

# Do you have these symptoms of hearing loss?

Hearing loss often occurs gradually, and you may not recognize the early signs of the condition. This 10-question quiz can help you identify the signs of hearing loss.

1. Speech and other sounds seem muffled. Yes \_\_\_\_ No \_\_\_\_
2. I have difficulty hearing high-pitched sounds (such as birds, doorbell, telephone, alarm clock). Yes \_\_\_\_ No \_\_\_\_
3. It's difficult to understand conversations when I am in a noisy place, such as a restaurant. Yes \_\_\_\_ No \_\_\_\_
4. It's difficult for me to understanding speech over the phone. Yes \_\_\_\_ No \_\_\_\_
5. I have trouble distinguishing speech consonants (such as difficulty distinguishing the difference between s and f, between p and t, or between sh and th in speech). Yes \_\_\_\_ No \_\_\_\_
6. I need to ask others to speak more slowly and clearly. Yes \_\_\_\_ No \_\_\_\_
7. I need to ask someone to speak more loudly or repeat what they said. Yes \_\_\_\_ No \_\_\_\_
8. I turn up the volume of the television or radio. Yes \_\_\_\_ No \_\_\_\_
9. I have ringing in the ears. Yes \_\_\_\_ No \_\_\_\_
10. I have hypersensitivity to certain sounds (certain sounds are very bothersome or create pain). Yes \_\_\_\_ No \_\_\_\_



*Source: Centers for Disease Control and Prevention*

If you answered yes to any of the questions above, contact your healthcare provider and have your hearing tested.

## Regular check-ups may be needed

People at risk for hearing loss can benefit from regular hearing check-ups. This includes people who:

- ✓ Have a family history of hearing loss not associated with noise exposure,
- ✓ Work in a noisy environment,
- ✓ Engage in noisy activities or hobbies, or
- ✓ Take medicines that put you at greater risk for hearing loss.