

Facts About Hearing Loss

Approximately 36 million Americans suffer from hearing loss.

- ❖ More than half of the people with hearing loss are younger than age 65.
- ❖ Untreated hearing loss can affect your ability to understand speech and can negatively impact your social and emotional well-being—hearing impairment can decrease your quality of life!
- ❖ Hearing loss is the third most common health problem in the United States.

Signs you may have a hearing loss:

- ❖ Difficulty hearing people talk in noisy environments such as a restaurant, shopping mall, in a car, or at the movie theater.
- ❖ People seem to “mumble” all the time.
- ❖ Family, friends, or colleagues often have to repeat themselves when speaking with you.
- ❖ You have trouble hearing people when they are not facing you or are in another room.
- ❖ You have trouble following conversations.
- ❖ You have ringing, buzzing, or hissing sounds in your ears.

What causes hearing loss?

- ❖ Exposure to excessive loud noise.
- ❖ Ear infections, trauma, or ear disease.
- ❖ Damage to the inner ear and ear drum from contact with a foreign object (cotton swabs, bobby pins, etc.) .
- ❖ Illness or certain medications.
- ❖ Deteriorating hearing due to the normal aging process.

How to protect your hearing:

- ❖ Wear hearing protection when around sounds louder than 85 dB for a long period of time. There are different types of hearing protection such as foam earplugs, earmuffs and custom hearing protection devices. Contact your local audiologist for custom hearing protection devices.
- ❖ Turn down the volume when listening to the radio, the TV, MP3 player, or anything through ear buds and headphones. (Visit www.TurnItToTheLeft.com)
- ❖ Walk away from the noise.
- ❖ And, other than hearing protection, do not put anything in your ear!



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