

## **Symptoms of Hearing Loss**

More than 48 million Americans have some form of hearing loss. Some know they have a hearing loss and seek treatment (about 1% of this population), but most do nothing. Hearing loss affects people of all ages, genders, and races – and it can slowly creep into your life over time. At ***[insert practice name]***, we want to make sure that you are aware of some of the signs of hearing loss in order to help yourself, or a loved one, should a hearing loss be present.

Take a moment to review the symptoms of hearing loss below to see if it's time to schedule a hearing screening:

### **Turning up the volume on the TV**

- If a friend or family member is constantly turning the volume up on radios or televisions, it could be an indicator that they are struggling with hearing loss.

### **Regularly misunderstanding conversations**

- Loud environments and multiple-person conversations can make it difficult for a person with hearing loss to engage in social situations. If you notice that a friend or family member constantly asks you to repeat yourself, withdraws from conversations, or gets frustrated when trying to communicate, it might be time for them to see an audiologist.

### **Regularly feeling tired or stressed**

- Since humans actually hear with their brains (the ears are a conduit in carrying the sounds to be processed), hearing loss puts extra strain on the brain's ability to do its job properly. When your hearing begins to fail, you have to focus more effort into trying to understand everyday conversations and the sounds of the environment around you. This extra effort is known as brain fatigue, and it can zap your energy quickly throughout the day. This often leads to feeling tired and/or adds additional stress to otherwise normal interactions.

### **Avoiding social situations**

- Social gatherings can become difficult situations for someone living with hearing loss. Since it becomes increasingly challenging to interact in noisy environments, many people with hearing loss simply withdraw from life. If you notice friends or family members avoiding social situations, it may be time for them to get a hearing check-up.

For additional information about hearing loss, or to schedule a hearing screening for yourself or a loved one, contact us at ***[insert phone number]*** today!