

HOW'S YOUR HEARING

More than 24 million Americans have hearing loss of sufficient degree to negatively impact their social lives, family interactions or work performance. In an unprecedented national study, the National Council on Aging found that those with untreated hearing loss can experience higher rates of depression, anger, paranoia and other emotional and psychological distress compared to those who have sought correction of their hearing problems. It is unfortunate that only 20% of those with treatable hearing loss have taken advantage of the corrective measures that can bring a true change to their lives.

Your Physician and Audiologist

We want you to have a lifestyle that is as active and satisfying as possible. Maintaining your ability to hear as fully as possible and to successfully communicate with others is a primary key to an active life.

An Extended Invitation...

We invite you to take the short HEARING QUIZ in this flier. If your score indicates a potential hearing problem, we encourage you to discuss this with your physician and to have your hearing evaluated by a hearing care professional.

Boston Hearing Instruments at

EAR, NOSE & THROAT ASSOCIATES OF SPRINGFIELD, INC.

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Hearing Quiz



EAR, NOSE & THROAT ASSOCIATES OF SPRINGFIELD, INC.

An affiliate of Ear, Nose & Throat Surgeons
of Western New England, LLC

Suggestions to Aid Understanding

When speaking to someone with hearing loss:

Get the listener's attention before you speak.

Speak clearly and decrease your speech to a slow-normal rate. DO NOT over-articulate.

Rather than repeating misunderstood statements, try to rephrase your message.

Eliminate noise distractions (radio, TV, dishwashers) whenever possible.

For those with loss:

Strive for a clear view of the speaker's face. Position yourself so that the speaker's face is well lit and the light is not in your eyes. Optimal distance is 3 to 6 feet.

Avoid saying "Huh?" or "What?" Rather, tell the person why you misunderstood so that the message is not repeated in the same fashion. For example, "Please raise your voice a bit." "Please repeat that a bit more slowly." etc.

Provide guidance so that a full statement does not need repetition if only a portion was missed. For example: "What time did you say you were going to visit your sister on Saturday?" This requires a much more brief response than would, "Huh?"

Do not bluff. Not informing others about your hearing loss increases the occurrences of misinterpretations and the possibility of damaged relationships.

Be patient and expect others to forget your requests. They have speaking habits that work well in all other situations. Try this line: "I promise not to get upset when you forget to look at me when you speak (or whatever the request), if you promise not to get upset when I remind you repeatedly."

HEARING QUIZ

Does your hearing problem cause you to feel embarrassed when meeting new people?

(2) yes (1) sometimes (0) no

Does a hearing problem cause you to feel frustrated when talking to members of your family?

(2) yes (1) sometimes (0) no

Do you have difficulty hearing when someone speaks in a whisper?

(2) yes (1) sometimes (0) no

Do you feel handicapped by a hearing problem?

(2) yes (1) sometimes (0) no

Does a hearing problem cause you difficulty when visiting friends, relatives, or neighbors?

(2) yes (1) sometimes (0) no

Does a hearing problem cause you to attend religious services, movies, or theater less often than you would like?

(2) yes (1) sometimes (0) no

Does a hearing problem cause you to have arguments with family members?

(2) yes (1) sometimes (0) no

Does a hearing problem cause you difficulty when listening to the TV or radio?

(2) yes (1) sometimes (0) no

Do you feel that any difficulty with your hearing limits or hampers your personal or social life?

(2) yes (1) sometimes (0) no

Does a hearing problem cause you difficulty when in a restaurant with relatives or friends?

(2) yes (1) sometimes (0) no

A score greater than 12 indicates a significant hearing problem. Talk with your physician or audiologist for a comprehensive hearing evaluation. A score less than 6 signifies no significant hearing problem. Scores between 8 and 12 may warrant further evaluation.

This HEARING QUIZ was developed by Dr. Ira Ventry and Dr. Barbara Weinstein at New York's Columbia University. This test has been researched with thousands of adults and found to have a high reliability in helping people to "self-diagnose" their level of hearing difficulty.