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. For more information, go to the United Methodist Committee on Deaf and Hard of Hearing Ministries’ website at www.umdeaf.org.