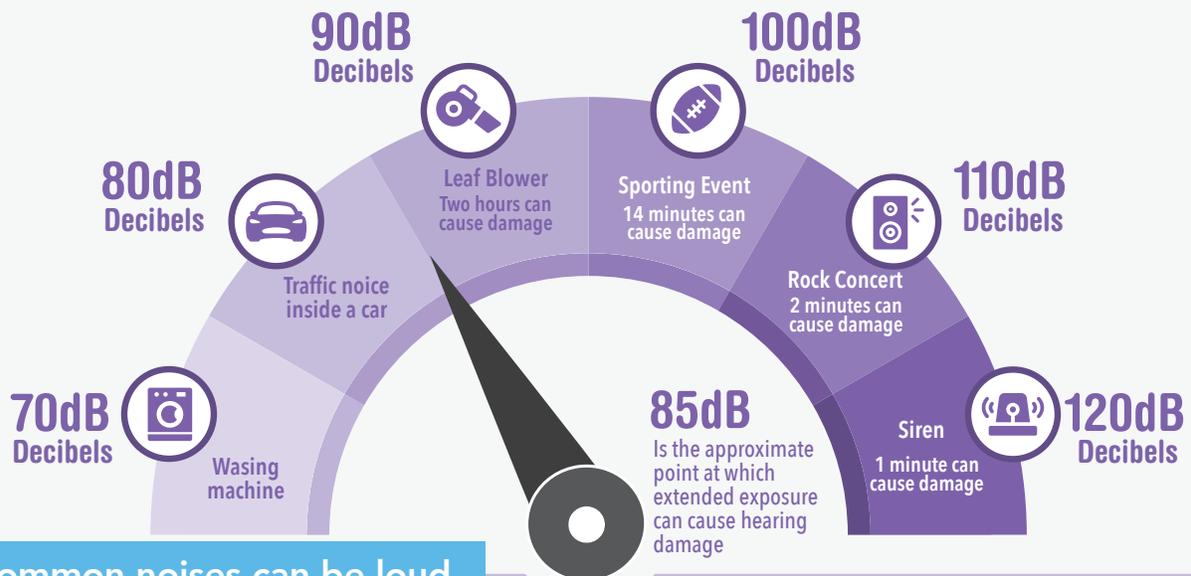


Prevent, Identify, and Preserve Hearing Loss and Balance Disorders

Hearing loss can affect anyone.

However, people delay reporting hearing loss because they don't know or won't admit they have a problem. Here is how hearing loss occurs.

How Hearing Loss Occurs



Common noises can be loud

Hearing Loss and Balance Disorder Self-Assessment

Hearing loss often gets worse for years before anyone notices or diagnoses it. Hearing loss and balance issues are closely related. One often triggers the other. Hearing loss is treatable, and some treatments may slow or prevent further hearing loss.

Reflect and answer the following questions. If you answered “yes” to at least three questions, don’t delay seeking medical care.

QUESTIONS	YES	NO
Do you find it difficult to follow a conversation if there is background noise?		
Can you usually hear and understand what someone says in a normal tone of voice when you can’t see that person’s face?		
Do you feel frustrated with your hearing when talking to family or friends?		
Do you have trouble detecting sound, discriminating words, or both?		
Are you often exposed to loud sounds, either at work or away from work?		
Are you experiencing any hearing loss, dizziness and ringing in the ears?		
Do you have physical injuries and infections of the inner ear?		
Do you have another health problem?		

Preserve and protect your hearing health by committing to the following:

- Avoid noisy places whenever possible.
- Use earplugs, protective earmuffs, or noise canceling headphones when near loud noises.
- Keep the volume down when watching TV, listening to music, and using earbuds or headphones.
- Ask your doctor for a hearing checkup and how to protect your hearing from noise.
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