A COMMON CONDITION

Hearing loss is one of the most common conditions affecting elderly adults. Approximately one in three people ages 65-74 has hearing loss, and nearly half of adults older than 75 have trouble hearing.

SIGNS OF HEARING LOSS

See your doctor if you:

• Have trouble hearing over the telephone.
• Often ask people to repeat themselves.
• Need to turn up the TV volume that others can hear well.
• Have difficulty hearing because of background noise.

SUDDEN DEAFNESS IS A MEDICAL EMERGENCY. IMMEDIATELY SEEK MEDICAL CARE!
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CAUSES OF HEARING LOSS

• Inner ear damage from constant loud noises (e.g. lawn mowers, high-volume music, use of headphones, heavy machinery, trains); may result in permanent damage
• Accumulation of ear wax and/or fluid build-up
• Ear infections (viruses and bacteria)
• Foreign objects placed into the ear(s)
• Subsequent rupture of the eardrum
• Heart conditions, strokes, tumors
• Medications (e.g. large doses of aspirin, NSAIDS, certain antibiotics)

DEVICES TO ASSIST HEARING

• Hearing Aids: These popular devices help amplify sounds. There are many types of hearing aids; an audiologist (hearing aid specialist) will help you pick the best one for your needs.
• Alerting Devices: These connect to doorbells, alarm clocks, and smoke detectors to send a loud signal or blinking light.
• Cochlear Implants: These are electronic devices for people with severe hearing loss.

TIPS IF YOU HAVE A HEARING PROBLEM

✔ Don't keep it a secret! Hearing loss is nothing to be ashamed of.
✔ When speaking with someone, let that person know you have a hearing problem; if needed, ask him or her to reword a sentence and try again; ask people to face you and to speak more clearly and loudly.