Understand and protect your hearing at menopause

Over 48 million adults report some degree of hearing loss. In fact, hearing loss is the third most prevalent chronic health condition after arthritis and heart disease facing older adults. For women entering the menopausal years, it can feel like everything is changing all at once, including the ability to hear.

One of the more common questions women ask is: “Is there a connection between hearing loss and menopause?” The answer appears to be complex, but studies have suggested a correlation between hearing changes and menopause.

I will be hosting the next Red Hot Mamas seminar, “Understanding and Protecting Your Hearing at Menopause.” The presentation will cover types of hearing loss, tinnitus, who should be screened, treatment options for hearing loss as well as how to protect your hearing at menopause and beyond.

This free seminar will be held in the Pebble Creek Conference Room at the Portneuf Medical Center on Tuesday, April 2, 2019. Doors open at 6 p.m.; the presentation begins at 6:30 p.m. Light refreshments will be served. Grab a girlfriend or two and come find out more about this unique time in a woman’s life. To reserve a seat, visit www.portneuf.org/event/rhm or call 208-239-2033.

There are many different treatment options for those experiencing hearing loss. If you or a loved one experiences any loss of hearing either on a regular or recurring basis, schedule an appointment with an audiologist for proper diagnosis and treatment. If you suddenly lose your hearing, you should seek medical attention immediately because it may be an emergency.

To schedule a consult, call 208-239-1960. To learn more about Portneuf’s upcoming seminars, including Red Hot Mamas®, be sure to like Portneuf Medical Center on Facebook.

Makenzi Gwinn, Au.D, CCC-A, F-AAA is fully certified and licensed in Idaho as a Clinical Audiologist, is certified by the American-Speech-Language-Hearing Association and is a fellow of the American Academy of Audiology. She is presently taking new patients.