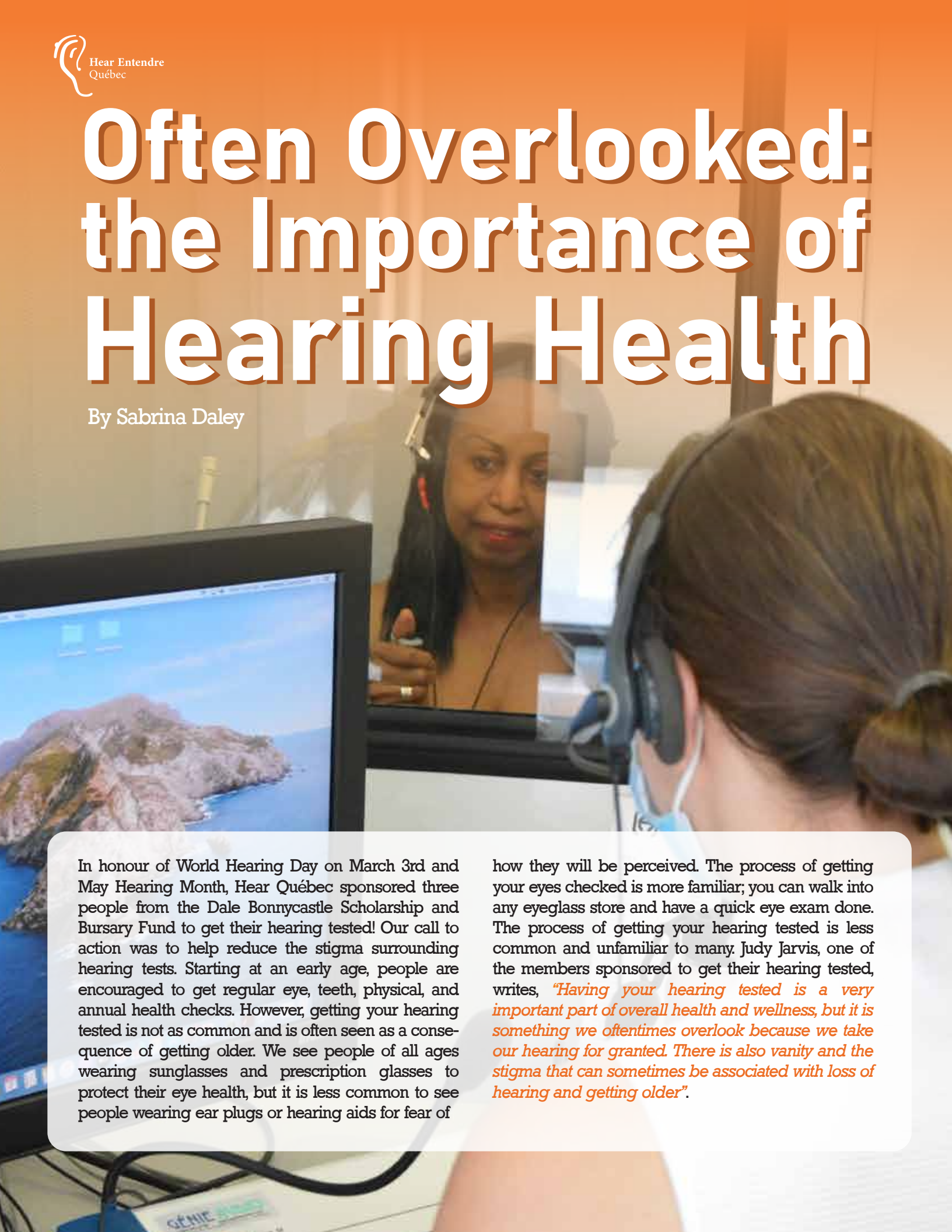


Often Overlooked: the Importance of Hearing Health

By Sabrina Daley




In honour of World Hearing Day on March 3rd and May Hearing Month, Hear Québec sponsored three people from the Dale Bonnycastle Scholarship and Bursary Fund to get their hearing tested! Our call to action was to help reduce the stigma surrounding hearing tests. Starting at an early age, people are encouraged to get regular eye, teeth, physical, and annual health checks. However, getting your hearing tested is not as common and is often seen as a consequence of getting older. We see people of all ages wearing sunglasses and prescription glasses to protect their eye health, but it is less common to see people wearing ear plugs or hearing aids for fear of

how they will be perceived. The process of getting your eyes checked is more familiar; you can walk into any eyeglass store and have a quick eye exam done. The process of getting your hearing tested is less common and unfamiliar to many. Judy Jarvis, one of the members sponsored to get their hearing tested, writes, *“Having your hearing tested is a very important part of overall health and wellness, but it is something we oftentimes overlook because we take our hearing for granted. There is also vanity and the stigma that can sometimes be associated with loss of hearing and getting older”*.

According to HearingLife, hearing loss is the third most common health condition among adults. On average, people with hearing loss will wait seven to ten years before getting treatment. As explained by the World Health Organization, hearing loss and other ear diseases can be cared for when identified quickly and handled with appropriate resources. The consequences of not caring for your hearing can lead to social withdrawal, depression, and isolation. Losing the ability to communicate with your friends, family, and loved ones is difficult which is why we need to break down this stigma of hearing loss. Judy Jarvis writes, *“Finally, with the encouragement of Hear Québec, I made an appointment and had my examination done. My audiologist was very patient and friendly, making my experience very comfortable. When it comes to having your hearing tested, there’s really no discomfort at all. If you are having any problems hearing, or if like me you simply want to pay attention to your health and wellness, make an appointment for a hearing test today. I give you my word, it is painless and worth the while. Protecting our ears and keeping track of our hearing health is very important”*.

If you want more information about the process of getting your hearing tested you can contact us at info@hearhear.org. You can also find information on support and pathways to service on our website: <https://hearhear.org/basics/>



Judy Jarvis, a hearing test sponsee, gets her hearing tested. Ask Judy, getting your hearing tested is a worthwhile experience!

References:

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Sabrina is a recent graduate of the Human Relations program at Concordia University and has been serving as a program facilitator for the past several months. She has been enjoying getting to know the Hear Québec members! She likes learning from people’s individual experiences and growing from their insight. In my spare time I like to paint, cook, and find new creative projects. I look forward to my journey working for Hear Entendre Québec



“Hearing well changes everything!”

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