you have any questions.

Getting acquainted with your new devices

Your new hearing aids may take some time to get used to because your brain has to get used to all the new sounds it had forgotten. Your hearing care professional will perform an initial fitting where they adjust features and levels to ensure you're getting the most benefit from the devices. It is important to note there is an adjustment period when wearing new devices. Be patient, and follow your hearing care professional's guidance.



Your hearing history

Hearing tests are painless and non-invasive.

Get tested

The purpose of your first visit is to determine if you have a hearing loss and to what degree. Many people choose to bring a family member or friend for support.



Step 1: Your evaluation

Here's what you can expect:

- An assessment of your hearing history
- An ear exam to rule out ear wax or infection
- A hearing test to determine what you can and cannot hear
- An evaluation of the hearing test results to determine if you have a hearing loss and, if so, what type
- A discussion of hearing solutions, which may include communication strategies, hearing aids, and/or assistive listening devices

If hearing aids are the solution for you, your hearing care professional will help you choose one that fits your hearing loss, lifestyle, style preferences and budget.

Depending on the style you select, you may have your fitting at the same appointment, or you may have customised ear moulds made and return for a fitting as advised by your hearing care professional.

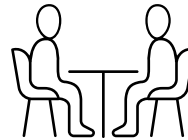


Step 2: Your fitting

During your fitting your hearing care professional will ensure:

- Your hearing aids fit properly and comfortably
- Your hearing aids are programmed for your hearing loss, set to a comfortable volume level and programmed to work optimally in your most common listening environments
- You will learn about your hearing aids, including how to use, insert, remove, and care for them, and how to manage the batteries

After your fitting, be sure to try out your hearing aids in different environments. Talk to your family and friends and note how things sound. It is perfectly natural for things to sound different. Give yourself time – and patience – to become comfortable with these new sounds.



Step 3: Your follow-up

Your follow-up visit takes place after a few weeks of wearing your new hearing aids.

This is the time to:

- Share your experiences – the more information you provide, the more your hearing care professional can ensure your hearing aids are working optimally for you
- Adjust your hearing aids – with the information you provide, your hearing care professional can make any necessary adjustments to improve your hearing experience

Help loved ones on their hearing journey

Hearing loss is one of the world's most common health problems. The good news is that hearing loss and its psychological side effects are manageable. If someone you care about has a hearing loss, you can provide support in various ways.

How you can help

Make communication easier and reduce the feelings of frustration and isolation that can accompany hearing loss. Here are some specific tips:



Be sure you have the person's attention before you begin to speak. It is difficult for people with a hearing loss to hear or lip-read if they are not looking at the speaker.



Make eye contact. Look directly at the person and make sure your face can be seen clearly.



Speak normally – not too loud or too fast – and enunciate your words.



Use facial expressions, gestures and body language to help communicate what you are saying.



Reword your sentence if the person does not understand what you are saying.



Be aware of competing noises such as music, an air conditioner or a refrigerator motor. Move away from these noises.



Ask whether you can do anything to improve the listening situation.



Laughing and keeping a sense of humor. This is particularly important in stressful times.

Should I get my hearing tested?

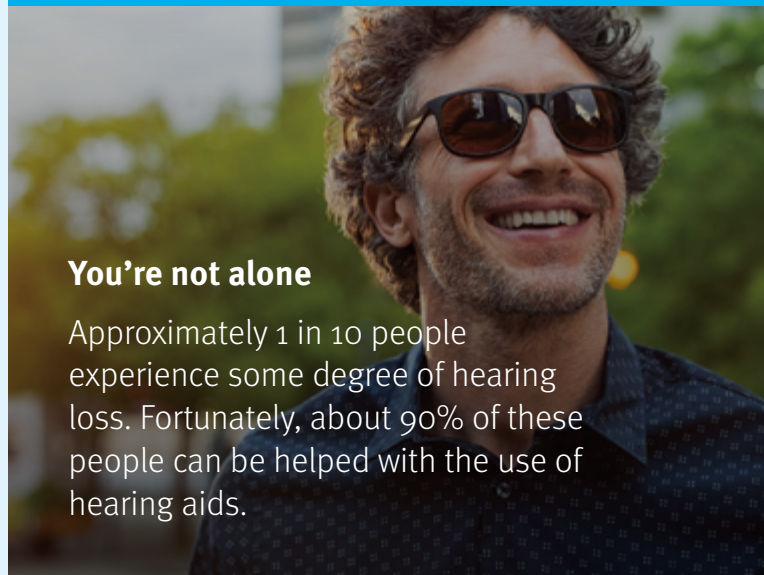
Do you

- ... often ask others to repeat themselves?
- ... turn up the TV or radio louder than others prefer?
- ... have difficulties understanding conversation when there is background noise?
- ... have the feeling that others are mumbling when they speak to you?
- ... have difficulty following group conversations?
- ... find it difficult to identify which direction sounds are coming from?

If you answered **yes** to any of these questions, you may have a hearing loss. Talking to a hearing care professional is the most important step you can take.

You're not alone

Approximately 1 in 10 people experience some degree of hearing loss. Fortunately, about 90% of these people can be helped with the use of hearing aids.





Wonder if it's time to explore your hearing health?

The first step has never been easier. Why wait? There's no reason to put off taking that first step on your hearing care journey. Why wait any longer to regain the moments you're missing out on? Take our free self-administered hearing screening test at:

<https://www.unitron.com>



At Unitron, we empower people with life-enhancing hearing experiences that fit seamlessly into their world. Our sound performance technology, experience innovations, and intuitive design work perfectly together for unmatched personalisation and optimisation. Because everyone deserves to **Love the experience.™**

© 2022 Unitron. All rights reserved.

028-6686-02

1800 212 313
unitron.com/au

sonova
HEAR THE WORLD