

# HOW DO I KNOW IF I HAVE HEARING LOSS?



**You may experience or exhibit one or all of these common symptoms of hearing loss:**

- **Speech and other sounds seem muffled**
- **Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone, alarm clock)**
- **Trouble understanding conversations when you are in a noisy place, such as a restaurant**
- **Trouble understanding speech over the phone**
- **Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)**
- **Asking others to speak more slowly and clearly**
- **Asking someone to speak more loudly or repeat what they said (when "What?" is a common response in your daily vocabulary)**
- **Turning up the volume of the television or radio**
- **ringing in the ears**
- **Hypersensitivity to certain sounds (certain sounds are very bothersome or create pain)**

**If you have any signs of hearing loss, you will want to get a comprehensive hearing test performed by a qualified healthcare provider.**