Research has determined that the brain's ability to process speech can deteriorate as we age, but auditory training may help to slow this effect.

A study was conducted on 35 individuals whose ages averaged 63 years old. These individuals, some of which had hearing loss, were asked to listen to an adaptive and listening memory software for a total of 40 hours. Before training, participants were tested using electrophysiological to speech and behavioral tests.

After training, participants of this study indicated that they could hear better after the training program was completed, and that they were able to make out speech more clearly in background noise situations. Electrophysiological testing was completed again after the training, which indicated that neural timing, speech perception, and speed of processing were all improved.


Aural Rehabilitation

Aural rehabilitation is a form of therapy in which hearing impaired individuals are taught how to improve their communication abilities. During an aural rehab session, a program will be created that provides the best outcome for the patient.

If any of your patients are hearing aid users who have never went through aural rehabilitation, but are interested in learning new ways to improve their ability to discriminate between environmental sounds and form better communication methods with others, please have them call our clinic today!

A sound is dangerous when:

- You have to shout over the background noise to be heard.
- The person talking to you has to shout close to your ear for you to understand them.
- The noise or sound is painful to your own ears.
- The noise or sound makes your ears ring.
- After the noise/sound exposure, you have decreased or “muffled” hearing for several hours.

If you would like to receive our newsletter electronically, please send an e-mail to csdclinic@ohio.edu. Please include your name and e-mail address.