

## Identify the Signs: Hearing Loss in Adults



**Note:** Left unaddressed, hearing loss can have a significant impact on a person's **overall health, physical safety, and quality of life**. It can lead to a higher risk of social isolation, depression, falls and other injuries, and cognitive decline and dementia. Certified audiologists can help.

- Difficulty following conversations
- Difficulty hearing in noisy environments
- Hearing ringing, roaring, or beeping in one or both ears
- Failure to respond to spoken words
- Muffled hearing
- Constant frustration hearing speech and other sounds
- Avoidance of conversation



Find more signs, and how you can connect with help, at <https://IdentifytheSigns.org>.

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**Note:** If your loved one is diagnosed with hearing loss, ask their audiologist if they qualify for hearing devices. Also ask for a list of communication tips that you can practice together. The hearing device is just one way to help your loved one improve access to sound.

### What Loved Ones Can Do

#### Encourage your loved one to see an audiologist if they:

- **notice any changes** in their hearing ability
- **hear sounds** such as ringing, roaring, or beeping in their ear
- **experience difficulties hearing** in noisy environments
- **need to frequently turn up** entertainment devices to hear (example: television)
- **have a history of taking medications** that cause hearing loss (called *ototoxic* medications)
- **have a history of chemotherapy** or radiation to the head and neck region

#### Encourage your loved one to seek help from an ear, nose, and throat (ENT) doctor as soon as possible if they notice:

- **sudden hearing loss** in either ear
- **drainage of any kind** coming from the ears
- **pain or discomfort** in one or both ears
- **dizziness**



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