

## Ten Ways to Recognize Hearing Loss\*

The following questions will help determine if you need to have your hearing evaluated by a medical professional:

Do you have a problem hearing over the telephone?	Yes	No
Do you have trouble following the conversation when two or more people are talking at the same time?	Yes	No
Do people complain that you turn the TV volume up too high?	Yes	No
Do you have to strain to understand conversation?	Yes	No
Do you have trouble hearing in a noisy background?	Yes	No
Do you find yourself asking people to repeat themselves?	Yes	No
Do many people you talk to seem to mumble (not speak clearly)?	Yes	No
Do you misunderstand what others are saying and respond inappropriately?	Yes	No
Do you have trouble understanding women and children?	Yes	No
Do people get annoyed because you misunderstand them?	Yes	No

Three or more yes answers to these ten questions may indicate a hearing problem and a hearing evaluation by a medical specialist is recommended.

\*This form was modified from NIH publication No. 01-4913,  
the National Institute of Deafness and other Communication Disorders.  
<http://www.nidcd.nih.gov>