

How do you know if you have hearing loss?



Hearing loss is invisible and frequently goes unidentified and unmanaged, putting those affected at heightened risk for social isolation, dementia and other age-related health concerns. Though common among older adults, affecting 2/3 of those over 70 years of age, fewer than 20% of those who could be helped by hearing aids use them, despite strong evidence of the benefits. Early identification and management of hearing loss helps to improve communication, social participation and quality of life, supporting healthy aging.

While detecting hearing loss in its early stages can be difficult, the following are some early signs to watch out for:

- People appear to mumble (you can hear people talking, but can't make out the words)
- Difficulty understanding speech if someone is not looking directly at you
- Difficulty hearing in background noise
- Frequently asking people to repeat themselves
- Turning the television volume up loud
- Avoiding certain social situations because you are not able to participate
- Family and friends tell you that you are not hearing
- Ringing or buzzing in the ears

Recent pandemic precautions such as mask-wearing and social distancing have made communication more challenging for everyone and made us more aware of the importance of being able to hear well.

If you think that you are experiencing early signs of hearing loss, consult a physician or audiologist and arrange for a hearing test. If not possible for you currently, try doing a hearing screening test at home with our online screening tool <https://www.shoeboxonline.com/baycrest/>

**To see an Audiologist, call Baycrest Hearing Services at 416-785-2476
or email at hearing@baycrest.org**