

Is It Hearing Loss? A Checklist for Adults

Many adults wait years before getting help for their hearing loss, believing that they are “getting by.” Treatment can help people not only get by but *thrive*! It can positively impact quality of life, personal relationships, mental health, physical health and safety, and even cognitive health (including delaying the onset of dementia, according to recent research).



Ask yourself these questions:

- Do you have dizziness, pain, or ringing in your ears?
- Do people around you often seem to mumble?
- Do you often need to ask people to repeat themselves?
- Do others complain about you turning up the TV volume too high?
- Do you have trouble following conversation when more than one person is talking?
- Do you have trouble hearing on the phone?
- Do you have to listen carefully or put in extra effort to understand conversation?
- Do you have trouble hearing in noisy environments, such as restaurants?

If you answered yes to one or more, make an appointment with a certified audiologist for a hearing evaluation. Find one at www.asha.org/profind.