



HEAR IT ALL AGAIN!

ANSWER 1: Is it time for a hearing test? Know the signs.

GET TO KNOW THE SIGNS

Do you find yourself saying *What? Pardon? Stop Mumbling! Slow Down!*



Having arguments? Misunderstandings?
Feeling embarrassed? Frustrated? Irritated?
Do people complain the TV is too Loud?



Are you becoming less social?

Do you have unusual memory loss?

Are you missing sounds of life like children playing, birds or music?

If any of this sounds familiar, give yourself a quick Hearing Health Self-Test.

TAKE THE 2 MINUTE HEARING SELF-TEST BELOW

Recommended by hearing health professionals throughout North America, this short quiz has three possible results:

1. Hearing is fine. No further action required.
2. Consider getting a baseline hearing test from a professional.
3. Strongly recommend a hearing exam by a hearing professional.

Share the results with your hearing professional.

FINDING A TRUSTED HEARING PROFESSIONAL

If you do need to invest in hearing aids, this will be a significant investment in your health, your relationships, your quality of life and financially!

It's important to find someone you feel comfortable working with for the years to come.

You may be asking *What should I look for? What should I ask? How do I find someone I can trust?*
Find the answers in my next post, *Hear It All Again...*

Answer 2: Finding a Trusted Hearing Professional



HEAR IT ALL AGAIN PART I

THE SERIES AND RESOURCES

Welcome to our series "*Hear It All Again*" from hearing expert...

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[Click here to learn more about Lori](#)

[CLICK HERE TO SEE THE ENTIRE SERIES "HEAR IT ALL AGAIN!"](#) YOU WILL FIND ANSWERS TO...

- Question I** Is it time for a hearing test? (This Post)
Includes printable *Hearing Self-Test*

- Question II** How do I find a good Hearing Professional?
Includes printable "*What to look for*" Checklist

- Question III** What are the different hearing aid styles and cost? What do they look like?
Includes printable *Budget Planner*

- Question IV** What other options do I have (besides hearing aids) and what do they cost?

Hearing Health Self Test

1 I have difficulty hearing over the telephone. Frequently Sometimes Rarely

2 I have trouble following the conversation when two or more people are talking at the same time. Frequently Sometimes Rarely

3 People complain that I turn the TV volume too high. Frequently Sometimes Rarely

4 I have to strain to understand conversations. Frequently Sometimes Rarely

5 I miss hearing some sounds like the phone or doorbell ring. Frequently Sometimes Rarely

6 I find it difficult to follow a conversation in a noisy restaurant or crowded room. Frequently Sometimes Rarely

7 I get confused about where sounds come from. Frequently Sometimes Rarely

8 I misunderstand some words in a sentence and need to ask people to repeat themselves. Frequently Sometimes Rarely

9 I find men's voices easier to understand than women's. Frequently Sometimes Rarely

10 I have worked in noisy environments (such as assembly lines, construction sites, or near jet engines). Frequently Sometimes Rarely

11 Many people I talk to seem to mumble, or don't speak clearly. Frequently Sometimes Rarely

12 People get annoyed because I misunderstand what they say. Frequently Sometimes Rarely

13 I misunderstand what others are saying and make an inappropriate response Frequently Sometimes Rarely

14 I avoid social activities or meeting new people because I cannot hear well and fear I'll make improper replies. Frequently Sometimes Rarely

15 *Ask a family member or friend to answer this question:*
Do you think this person has a hearing loss? Frequently Sometimes Rarely

Calculate your results on the next page

Calculate your Hearing Health Self Test Results

Step 1: Count the boxes checked for Frequently, write the number in the 1st space provided then multiply by 2 and write down the value.

_____ x 2 = _____

Step 2: Count the boxes checked for Sometimes and write down the number

+ _____

Step 3: Add the two numbers to get your TOTAL SCORE

= _____

Add 3 to your TOTAL SCORE if you have a Family History of Hearing Loss

+3 = _____

What Next?

Score Range

Your hearing is fine.

0-5

Consider getting a baseline hearing test from a professional.

6-9

Strongly recommend seeing a hearing professional.

10+