



## How is your hearing health?

Use this guide to identify hearing loss risk factors and symptoms to discuss with your hearing health professional.

## Hearing Loss Risk Factors

### AGE

*Older people are at higher risk, but hearing loss is common across ages.*

I am \_\_\_\_\_ years old

### GENDER

*Men experience hearing loss more than women.*

I am:  Male  Female

### OCCUPATION

*Law enforcement personnel and teachers are among many professionals at higher risk.*

My occupation: \_\_\_\_\_

### HEREDITY

*Some people are genetically pre-disposed to hearing loss.*

**Have any members of your family experienced hearing loss?**

- Yes. Who? \_\_\_\_\_  
 No

### OVERALL HEALTH

*Smoking, obesity and certain medications can all increase your risk for hearing loss.*

**Do you smoke?**

- Frequently  Sometimes  Rarely  No

**Do you have any of these health issues?**

- Diabetes  High Blood Pressure  Obesity

**What medications (prescription and non-prescription) do you take on a regular basis?**

\_\_\_\_\_

\_\_\_\_\_

### NOISE

*Noise is the most common (and preventable) cause of hearing loss.*

**Have you been exposed to very loud sounds over a long period of time or single exposure to explosive noise?**

- Yes. Please explain: \_\_\_\_\_  
 No

## Signs of Hearing Loss

Symptoms of hearing loss can be subtle and start slow, or they may be obvious and come on suddenly.

Check any of the following signs you are experiencing:

- I often ask people to repeat what they have said
- I have a hard time hearing over the phone
- I often misunderstand what is being said
- I strain to understand a conversation when there is background noise
- I strain to understand a conversation when two or more people are talking at the same time
- I specifically have trouble understanding women and children
- I am often confused about where sounds are coming from
- I have a hard time understanding things on TV or on the radio
- I often have ringing in my ears
- Friends and family have told me they think I may have hearing loss
- I frequently feel stressed or tired after having to talk or listen for extended periods

**Remember – adults should see an audiologist for a complete evaluation at least every two years, and children should see one annually. Make your appointment today, and use this guide to discuss your hearing health needs.**