

Health Awareness

Hearing Well Makes Life More Enjoyable

(NAPSA)—If you're planning to spend some time enjoying the great outdoors, you may want to get your hearing checked.

Warm-weather outdoor activities such as picnics and nature walks are a lot more fun when you can fully experience them—which includes being able to hear what family and friends are saying.

According to a recent study by Hear the World, 66.2 percent of people agreed that hearing at full capacity makes it easier for them to enjoy such activities.

That's why the team behind the study encourages people to take a free online hearing test at www.HearTheWorld.com to ensure their hearing is up to par.

"It's the season when people are getting out and enjoying warmer nights and longer days," said audiologist Susan Whichard. "Ensuring that your hearing health is good can make your summer significantly better."

According to the "Hearing is Living" study, 27.6 percent of people agreed that "Not being able to hear the sounds of nature can be very stressful in daily life."

Travel and Exercise

Getting a hearing checkup can benefit more than an enjoyment of nature—it can have an impact on a person's overall enjoyment of two other key warm-weather activities: travel and exercise. According to the study, people who have addressed their hearing loss enjoy their travels more, have greater flexibility in planning their travels and make more positive experiences during their



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travels, with 71 percent of respondents reporting they have "good experiences" when they travel.

Also, those with a hearing aid engage in sports more often than those not wearing a hearing instrument. Not only are the benefits of exercise abundant, but 64.6 percent of study respondents said that when hearing loss is no longer an issue, it's easier to socialize.

Quality of Life Improvement

Eighty-three percent said that their general quality of life has improved after addressing their hearing loss; also, 54.9 percent of those who have been checked and addressed their hearing loss agree that having a hearing aid makes it easier to do what they like in their free time.

Among respondents with moderate to severe hearing loss, owners of hearing aids find it easier to relax, are more able to adapt to different situations, feel less bored and have less difficulties concentrating.