

Why Your Hearing Health Is a Lot More Important Than You Might Think

Description

Despite our hearing being an important sense for our everyday wellbeing, most people don't get [regular checkups with their audiologist](#) compared to a general physician or even their dentist. This causes a lot of people to either overlook or underestimate the importance of their hearing health. This can cause a wide variety of problems in the future, especially if you're not being careful with your hearing health. So in this article, we're going to talk about why your hearing health is a lot more important than you might first think.

default watermark

default watermark

Source: https://unsplash.com/photos/cIVCS_L52a4 (CC0)

Hearing affects us in more ways than you think

Many people assume that hearing is just about the sounds we perceive, and this is true to some extent. However, it's also important to consider what hearing does for us in social situations and how it actually improves our well-being.

A good example would be the way that our bodies use our sense of sound to balance ourselves. People with hearing loss often find that it's difficult to gain a sense of balance after getting up from a lying or sitting position. This is because hearing loss can cause issues with our [vestibular system](#) which results in a poorer sense of balance.

Another good example would be how we approach social situations. People with hearing loss will find that it's difficult to maintain conversations in noisy areas, such as a social gathering. This can cause them to feel embarrassed when they ask someone to repeat themselves and could lead to social isolation in some cases.

As you can see, hearing loss can affect us in more ways than you might think. This isn't a comprehensive list of everything that could happen, but it's a good idea of what you can expect to experience if you have hearing loss.

Hearing loss is irreversible yet completely preventable in most cases

Hearing loss typically happens when you expose yourself to loud sounds for a long period of time. For example, if you work on a construction site with a lot of heavy machinery and neglect to [wear hearing protection](#), then you'll find that your hearing will suffer over a period of time. This is something that is completely preventable if you take the right cautionary measures and learn more about the level of noise that could cause hearing loss.

There are also conditions such as [tinnitus](#) that could have a long-term effect on your well-being. Described as a constant high-pitched whine or buzz, tinnitus is an incredibly frustrating sound to cope with and often stems from damage to the nerves in your ear. It's for this reason that it's commonly associated with hearing loss.

While there could be some relief from hearing loss and tinnitus, they are largely irreversible. However, these conditions are completely preventable in most cases unless your hearing loss is caused by a genetic condition. As such, it's best that you practice preventative measures to reduce the chances that you'll suffer from hearing loss in the future.

Date Created

2020/01/20