



## Two Years of KY HEARS

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By mobilizing audiological care, the clinic embodies Heuser Hearing Institute's mission to close the education and achievement gaps for individuals who are deaf and hard of hearing, ensuring that comprehensive diagnostic and follow-up services are accessible to all Kentuckians, regardless of their location.

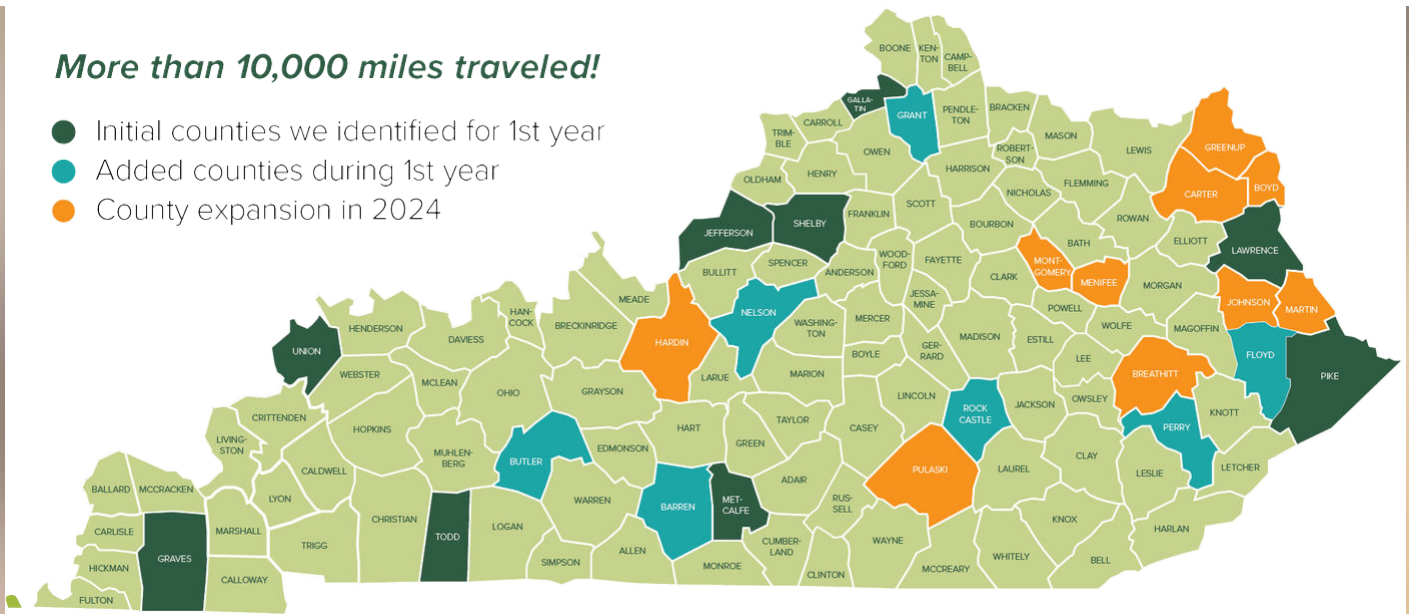
As part of the statewide hearing healthcare initiative, the Mobile Hearing Clinic travels across Kentucky, visiting communities quarterly or more frequently as needed. This innovative approach provides a broad spectrum of services directly to the communities most in need.

During our first two years, we held hearing clinics in 26 counties spanning the state. We have traveled over 10,00 miles to remove barriers and provide access to rural communities. We continue to be grateful for our partnerships with the circuit court clerks, local health departments, and other community agencies that welcome us. We return to these communities on a quarterly basis or as needed to ensure that we continue to serve those who need our help.

We look forward to spending another two years traveling through our beautiful state!

## More than 10,000 miles traveled!

- Initial counties we identified for 1st year
- Added counties during 1st year
- County expansion in 2024



## What to Know About Hidden Hearing Loss

Hidden hearing loss is a type of hearing loss that cannot be discovered on standard hearing tests, but is reported by patients, especially in places with background noise. Hearing loss [affects approximately 18% of the population worldwide](#), and hidden hearing loss could make that percentage even higher. It may be difficult to diagnose, so here's what to consider when potentially experiencing the condition.

### What Causes Hidden Hearing Loss

[Hidden hearing loss](#) is believed to be caused by damage to cells in the cochlea in the inner ear. These cells transmit sound to the brain and when they become damaged, the brain may have trouble understanding the speech signals.

This type of damage often doesn't show up in traditional hearing tests, which primarily assess the ear's ability to detect sounds in a quiet environment. However, in more complex listening environments, such as crowded restaurants like The Café, or busy streets, the brain has difficulty processing sound information effectively, leading to challenges in understanding speech. One of the primary causes of hidden hearing loss is noise exposure. Prolonged or intense exposure to loud noises, such as concerts, construction work or listening to music at high volumes, can damage these delicate nerve fibers without necessarily affecting the hair cells themselves.

As a result, people may continue to pass basic hearing tests but still have trouble following conversations in noisy environments. Aging, certain medications and underlying neurological conditions may also contribute to hidden hearing loss.

