

# Hearing Loss

Hearing Loss is a fairly common condition, it can come on gradually and at first you may not notice any changes, However as you notice your hearing declining then you should take action and get a hearing test. There are plenty of ways of treating it.

## 1. What is hearing loss?

Hearing loss is the inability to hear sounds clearly. Symptoms may be mild, moderate, severe, or profound.

## 2. Types of hearing loss?

*Sensorineural hearing loss* is the most common type of hearing loss. It occurs when the inner ear nerves and hair cells are damaged — perhaps due to age, noise damage or something else. *Conductive hearing loss* is sometimes the result of obstructions in the outer or middle ear — perhaps due to fluid, tumours, or earwax. *Mixed hearing loss* is a combination of sensorineural and conductive.

## 3. Signs of hearing loss?

Asking people to repeat themselves? Turn up the TV which bothers others in the room? Have trouble following conversations in noisy environments?

## 4. How you can improve your hearing?

People are turning to a healthier lifestyle, like Meditation, Stop smoking, exercises, vitamins and checking for ear wax.

## 5. Test for hearing loss

If you feel your hearing is deterring then see your GP for possible causes, such as earwax or inflammation from an infection.

## 6. How can a hearing aid help me?

Hearing aids work by making sounds louder and clearer. They will not restore your hearing to normal, but they can make life much easier.



*‘ As my hearing started to deteriorate it made me anxious. But the help I received from Age UK Islington helped me get in touch with my GP who checked my hearing. I was then referred to the NHS for an hearing aid. I am now so much more confident’*

## 7. Living with hearing loss.

Although most hearing loss is permanent and cannot be reversed, it can be successfully managed to improve quality of life

## 8. Preventing hearing loss.

Protect your hearing during loud events and activities and work. Try to lower the sound of your TV or when using headphones. Get regular check-ups.

## 9. Sign language

Sign language takes that natural tendency and helps to reinforce vocabulary and the meanings of words. When you can hear the word and see the word spoken it leaves a stronger imprint on the brain

## 10. Lip reading

Lipreading or speechreading is being able to see speech sounds. When people use facial expressions, gestures and surroundings, it helps what is being said.

### Hearing loss services, support, advice and where to get aids for hearing

#### > Age UK

<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/hearing-loss/>

#### > Islington Council Sensory team

Support for people with hearing impairment.  
<https://www.islington.gov.uk/accessibility/sensory-team>

#### > RNID

<https://rnid.org.uk/information-and-support/local-support-services/get-help-with-managing-your-hearing-loss/>

#### > Hearing Link

<https://www.hearinglink.org/your-hearing/>

#### > NHS Hearing aids

<https://www.nhs.uk/live-well/healthy-body/hearing-aids/>

### Did you know?

- > 1 in 6 of us are affected by hearing loss.
- > 8 million are aged 60 and over.
- > 6.7 million could benefit from a hearing aid, but only 2 million use them.
- > Hearing loss is usually gradual and you may not notice any changes straight away.
- > 40% of people over 50 years old have hearing loss, rising to more than 70% of people over the age of 70.
- > If you are deaf or have hearing loss, you may not think of yourself as having a disability. But under the Equality Act 2010 you might be defined as disabled.
- > Tinnitus is a noise in the ears, such as ringing, roaring, buzzing, hissing, or whistling; the noise may be intermittent or continuous. There are ways of helping this condition.