



Hearing Health Questionnaire

Patient Name _____ Date _____

Physician _____

The onset of hearing loss is usually very gradual. It may take place over 25–30 years, or it may happen more rapidly if you are exposed to loud noises at work or through hobbies. Because it usually occurs slowly, you may not even be aware that you have a problem until someone brings it to your attention. Here is a simple test you can take to determine if you have a hearing loss.

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|---|------------------------------|-----------------------------|
| 1. Do others complain that you watch television with the volume too high? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. Do you frequently have to ask others to repeat themselves? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. Do you have difficulty understanding what is being said when in groups or noisy situations? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. Do you have to sit up front in meetings, church or other social gatherings in order to hear a speaker's words? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. Do you have difficulty understanding women or young children? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 6. Do you have trouble knowing where sounds come from? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 7. Are you unable to understand when someone talks to you from another room? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 8. Have others told you that you don't seem to hear them? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 9. Do you avoid family gatherings or social situations because you "can't understand"? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 10. Do you have ringing or other noises (tinnitus) in your ears? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

If you have answered yes to even one of these questions, you should have your hearing evaluated by an audiologist and take steps now to educate yourself about lifestyle changes you can make to slow the progression of hearing loss.