### Symptoms and Treatment Options

The main symptom of hidden hearing loss is difficulty understanding speech in noisy environments, even when individual words or sounds can still be heard clearly. People with this condition may find that they struggle to follow conversations when there is background noise, leading to frustration and fatigue from trying to listen. They may also notice that speech sounds muffled or unclear.

Unfortunately, because [traditional hearing tests](#) often fail to detect hidden hearing loss, it can go undiagnosed. If you suspect you have hidden hearing loss, it's important to seek help from a hearing specialist who can investigate your ability to hear speech in busy settings, as there is no standardized test for hidden hearing loss.

Hidden hearing loss can be managed with the use of hearing aids, which specifically work to amplify sounds in busy environments.

For those who find it difficult to communicate in noisy environments, simple strategies like positioning yourself closer to the speaker, reducing background noise when possible or using visual cues can also help improve communication and reduce listening fatigue.

To learn more about hidden hearing loss or to schedule a hearing test, contact KY HEARS.

## Upcoming Events

### Event Information

#### Breathitt County Hearing Clinic

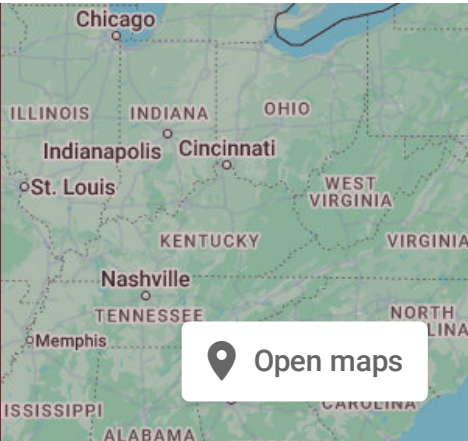
Please call 800-958-9610 to schedule an appointment

When?

**Tuesday, Oct 8, 2024, 09:00 AM**

Where?

**1131 Main Street, Jackson, KY, USA**



### Event Information

#### Montgomery County Hearing Clinic

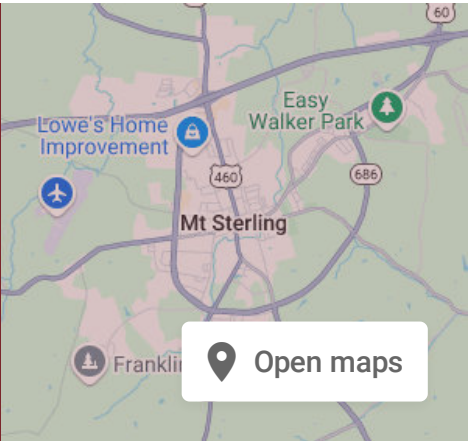
Please call 800-958-9610 to schedule an appointment

When?

**Tuesday, Oct 15, 2024, 09:00 AM**

Where?

**117 Civic Center Mt. Sterling KY**



### Event Information

#### Menifee County Hearing Clinic

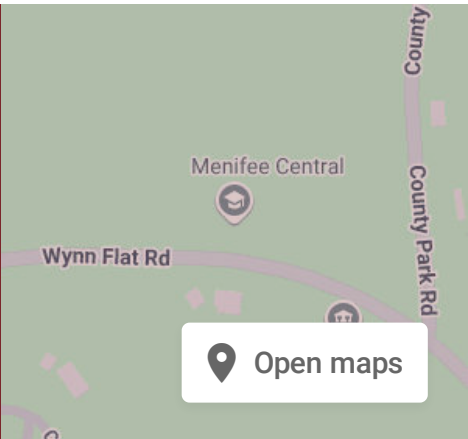
Please call 800-958-9610 to schedule an appointment

When?

**Tuesday, Oct 22, 2024, 09:00 AM**

Where?

**359 Wynn Flat Road, Frenchburg, KY, USA**





## Event Information

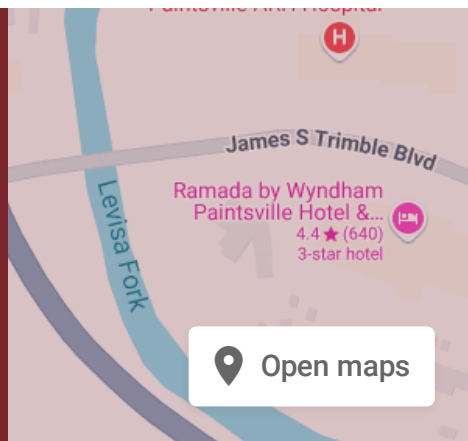
### Johnson County Hearing Clinic

Please call 800-958-9610 to schedule an appointment  
When?

**Wednesday, Oct 30, 2024, 09:00 AM**

Where?

**630 James S Trimble Boulevard, Paintsville, KY, USA**



Please visit our website [www.kyhears.org](http://www.kyhears.org) to see November clinics



Joins us at Sista Strut and get your hearing checked at our mobile clinic



**Devon Woodlee**

Devon is using Smore to create beautiful newsletters