

Are You Hearing Your Best?

Most people experience hearing loss gradually, often because of the natural aging process or long exposure to loud noise. Hearing loss can also be a sign of more serious health problems. Answer the following questions to determine if you may have a hearing loss.

1. I have a problem when hearing over the telephone.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

2. When watching television, I frequently need to turn up the volume.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

3. I have trouble hearing conversations in a restaurant or at a party.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

4. I have to ask people to repeat themselves because I didn't hear them the first time.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

5. I misunderstand what others are saying and give inappropriate responses.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

6. I have difficulty understanding the speech of women or children.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

7. I feel tired after listening for long periods of time.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

8. I feel like I have to apply more effort to listen to others in a conversation.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

9. I feel that those around me mumble or don't speak clearly.

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

10. I work in noisy environments (such as assembly lines, construction sites, or near engines).

- Most of the time (3 pts) Sometimes (1 pt)
 Half of the time (2 pts) Never (0 pts)

Score: _____

If you scored 10 or more points, you should have your hearing tested professionally.