

Audiology Expert Dr. Nicole Anzalone of Syracuse, NY Outlines Common Hearing Aid Mistakes in HelloNation

What are the most frequent mistakes people make when adjusting to hearing aids, and how can they be avoided?

SYRACUSE, NY, UNITED STATES, January 8, 2026 /EINPresswire.com/ -- What are the most frequent mistakes people make when adjusting to hearing aids, and how can they be avoided? According to a [HelloNation article](#), Dr. Nicole Anzalone of Syracuse Hearing Solutions emphasizes that hearing aids require realistic expectations, consistent use, and professional hearing care. Her advice helps people understand the role of the audiologist and the importance of follow-up, early evaluation, and ongoing maintenance.

The article begins by pointing out that many people expect hearing aids to work instantly, similar to glasses. Dr. Anzalone explains that this is one of the most common mistakes.

Hearing aids amplify and process sound, but they cannot restore natural hearing exactly as it once was. Instead, they must be calibrated to each person's hearing loss and environment. Over time, consistent use helps the brain adapt, making speech clearer and reducing strain.

Skipping follow-up appointments is another mistake. Hearing aids require professional adjustments just like eyeglass prescriptions. An audiologist ensures that the devices are fine-tuned for clarity in quiet settings, noisy environments, and daily communication. Without this input, background noise may feel overwhelming and speech may remain unclear.

Some people attempt to adjust devices on their own, relying on smartphone apps for changes. The HelloNation article stresses that while minor personalization is possible, significant adjustments belong in the hands of an audiologist. Incorrect settings can make sounds distorted



Dr. Nicole Anzalone

or uncomfortable, discouraging use. Professional calibration is essential for hearing care that works across multiple environments.

Inconsistent use is another problem. Wearing hearing aids only for television or outings slows the brain's ability to adapt to amplified sound. Daily use is critical for long-term benefit, helping the brain process speech more effectively and manage background noise.

Not reporting issues is also common. Whistling, discomfort, or poor performance may prompt some to stop wearing hearing aids altogether. Dr. Anzalone encourages open communication with an audiologist to resolve these issues quickly. Often, minor adjustments or new strategies restore comfort and clarity, making the devices far more effective.

Maintenance is another overlooked factor. Hearing aids are small, precise devices that need proper cleaning and storage. Earwax, dust, and moisture can block microphones or reduce performance. Regular care prevents small problems from becoming bigger frustrations, extending the life of the devices.

People also make the mistake of expecting perfect results in every situation. Even with advanced hearing aids, very noisy environments remain challenging. An audiologist can provide strategies, such as using directional microphones, managing background noise, or adjusting seating positions in conversations. These strategies are informed by results from a professional hearing test.

Cost-related choices can lead to additional mistakes. Purchasing devices online or from retail outlets may save money up front but usually sacrifices personalized hearing care. Without a proper hearing test, fitting, and ongoing support, the results are often disappointing. Investing in hearing aids through an audiologist ensures professional calibration, long-term guidance, and better outcomes.

Finally, delaying treatment is one of the most serious mistakes. Hearing loss often develops gradually, and waiting too long makes it harder to regain clarity. Untreated hearing loss can also contribute to tinnitus and even cognitive strain. Early evaluation not only improves outcomes but also helps preserve overall health and communication.

The HelloNation feature concludes that hearing aids are powerful tools, but they are not a quick fix. Success comes from combining consistent use, early evaluation, professional fitting, and ongoing hearing care. Dr. Anzalone emphasizes that when guided by an audiologist, hearing aids provide the clarity and connection that improve daily life.

The full article, titled [Common Hearing Aid Mistakes and How to Avoid Them](#), by Audiology Expert Dr. Nicole Anzalone of Syracuse, NY, is available on HelloNation.

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