



Ask The Audiologist

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Q: Hearing Loss and Fatigue: Is There A Connection?

A: YES. Last month I read an article by a fellow Doctor of Audiology who's friend had recently been fit with hearing aids. The friend had only a very mild hearing loss. When this audiologist asked his friend if he was now hearing better, his friend replied "Well, I don't know if I am hearing better but I am a lot less tired at the end of the day". As a Doctor of Audiology I try to always consider all aspects of an individual when making hearing aid recommendations. Usually I consider lifestyle, degree of loss, finances, patient's desire for a hearing aid, the amount of communication difficulty they report and how much they struggle to hear.

Sometimes I have a patient who is what I would call a "borderline" hearing aid candidate. This person has a mild loss and could either try hearing aids or wait a year or two until the hearing loss worsens. I typically leave it up to the patient which way to proceed. The problem with waiting, as the above quote shows, is that the hearing loss may be causing numerous problems in addition to communication, such as fatigue. When you have untreated hearing loss, regardless of the degree, you struggle more than the normal hearing individual to hear. You exert more energy, without realizing it, and this makes you more tired than you should be at the end of the day. This is what I call "wasted energy", energy that could be used on other things. The above article reminded me to consider the fatigue factor with my hearing impaired patients.

If you are struggling to hear in various situations, and find yourself to be more tired at the end of the day than necessary, maybe it is time for a hearing test. Call 937-592-1001 to get your hearing test scheduled.