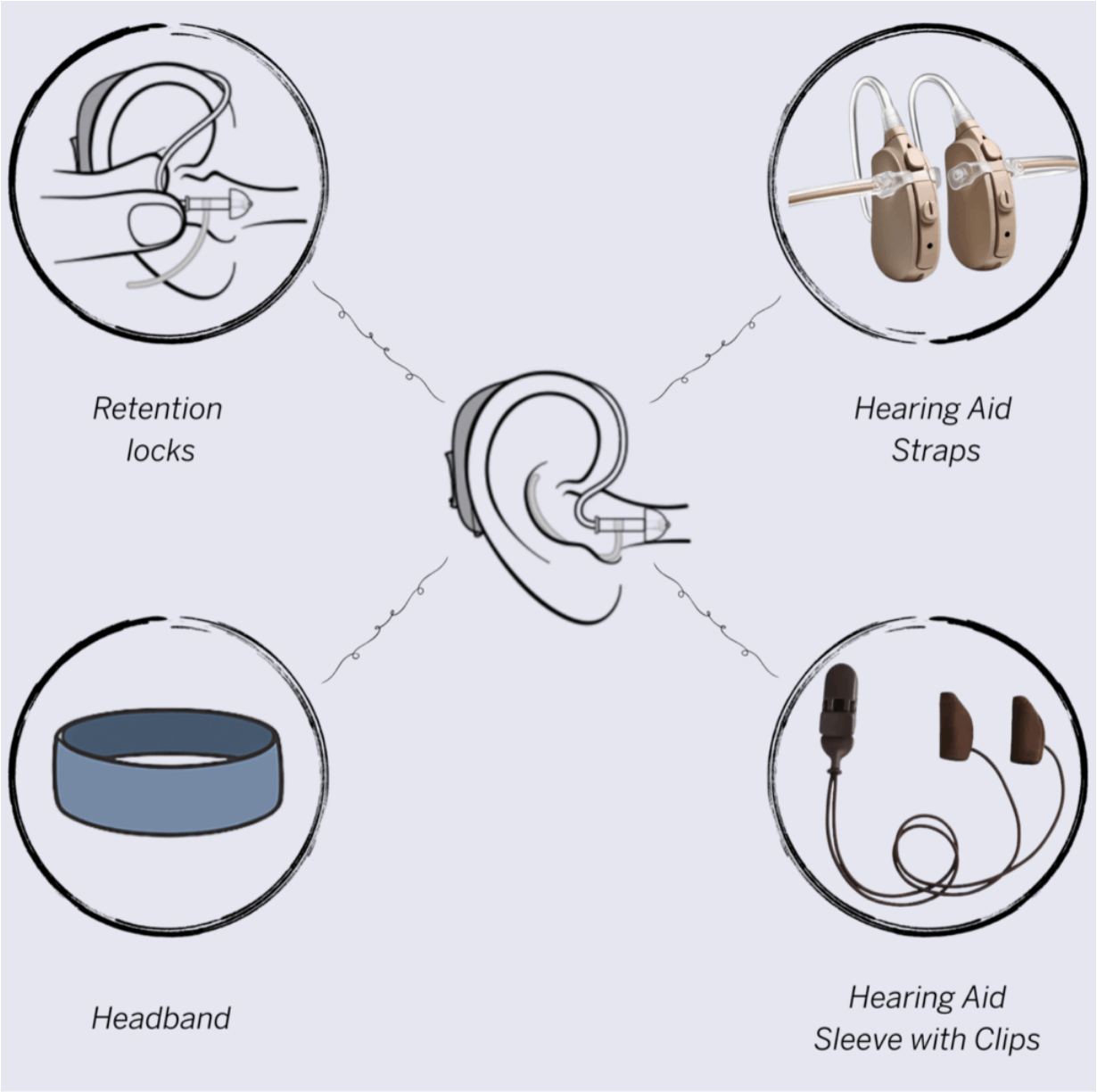
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My Patient Is Planning To Start A Group Fitness Class Soon And Asked Me About Wearing Hearing Aids To The Gym. Is There Anything I Should Be Considering?

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Absolutely! Our studies showed that many adults find hearing aids helpful to hear their classmates and the fitness instructor, but worry about moisture damage and hearing aids falling out. Just like eyeglasses, hearing aids have accessories like retention straps and clips that are usually used with pediatric hearing aid users. We studied how informational counselling about how hearing aids now offer moisture resistance and how offering hearing aid retention options might help. Some of our participants liked to use hearing aid retention accessories, including the concha bowl retention locks that come with most receivers in the canal and slim-tube hearing aids and retention straps that you can clip on your shirt. Also, using hearing aid sleeve was helpful with reducing wind noise during outside activities like playing golf and hearing the scraping of the eyeglasses with the hearing aids. We found it helpful for adults to try different options and choose accessories based on preferences and needs. Here are some examples of these accessories that your patient could try to help them use hearing aids during fitness activities.


Retention locks
Hearing Aid Straps
Headband
Hearing Aid Sleeve with Clips