

Self Screening: Do I Have A Hearing Loss?

How Do I Know If I Have a Hearing Loss?

At least 28 million Americans have some hearing loss, including half of those over the age of fifty. Most hearing loss occurs gradually.

Do You:

- Frequently ask people to repeat?
- Turn the TV up louder in order to hear?
- Hear that someone is speaking, but can't understand the message?
- Find it difficult to hear children's voices?
- Turn an ear toward the person speaking?

If you answered “**yes**” to one or more of these questions, have your hearing tested by an audiologist.

How Does Your Hearing Measure Up?

Your ability to hear affects almost every aspect of your life. Everyday environments put demands on our hearing abilities: communication with our families, co-workers and socializing with friends. We invite you to complete the following questionnaire in order to determine if you should be concerned about your hearing ability.

On the following page, rate yourself on how well you hear. Read each of the following questions and enter:

- 4 points for a “**yes**” answer
- 2 points for a “**sometimes**” answer
- 0 points for a “**no**” answer

1. ___ Does a hearing problem cause you to feel embarrassed when you meet new people?
2. ___ Does a hearing problem cause you to feel frustrated when talking to members of your family?
3. ___ Do you have difficulty hearing people when someone speaks in a whisper?
4. ___ Do you feel handicapped by a hearing problem?
5. ___ Does a hearing problem cause you difficulty when visiting friends, relatives or neighbors?
6. ___ Does a hearing problem cause you to attend religious services less often than you would like?
7. ___ Does a hearing problem cause you to have arguments with family members?
8. ___ Does a hearing problem cause you difficulty when listening to TV or radio?
9. ___ Do you feel that any difficulty with your hearing limits or hampers your personal or social life?
10. ___ Does a hearing problem cause you difficulty when in a restaurant with relatives or friends?

Add the points and see where you fall on the following chart:

<u>Your Score</u>	<u>Probability of Hearing Loss</u>
0 - 8 points	13%
9 - 23 points	48%
24 or more points	83%

(Weinstein, et. al, 1988)

**If your score is high enough to cause you concern,
Call us at 727-341-0529 to schedule a comprehensive hearing evaluation.**