

Hearing Loss Checklist

Tracking signs of hearing loss

Read the questions below to track signs of hearing loss in yourself or a family member. If you answer sometimes, frequently or always to any of the social and emotional symptoms described, it might be a sign of hearing loss. If any of the social, emotional or medical symptoms apply, speak to a hearing professional. Don't wait.

Social symptoms

How often do you...

- Require frequent repetition in order to understand speech?
- Have difficulty following conversations with more than two people?
- Think other people's voices sound muffled?
- Have difficulty hearing in noisy situations?
- Have trouble hearing children and women?
- Turn the TV or radio to high volume?
- Answer or respond inappropriately in conversations?
- Experience ringing in your ears?
- Read lips or depend on other people's facial expressions during conversations?

Emotional symptoms

How often do you...

- Feel stressed from straining to hear what others are saying?
- Feel annoyed at people because you can't hear or understand them?
- Feel embarrassed to meet new people because you may misunderstand what they're saying?
- Feel nervous about trying to hear or understand?
- Withdraw from social situations that you once enjoyed because of difficulty hearing?

Medical symptoms

Do you...

- Have a family history of hearing loss?
- Take medications that can harm the hearing system?
- Have diabetes, heart, circulation or thyroid problems?

Have you...

- Been exposed to very loud sounds over a long period?
- Experienced a single exposure to explosive noise?

Rate your communication lifestyle

How often are you in these different sound environments? Sharing this information with your hearing care professional can help you determine which **hearing aid features** might be best for you. Digital hearing aid features are designed to be fitted to your unique needs and lifestyle in a variety of environments. The ultimate benefit of hearing aids is to improve communication, increase your self confidence and give you back the energy to stay in the activities, places and relationships that enrich living.

Sound environments

How much time or with what frequency do you...

- Read books, magazines or newspapers?
- Participate in one-on-one conversations?
- Participate in outdoor activities?
- Watch television?

- Attend worship services or theater events?
- Attend workplace meetings?
- Listen to music?
- Eat in restaurants?
- Experience work or recreational noise?
- Attend parties and social gatherings?