

How Does Hearing Loss Affect My Quality of Life?

Hearing Loss - one of the most commonly unaddressed health conditions in America today - affects over 31.5 million Americans. That number is expected to reach 44 million by 2030. Three in ten people over age 60 have hearing loss. Yet, many people who are aware that their hearing has deteriorated are reluctant to seek help. Unfortunately, too many wait years, even decades, before getting treatment, becoming more and more disconnected as time goes by.

Hearing loss doesn't just affect hearing.

Hearing loss is associated with short-term memory loss, stress and cognitive fatigue because of the increased effort used to hear especially in a noisy environment. As a result, cognitive function declines rapidly.

The National Council on the Aging reported that hearing loss in older persons can have a significant negative impact on quality of life. Those with untreated hearing loss were more likely to report depression, anxiety, and paranoia and less likely to participate in organized activities, compared to those who wore hearing aids.

Learn the signs and symptoms of hearing loss.

If you need frequent repetitions, have difficulty hearing when more than two people are speaking or trouble hearing in background noise, you may have a hearing loss.

If you withdraw from social situations, feel stress or strain trying to hear or understand other people, or feel embarrassed from misunderstanding, you may have a hearing loss.

If you have diabetes, high blood pressure, take certain medications, been exposed to loud noises or a family history of hearing loss, you may have a hearing loss.

With modern advances in technology, help is available for just about anyone with a hearing loss. A simple hearing screening by an Audiologist is your first step in getting help and significantly improving your quality of life.

Dr. Harriet Jacobster is an ASHA Certified Doctor of Audiology and a Fellow of the American Academy of Audiology with 25 years of experience working with children and adults. She specializes in the Patient-Centered Approach to Total Hearing Healthcare.