What does an audiologist do?

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Hearing connects us to the world but about 1 in 5 Australians experiences hearing difficulties so having regular checks with your audiologist is important.

Keeping your hearing stimulated is important for brain health. If you find it hard to understand people in noisy environments or notice you’re turning the TV up louder than before, make an appointment with an audiologist, Dr Elaine Saunders of [**Blamey Saunders hears** advises](https://www.blameysaunders.com.au/advice).

5 things your audiologist will do.

1. They will look for the cause of your hearing loss in order to decide how best to manage your hearing problem, by asking questions and running tests that assess your ear health. If they suspect your hearing loss is caused by an underlying condition, they will refer you to a doctor.
2. They will remove any ear wax occluding your eardrum or send you to an ear wax removal clinic or a GP. Ear wax is part of the ear’s automatic cleaning process but abnormal build-up can interfere with your hearing aids or cause obtrusive noises and muffled hearing. Your audiologist can advise you how to best manage ear wax.
3. If you have a hearing problem the audiologist will explain how hearing aids, cochlear implants or other assistive listening devices can help you, why hearing aids (or another solution) are recommended and discuss the features you need or like. The audiologist will run tests again, this time while you’re wearing hearing aids, to make sure they will help you. Remember, audiologists shouldn’t pressure you into purchasing a particular hearing aid brand or model, and price isn’t a good indicator of quality.
4. The audiologist can show you how to combine your new hearing aids with effective hearing tactics to improve your social and work communications. Understanding how your hearing aid works is the first step to getting the most out of it and managing your hearing impairment. Listening strategies can boost the benefits of your prescribed hearing solution.
5. They will give you copies of your test results and send you a comprehensive written report for you to keep on record if you ask for one.

*This guide is based on what Blamey Saunders hears considers best practice.*