

## Do You Have Hearing Loss?



**Hearing loss is a growing public health crisis affecting people of all ages, with many more at risk. It can be sudden or gradual, making it easy to miss or ignore.**

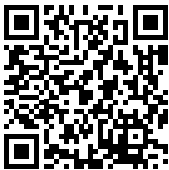
### Signs you or your loved one might have hearing loss:

- Difficulty understanding speech, especially in noisy environments
- Thinking that people are mumbling
- Frequently asking others to repeat themselves
- Family or friends notice that you're missing things
- Turning up the volume on the television or radio
- Trouble understanding phone calls
- Withdrawal from conversations and social situations
- Tinnitus (ringing, buzzing, or hissing sounds in the ears)



**Even a mild hearing loss can impact daily life, so take **Steps for Success** as soon as possible.** (See next page.)

#### Learn More about Hearing Loss



[hearingloss.org/understanding-hearing-loss](https://hearingloss.org/understanding-hearing-loss)

#### IMPORTANT

**If you experience any of the following conditions, seek immediate medical attention:**

Sudden hearing loss, especially in one ear;  
sudden ringing or buzzing in the ear;  
pain, drainage or dizziness.

The Hearing Loss Association of America (HLAA) is the leading voice for millions of Americans with, and at risk of, hearing loss. HLAA is dedicated to raising awareness, breaking down stigma and empowering all with advocacy, education and a nationwide network of support. For more information, visit: [hearingloss.org](https://hearingloss.org)

## You Might Have Hearing Loss...Now What?

### 5 STEPS FOR SUCCESS:



**STEP 1** See a hearing care provider (HCP), such as an otolaryngologist (ENT) or audiologist for a full assessment.



**STEP 2** Think about what you could be missing in your daily life.

- Even a mild hearing loss can affect cognition, employment and relationships.

**Explore your treatment options.**



**STEP 3**

- While no device will fully restore hearing, there are more choices than ever to help you.
- **Prescription hearing aids** include regular adjustments and ongoing support.
- **Over-the-counter (OTC)** hearing aids may be an option for some adults with mild-to-moderate hearing loss.
- **Cochlear implants (CIs)** may be an option for more severe hearing loss.
- Look for at least a 30-day trial period and good return policy.
- Try multiple devices if needed.
- If your insurance doesn't cover hearing aids, see our **Financial Assistance** resources.



**STEP 4**

**Seek help to communicate and cope.**

- Use **accessible technology** like captions, speech-to-text apps, hearing loops, etc.
- **Get involved** in our HLAA hearing health community.
- Check out a **local HLAA Chapter** for peer support.



**STEP 5**

**Advocate for yourself.**

- Speak up about your communication needs, in social settings, on the job and at medical appointments.
- If you don't hear or understand something, say so.
- Learn about **your rights for hearing access** in public places.

#### Find Help



[hearingloss.org/find-help](https://hearingloss.org/find-help)