



## Understanding Hearing Loss

What causes hearing loss and how it can affect you.

One in seven of the UK population suffers from hearing loss according to the Royal, National Institute for the Deaf (RNID, now renamed "Action on Hearing Loss"). Hearing loss is one of the most common health issues in the World today.

There are many reasons for the high volume of cases, with a longer-living population high on the list. Age related hearing loss, commonly known as Presbycusis is the slow, gradual loss of hearing that occurs as people get older.

The main causes of hearing loss are as follows:

- Ageing
- Repeated exposure to loud noises
- Infections
- Injuries to the head or ear
- Birth defects or genetics
- Ototoxic reaction to drugs or cancer treatment (ie. Antibiotics, chemotherapy, radiation)

While there are several causes of hearing loss, there are only two types of hearing loss:

**Conductive** – A problem with the outer or middle ear, conductive hearing loss is often medically or surgically treatable. An example is a chronic middle ear infection. Another more common example is a wax blockage in the outer ear.

**Sensorineural** – The most common type, sensorineural hearing loss is a problem with the inner ear or the hearing nerve, is usually permanent and can be rehabilitated with amplification through wearing hearing aids.

It is also possible to have a mixed hearing loss, a combination of both conductive and sensorineural hearing loss.

Many people put off getting help for their hearing loss because they think it is insignificant and something they can deal with by simply turning the TV louder or asking friends and family to repeat themselves. Research has linked untreated hearing loss to significant issues such as:

- Irritability, negativity and anger
- Fatigue, tension, stress and depression
- Avoidance or withdrawal from social situations
- Social rejection and loneliness
- Reduced alertness and increased risk to personal safety
- Impaired memory and ability to learn new tasks
- Reduced job performance and earning power
- Diminished psychological and overall health

If you can relate to any of these situations or symptoms, why not book a hearing test and consultation today? It may just change your life.

