

Is my hearing changing?

Changes in your hearing happen gradually. Often people are unaware of these changes. The sounds that you could once hear simply fade to the point you are no longer recognize that you're NOT hearing them. So when you can no longer hear the fan in your home or your refrigerator humming in the background, you don't even realize it. For the person with unrecognized changes in hearing, those sounds become as good as invisible. So how can you tell if your hearing is changing?

Listening when people say things like, "Wow, that television is up so high" or "This is the third time I've called you" is one of the easiest ways to recognize changes in your hearing. Here are a few more:

- Hearing a ringing or buzzing in your ears even when there is no sound source present is called tinnitus, and is often a symptom of hearing loss.
- People often lose the ability to hear higher registers first. Women and children's voices tend to be higher. So if you've noticed that the women and children in your life seem to be mumbling, have your hearing checked.
- Having trouble hearing people on the phone, turning the cell phone volume all the way up, pressing the cell phone to your ear are all signs that your hearing ability has changed.
- Changes in hearing are very subtle, so it's those times where we experience a different environment that often point out problems to us. If during the presence of background noise, say at a restaurant or work environment, you find yourself missing parts of the conversation or responding inappropriately to things you misunderstand, this is a sign your hearing has shifted.
- Although it seems wrong, if some sounds seem too loud this may be a sign of hearing loss. This happens because, as we explained earlier, certain sounds become invisible when you have hearing loss, because you don't notice them you can be startled by sounds you can hear. So it's not the silence you've noticed, but the return of sound.

And what's the best way to tell if your hearing has changed? It seems so obvious, but people often forget that they need to have their hearing checked annually. Your ears will thank you for it! Call us at [PHONE NUMBER] or click on the button below to fill out our online contact form to have your hearing checked!