

# Hearing Health is *Complex*

Better hearing starts with better understanding. So, what exactly *is* hearing loss?



Hearing loss varies from person to person, and only a licensed hearing professional can diagnose it.

**Hearing loss** is the reduction in our ability to hear certain sounds. Specifically, hearing loss refers to when a person's hearing threshold is 25 decibels (dB) or lower in both ears.

## There are three types of hearing loss:

- Sensorineural hearing loss** is the most common type of hearing loss and is usually permanent. Common causes that result in this type of hearing loss are aging and prolonged noise damage, including from the use of headphones.
- Conductive hearing loss** often results from fluid or earwax buildup, or an ear infection, and is often temporary. This type of hearing loss can be treated with medicine or surgery.
- Mixed hearing loss** is a mix of sensorineural and conductive hearing loss.

## SIGNS OF HEARING LOSS

Frequently asking others to repeat themselves

Turning the TV to a volume others find loud

Having difficulty hearing women and children's voices

Having trouble understanding conversations in noisy places

Having others saying that you have hearing loss

Avoiding social situations that were once enjoyable

Having ringing in your ears

Feeling like others are mumbling

Having trouble hearing on the phone

## If You Suspect You Have A Hearing Problem

Make an appointment with a hearing professional for an evaluation, consultation and hearing test. Many hearing care professionals offer this evaluation at no charge.