



# Chesapeake Bay ENT

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## Is It Time for a Hearing Test?

### *Self-Assessment Checklist*

*It can be difficult to admit when your hearing starts to go. We want to believe it's the noise in the room or that the other person is mumbling or won't speak more clearly. And sometimes it is those factors; but more often than not, it's our hearing that has changed.*

Use this self-assessment checklist to identify possible problem areas. If you answer "yes" to one or more of these questions, it's time for a hearing test.

- Do you have trouble following the conversation when two or more people are talking at the same time?
- Do people complain that you turn the TV volume up too high?
- Do you have trouble hearing when there noise in the background?
- Do you misunderstand what others say and respond inappropriately?
- Do you keep having to ask people to repeat themselves?

If you answered "yes" to one or more of the above questions, don't be alarmed. Hearing loss - the deterioration of auditory function - is more common than you might think.

Hearing loss can be caused by noise exposure, ototoxic drugs, medical disorders, aging or a combination of these. It can start at any time after the age 19; however, it typically starts in males at 32 years of age, and in females at 37 years of age.

**By the age of 65, almost 60% of all Americans have enough hearing loss to warrant the use of a hearing aid. That number jumps to 80% by the age of 75.**

Don't allow a loss of hearing to affect your quality of life. Go ahead and schedule an appointment to have your hearing tested. There are many new options available today.

## Schedule an Appointment Today!

Chesapeake Bay ENT  
Otolaryngology – Head and Neck Surgery

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