



Hearing Loss - Frequently Asked Questions

1. How can I recognize hearing problems?

Most of the time hearing problems begin gradually without discomfort or pain. What's more, family members often learn to adapt to someone's hearing loss without even realizing they are doing it. Here are some questions to ask yourself to determine whether you have hearing loss.

- Do I / they often ask people to repeat themselves?
- Do I / they have trouble following conversations with more than two people?
- Do I / they have difficulty hearing what is said unless facing the speaker?
- Do I / they struggle to hear in crowded places like restaurants, malls and meeting rooms?
- Do I / they have a hard time hearing women or children?
- Do I / they prefer the TV or radio volume louder than others?
- Do I / they experience ringing or buzzing in my ears?
- Does it sound like other people are mumbling or slurring their words?

If you answered yes to several of these questions, chances are you have a hearing loss.

2. What are the most common causes of hearing loss?

There are several causes. The main ones include excessive noise, genetics, birth defects, infections of the head or ear, aging, and reaction to drugs or cancer treatment. Each type of hearing loss has different causes.

3. Are there different types of hearing loss?

There are three types of hearing loss: conductive hearing loss, sensorineural hearing loss and mixed hearing loss. Most people lose at least some degree of their hearing as they age, and by the time they reach age 65 and older, one in three people has some type of hearing impairment.

4. Are there hearing aids for single-sided hearing loss?

Yes, hearing aids are available for those with single-sided hearing loss.

5. Doesn't hearing loss only affect old people?

Hearing loss can occur at any time, at any age. In fact, most people with hearing loss (65%) are younger than age 65! There are around 6 million people aged 18-44 with hearing loss, and around 1.5 million are of school age.

6. Are there operations or medications I can take for hearing loss?

Conductive hearing loss can be improved medically or surgically.

7. Won't wearing a hearing aid make me stand out?

While you are no doubt concerned about appearance, compensating for a hearing loss by asking people to repeat themselves, inappropriately responding to people (or not responding at all), or even withdrawing from social situations is more obvious than wearing a hearing aid.

Today's hearing aids are small, discreet and more stylish than ever. Some are even invisible. And, chances are that once you have a hearing aid, your quality of life will improve so much that cosmetics won't be as much of an issue for you.

While hearing aids have helped millions of people around the world improve their hearing experience and quality of life, there are still some misconceptions about them. Don't let these common myths keep you or someone you care about from getting help to overcome hearing loss.

8. Is there a connection between hearing loss and cognitive decline?

There appears to be a connection between hearing loss and cognitive decline according to research conducted and published by a team of physicians at Johns Hopkins and the National Institute on Aging. According to the study, "older adults with hearing loss are more likely to develop problems thinking and remembering than older adults whose hearing is normal."

9. How does hearing loss affect my overall health and wellness?

Hearing loss can occur for a number of reasons. As people age, they may begin to lose their hearing as a result of the natural aging process. Your hearing health contributes to your overall well-being and quality of life. Begin your journey to better overall health today.