

# Top 10 Signs of Hearing Loss

---



Like any medical condition, the sooner you address hearing loss the better. Here are 10 common signs that you may have hearing loss.

1. **You have trouble hearing on the telephone.** Cell and landline phones are equipped with a volume control setting, so you might not have trouble hearing the person on the other end because you've amped the telephone to the max.
2. **You have trouble following a conversation when people are talking at the same time.** Although our ability to process multiple incoming and competing signals deteriorates over time, difficulty following a conversation may be a sign of hearing loss.
3. **The family or others complain that your TV is too loud.** Television programs can be hard to follow, particularly during times when music is drowning out dialogue. Turning the TV up louder doesn't always help make the sound clearer.
4. **You're tired from straining to hear conversations.** If a typical day of conversing with others leaves you with a headache or feeling physically fatigued, you may have a hearing loss.
5. **You have trouble hearing in noisy environments.** People with hearing loss often have problems masking out background noise and focusing on speech.
6. **You say "what?" a lot.** If "what?" is becoming the most used word in your vocabulary, it could mean you aren't getting the sound signals you need to process speech correctly. You may have hearing loss. Another sign is you rely heavily on your spouse to "translate" for you, compensating for your hearing loss.

*Continued on Page 2*



Call 540-712-3362 or visit [www.thelegacyatnorthaugusta.org](http://www.thelegacyatnorthaugusta.org)

*The Legacy at North Augusta is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.*

**7. People don't seem to speak clearly.** If everyone around you sounds like the teacher from Charlie Brown, chances are you're suffering from hearing loss. Very often, people who cannot hear high frequencies have the feeling they can hear, but do not understand the dialogue.

**8. You misunderstand what people say.** "You want me to eat a frog?" "No, Fred, I said, 'See the fog.'" Misunderstanding people can be embarrassing, and it often stems from the beginnings of high-frequency hearing loss that affects our ability to discern the sounds of speech.

**9. You have trouble hearing children and women.** Hearing loss within a specific frequency range is common, and with age, you're more likely to experience hearing loss in the high frequencies. Since women and children speak at higher pitches or frequencies, it's often more difficult to hear what your grandchild or wife is saying to you than when your male friend with the booming, deep voice speaks to you.

**10. You become annoyed and frustrated during conversation.** It's easy to get frustrated and annoyed at those around you when you cannot hear what they're saying. The feelings of frustration are normal and understandable since communication is such an important part of life. If you're being honest with yourself, you may recognize that you are not actually annoyed at those speaking to you, but more so with a hearing loss you're beginning to notice.



Call 540-712-3362 or visit [www.thelegacyatnorthaugusta.org](http://www.thelegacyatnorthaugusta.org)

*The Legacy at North Augusta is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.*