



## What are some solutions for hearing loss?

Several tools and strategies can help. Here are a few:



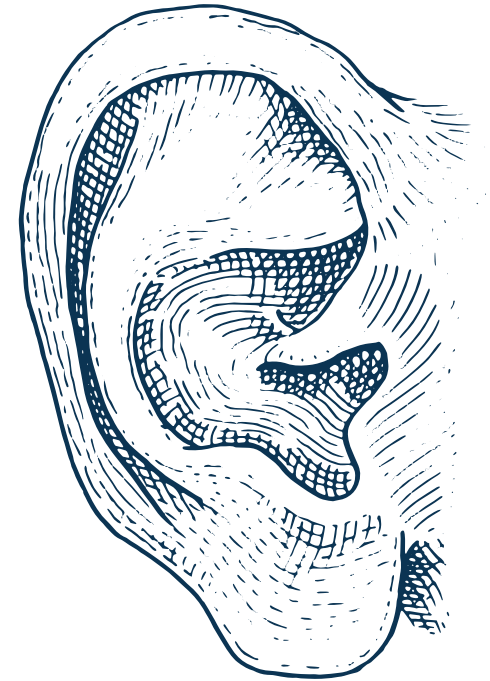
**Hearing aids:** devices worn on the ears to help make sounds louder.

**Assistive listening devices:** tools that can help you hear the TV better or understand better in noisy places .



**Communication strategies:** using clearer speech, giving your full attention to the person speaking, and using your vision.

**Medical management:** some forms of hearing loss can be treated by a medical doctor.



## What is an Audiologist?

An audiologist is a hearing healthcare professional who diagnoses, manages, and treats hearing loss as well as other ear related issues.

- **Think you have a hearing problem?** Make an appointment with your local audiologist.
- **What do they do?** They can perform a hearing test and determine if a hearing issue is present.
- **If you have hearing loss:** the audiologist will suggest the best method to help you hear better.

# Hearing Loss

The Basics



## How do I know if I have hearing loss?

Hearing loss can happen slowly over time, so the signs are not always clear.

Some common signs of hearing loss are:

- Saying “huh” or “what”
- Turning up the volume on the TV or radio
- Feeling like other people “mumble” when they talk to you
- Trouble understanding in noisy places
- Asking someone to repeat what they said
- Ringing, humming, buzzing, or hissing sounds in your ears

## What type of hearing loss do I have?

There are three main types of hearing loss. Only your hearing care professional can determine which type of hearing loss you have!

- 1 | **Sensorineural Hearing Loss** occurs in the inner ear or the nerve leading up to the brain.
- 2 | **Conductive Hearing Loss** occurs due to an issue in the outer or middle ear, such as an ear infection or a blockage of ear wax.
- 3 | **Mixed Hearing Loss** occurs when there is a combination of sensorineural and conductive hearing loss.

## How do we hear?

Our ear has three main parts that work together to help us hear!

- **The outer ear** collects sound from the world around us and sends it down the ear canal.
- Once sound reaches **the middle ear**, it moves the eardrum and travels across the three smallest bones in the body.
- The sound then reaches **the inner ear** where it is changed into messages that our brain can understand.

“What?”