

Did you know?

Most of us wake up in the morning and never give a second thought to how wonderful it is to be able to hear. Hearing connects us to the world around us and the people we love; yet we seem to take it for granted.

Our ears are a truly amazing organ and do so much more than enable us to hear. They provide us with balance, spatial awareness and even contribute to other senses such as taste.

Now here are some other amazing facts about our ears and hearing that you might not know about.

- Did you know that the human ear is divided into three parts – the outer, middle and inner ear? Each part has a different function. The outer ear, the bit you can see, directs sound into the middle ear. In the middle ear we have the three smallest bones in the body, the stapes being the tiniest; all three could fit easily on to a 1p coin. These help transmit sounds to the inner ear. The Cochlea, is the innermost part of the ear, and is about the size of a pea. Inside the Cochlea are found up to 23,500 tiny hair cells, which are responsible for converting sound vibration into electrical signals that are sent to the brain to interpret.
- Did you know that human ears can hear sound frequencies as low as 20Hz and as high as 20,000hz, and everything in between? (Normal speech is between 100Hz and 8,000Hz). It is the higher frequencies that tend to be affected first with age-related or noise-induced hearing loss. This is because the tiny hair cells associated with higher frequencies

are found at the front of the cochlea. This is why when we get older we might find speech sounds mumbled and we have greater difficulty hearing in a noisy environment.

- Did you know that there are over 11 million people in the UK with some form of hearing loss, and this is growing? Hearing loss is, therefore, a major healthcare problem for our society, one we need to take seriously. According to the charity Action on Hearing Loss, 44% of participants in a study they conducted on people with hearing loss in the workplace said that hearing loss was a factor in them taking early retirement. 74% of people in the study believed their employment opportunities were limited because of hearing loss, whilst 70% reported that their hearing loss prevented them from achieving their full potential in the workplace.
- Did you know that going to rock concerts or listening to loud music through your ear-buds can seriously damage your hearing? The Health and Safety Executive advise that noise levels above 105dB can damage your hearing if endured for more than 15 minutes each week. However, noise at much lower levels can cause permanent damage if you are exposed to this every day. Sitting in front of speakers at a rock concert can expose you

to 120dB, which can begin to damage your hearing in only 7½ minutes.

- Did you know that getting your hearing tested on a regular basis is vitally important in taking care of your hearing? Anyone, however old, should get an examination of their ears and a full hearing test if they are experiencing difficulty with their hearing. This could be caused by a build up of wax, or could indicate a more serious condition that requires medical intervention.

Here at Correct Hearing we are passionate about the general wellbeing of people in our community. We want to encourage as many people as possible to get their hearing checked. A 15-minute screening will identify if a full hearing assessment is necessary, and if it is, we will provide this **free of charge**. We'd also like to send you a 'Guide to Better Hearing', published by British Society of Hearing Aid Audiologists, again totally **free of charge**. Just write, email or call us with your name, address and telephone number to receive this. ■

This is another area where the Correct Hearing Healthcare service goes beyond just the sale and fitting of hearing aids.

To make an appointment please phone **0115 961 8351** or email **info@correcthearing.co.uk**

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