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## **Young at heart! Sherrie fixes one of the most common signs of ageing – her hearing**

TV STAR Sherrie Hewson has opened up about her hearing loss and combating the signs of ageing revealing she has recently been fitted with hearing aids.

The presenter and actress said she has now become aware of the condition now she is in her 60s, and is teaming up with Specsavers to urge everyone to get their hearing checked and not to shy away from wearing hearing aids.

Sherrie, 68, says: 'My hearing loss has been such a gradual thing that I didn't notice it at first, but perhaps that may have been because I was in denial. I'd blame people who don't speak loudly enough, everything I could think of apart from myself.'

'I find myself in denial about a lot of things which indicate I'm getting older and this is one of the signs. I didn't want to admit it was happening.'

The former Coronation Street star says she realised there was a problem with her hearing when her granddaughter kept asking why she was shouting all the time.

Sherrie, who has also starred on Loose Women and Benidorm, adds: 'I knew there must have been something wrong when my granddaughter kept saying to me 'Nana why are you always shouting?' It's definitely been noticed by friends and family and I remember I often used to say the same thing to my dad.'

When Sherrie went to have her hearing checked at her local Specsavers store, the audiologist revealed that while the hearing in her right ear is fine, there is a significant loss in her left.

'I asked if it was to do with my age,' says Sherrie. 'While the audiologist explained to me that our hearing starts to deteriorate from the age of 50, she also explained that our lifestyle plays a big factor in it too.'

'My mobile phone is loud when I use it, and I've had one since I joined the street in 1993. Interestingly I always have my ear piece in my left ear when I'm in the studio too, so perhaps that could also be a reason.'

Sherrie adds: 'I do think a lot of it is to do with the world we live in. My television is very loud – the volume is usually at level 54. Thank goodness I live in a detached house, otherwise I'd have the neighbours around complaining.'

'I also notice that when I get into the car in the morning and switch the radio on, the music blasts me out of the window. But because it has been such a gradual thing you just don't notice at first. You think people are mumbling or you can just turn the radio or the television up and for a while you think the problem is sorted.'

Sherrie is now encouraging people to get their hearing checked and to wear a hearing aid if they need one.

She says: 'You can miss out on a lot if you don't hear, and often this makes you seem older than you are. People often associate hearing aids with age – I know I did – but technology is so good now that you can have something which fits in your ear and nobody would even know it's there.'

'It's important for people at every age to consider their hearing and not to be frightened or intimidated by aids. There's nothing to be ashamed of and it helps you to get the most out of life.'

Gordon Harrison, Specsavers chief audiologist, adds: 'On average it takes someone 10 years to seek help for hearing loss, which is a very long time to be missing out on conversation and social situations.'

'Finding yourself turning up the volume on the TV or the radio or being told your speaking loudly by family members are all tell-tale signs that something could be wrong.'

'Just as if you would get your eyes checked if you were struggling to see, it's important to get your hearing checked too. It's so important we try to remove the stigma associated with hearing loss as wearing a hearing aid is no different to wearing glasses – they can both improve quality of life.'

Specsavers recommends everyone over 55 gets their hearing checked once every two years. For more information or to book a free hearing test visit [www.specsavers.co.uk/hearing](http://www.specsavers.co.uk/hearing)

**Press credit: Sherrie Hewson is working with Specsavers to help remove the stigma associated with hearing loss. For more information or to book a hearing check visit: [www.specsavers.co.uk/hearing](http://www.specsavers.co.uk/hearing)**

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**Issued by Beattie Communications on behalf of Specsavers**

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