By JO WATERS

Listen up! You must have a hearing test in your 50s

Hearing loss isn’t just something that strikes in old age. You may be surprised to learn that 30% of people aged 50 or over have hearing loss. The problem is that people don’t often admit to having it. Among those who do, few are aware that they have a hearing loss, according to the National Institute on Deafness of Aging.

Silent hearing loss makes it difficult to detect the symptoms of hearing loss. It causes mental stress, a lower quality of life and an increased risk of depression. This is because hearing loss can lead to social isolation, which is a big risk factor for depression.

Moreover, hearing loss can lead to a decreased quality of life. It can affect your ability to communicate and interact with others. It can also affect your ability to work and perform daily tasks.

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AICD REFLUX MAY BE TO BLAME

JO WATERS, 62, a retired nurse, had his hearing tested at the local hospital.

I was shocked to learn that I had hearing loss. I had always thought that my hearing was fine. But when I was tested, I realized that I was missing a lot of what was being said. It was a real eye-opener. I’m now wearing hearing aids and it’s made a huge difference to my life.

Things change a lot when you have hearing loss. I used to love going out and meeting friends. But now I can’t hear what’s being said, so I’m not as interested in socializing. It’s been a big change for me.

The hearing loss also affects my ability to drive. I can’t hear the car horns or the other drivers, so I’m not as careful on the road. It’s been a big change for me. I never thought I’d have to worry about my hearing again.

It’s never too late to seek help if you think you have hearing loss. There are many options available, including hearing aids and surgical procedures. I’m grateful that I sought help and am now enjoying life to the fullest.

NEVER TOO YOUNG FOR HEARING AIDS

CHAD D lapse, 35, a student, underwent hearing tests for the first time.

I was amazed to learn that I had hearing loss. I had always thought that my hearing was fine. But when I was tested, I realized that I was missing a lot of what was being said. It’s been a huge shock for me.

I’m now wearing hearing aids and it’s made a huge difference to my life. I can now hear things that I couldn’t hear before. It’s been a real eye-opener.

But I’m not the only one who has heard loss. My family and friends have also been affected. It’s been a big change for me.

I’m grateful that I sought help and am now enjoying life to the fullest.

COULD PREVENT MENTAL DECLINE

SIEG KRUMB, 72, a retired school teacher, was diagnosed with hearing loss.

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