

## A Place For Mom's Hearing Loss Checklist

### What causes hearing loss?

Hearing loss can occur in many different forms. For some, the cause of hearing loss is hereditary. Other times it can be caused by disease, trauma, certain medications, or long-term exposure to loud noise.

Many seniors may not want to admit they have trouble hearing. It is common for seniors who can't hear well to feel frustrated or embarrassed. Several devices can assist seniors with different types of hearing loss, and early intervention can help restore function. Visit a doctor if you believe you or your loved one is experiencing hearing loss.

Ask yourself the following questions. If you answer "yes" to three or more of these questions, you could have a hearing problem and may need to have your hearing checked by a doctor.



- Y  N  Do you have a problem communicating over the phone?
- Y  N  Do you have trouble hearing the TV when there is background noise?
- Y  N  Is it hard to follow a conversation when two or more people talk at once?
- Y  N  Do you have to strain to understand a conversation?
- Y  N  Does it seem like the people you speak to are mumbling or not speaking clearly?
- Y  N  Do you respond inappropriately to questions because you can't hear what others are saying?
- Y  N  Do you often ask people to repeat themselves?
- Y  N  Do you have trouble understanding children when they speak?
- Y  N  Do people around you complain that you turn the TV volume up too high?
- Y  N  Do you often hear a ringing, roaring, or hissing sound?
- Y  N  Do you often complain that sounds are too loud?

If a hearing loss is ignored or untreated, it can get worse. But a hearing loss that is identified early can be helped through treatment, such as hearing aids, certain medicines, and surgery. If you think that you have a hearing problem, schedule an appointment with your family doctor. In some cases, they can identify the problem and prescribe treatment.