

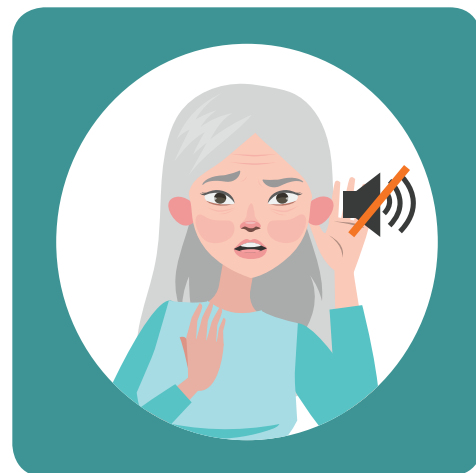
# HELP SENIORS PREVENT HEARING LOSS

Here's how to help them understand hearing loss and cope healthily.

*Age-related hearing loss affects many seniors. Here's how to help seniors prevent further hearing loss and cope healthily.*

About 1 in 3 adults between 65 and 74 years old experiences hearing loss. Difficulty hearing or making out sounds can put seniors at risk of social, health, and safety problems. Since hearing loss can sometimes be reduced, it's important for seniors to be aware of their auditory health

([NIDCD](#)), ([NAIA](#))



## The Basics of Hearing Loss

### Who experiences hearing loss?

Anyone can experience hearing loss, but it is especially common among older adults. As age increases, the risk of hearing impairment increases as well.

### What causes hearing loss?

Damage from noise or certain diseases can cause hearing loss, but so can simple deterioration that comes with age. Deterioration can be exacerbated by medical conditions like high blood pressure, exposure to noise, and other factors.

### Are there different levels of hearing loss?

Age-related hearing loss is often gradual. What may begin as simply needing the TV volume louder can turn into being unable to make out words or sounds.

### How can hearing loss be prevented?

Currently, hearing loss can't be prevented entirely. However, it can be minimized or delayed by protecting against noise and avoiding common conditions that put you at greater risk of hearing loss (like diabetes).

### Is Hearing Loss Dangerous?

Medically, age-related hearing loss is unlikely to cause other health problems. However, being hard of hearing can put you in risky situations, like making it difficult to hear an alarm or understand important instructions spoken to you.

([NIDCD](#))

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## What to Do If You Think You Have Hearing Loss

### Signs of hearing loss include:

- Not being able to make sounds out against background noise
- Difficulty understanding words or sounds, especially consonants
- Withdrawal from conversations or avoidance of socializing
- Regularly turning up the volume
- Muffling of typically clear sounds including speech

### What to Do If You Experience Signs of Hearing Loss:

If you have symptoms of hearing loss, see a doctor as soon as possible. A simple hearing test can lead to a diagnosis. Through the use of a hearing aid (or possibly with the help of surgery or implant), your hearing loss may be minimized.

([Mayo Clinic](#))

### Risks Associated With Hearing Loss

Impaired hearing can make it hard for seniors to hear at all, but can also make understanding words clearly difficult. As a result, seniors are at greater risk for:

- Misunderstanding doctor's instructions
- Mishearing warnings or important statements
- Not hearing fire alarms or other emergency notifications
- Growing isolated due to less confidence in conversations
- Certain health issues, particularly those related to stress or balance

([Hopkins Medicine](#))

### Hearing Loss by the Numbers

- Among adults over 70 with hearing loss, only 1/3 of those who could benefit from hearing aids use them
- Around 28.8 million U.S. adults could use hearing aids for their benefit
- Men under 69 are twice as likely as women of the same age to experience hearing loss
- About 50% of people who are 75 or older have impaired hearing

([NIDCD](#))



### Home Care Tip

There are some apps that can be paired with hearing aids to customize options and preferences. Encourage seniors to embrace technology like this to make using hearing aids less frustrating.

