How do I choose the right hearing aid for me?

Hearing aids: How to choose the right one. Many types of hearing aids exist. So which is best for you? Find out what to consider when choosing a hearing aid. Perhaps you've thought about getting a hearing aid, but you're worried about how it will look or whether it will really help. It may help ease your concerns to know more about:

- The hearing aid options available to you
- What to look for when buying a hearing aid
- How to get used to a hearing aid
- Hearing aids can't restore normal hearing. They can improve your hearing by amplifying sounds that you've had trouble hearing.

All hearing aids use the same basic parts to carry sounds from the environment into your ear and make them louder. Most hearing aids are digital, and all are powered with a traditional hearing aid battery or a rechargeable battery.

Small microphones collect sounds from the environment. A computer chip with an amplifier converts the incoming sound into digital code. It analyzes and adjusts the sound based on your hearing loss, listening needs and the level of the sounds around you. The amplified signals are then converted back into sound waves and delivered to your ears through speakers, sometimes called receivers.

Completely in the canal: (CIC)

A completely-in-the-canal hearing aid is molded to fit inside your ear canal. It improves mild to moderate hearing loss in adults.

A completely-in-the-canal hearing aid:

- Is the smallest and least visible type
- Is less likely to pick up wind noise
- Uses very small batteries, which have shorter life and can be difficult to handle
- Often doesn't include extra features, such as volume control or a directional microphone
- Is susceptible to earwax clogging the speaker

In-the-canal hearing aid: (ITC)

- Is less visible in the ear than larger styles
- Includes features that won't fit on completely-in-the-canal aids, but may be difficult to adjust due to its small sizels susceptible to earwax clogging the speaker.
- In the ear (ITE) hearing aid is custom made in two styles one that fills most
 of the bowl-shaped area of your outer ear (full shell) and one that fills only the
 lower part (half shell). Both are helpful for people with mild to severe hearing
 loss and are available with directional microphones (two microphones for
 better hearing in noise).

Behind-the-ear hearing aid: (BTE)

- Traditionally has been the largest type of hearing aid, though some newer mini designs are streamlined and barely visible
- Has directional microphones
- Is capable of more amplification than are other styles
- May pick up more wind noise than do other styles

Receiver-in-canal hearing aid: (RIC)

- Typically has a less visible behind-the-ear portion
- Has directional microphones
- Has manual control options
- May be available with rechargeable battery
- Is susceptible to earwax clogging the speaker

<u>In-the-Ear hearing aid: (ITE)</u>

- Is custom-made to fit entirely within the outer ear
- Has a more discreet appearance compared to behind-the-ear models
- Can include directional microphones for improved sound clarity
- Often features manual control options, such as volume control and program settings
- May be available with rechargeable battery options
- Is susceptible to earwax buildup, which can clog the device

Optional features of hearing aids:

- Noise reduction: Varies by model; some also offer wind noise reduction.
- Directional microphones: Improve sound pickup from the front, reducing background noise.
- Rechargeable batteries: Eliminate the need for regular battery changes.
- Telecoils: Enhance hearing on telecoil-compatible phones and in looped public spaces.
- Wireless connectivity: Connect to Bluetooth-compatible devices like phones, TVs, and computers.
- Remote controls: Adjust settings without touching the hearing aid, often via a smartphone app.
- Direct audio input: Allows connection to audio sources like TVs or computers via a cord.
- Variable programming: Store settings for different listening environments.
- Synchronization: Coordinate adjustments between two hearing aids for easier control.







