



*The United Methodist Committee on*

*Deaf and Hard-of-Hearing Ministries*

## **SYMPTOMS OF HEARING LOSS**

If you or someone else suspects hearing loss, you're not alone. On average, it takes people seven years from the time they think they might have a hearing loss before seeking treatment.

### **How can I tell if I have hearing loss?**

If you answer yes to some of the following questions, you may have a hearing loss

- \* Often ask people to repeat what they say?
- \* Have trouble hearing in groups?
- \* Think others mumble?
- \* Fail to hear someone talking from behind you?
- \* Turn up the volume on the TV or car radio?
- \* Have difficulty on the phone?
- \* Have trouble hearing your alarm clock?
- \* Have difficulty hearing at the movies?
- \* Dread going to noisy parties and restaurants?

### **Think about these situations**

- \* Are you embarrassed to talk openly about not being able to hear?
- \* Are you cutting out activities that you used to love but have become painful because you cannot join in fully anymore?
  - \* At work are you afraid to reveal your hearing loss in case it jeopardizes your job and your supervisor and coworkers may see you as less competent?
  - \* Are you bluffing when out with friends in noisy restaurants?
  - \* Are you feeling cut off from your young children because you cannot hear their high-pitched voices?
    - \* Are family holidays a strain because so many people are talking at once?

These are common reactions and can lead to withdrawal from social interaction, anxiety, loss of self-esteem and even depression.

Source: Hearing Loss of America website at [www.hearingloss.org](http://www.hearingloss.org). For more information, go to the United Methodist Committee on Deaf and Hard of Hearing Ministries' website at [www.umdeaf.org](http://www.umdeaf.org).



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