

# It's Time to Talk About Hearing Health



10 ways to begin the conversation. Let's get started.

**One in seven people in the U.S. have some level of hearing loss.**



### Act now

Don't be one that waits 7-10 years to do something about your hearing loss. Improve your hearing today.



### Ask yourself

[Quiz](#) yourself and learn the signs.



### Don't wait

Ask your doctor for a hearing screening to see how well you hear different sounds. An audiologist or hearing specialist can give you a complete test.



### Boost your spirit

Seek out others who have experienced hearing loss. Connect with an [HLAA Chapter](#) or the [HLAA Facebook Community & Support Group](#).



### Speak up

If you have trouble following conversations, ask the person speaking to slow down, repeat and face you when talking.

### Talk it out

Tell your family you may have trouble hearing and explain what it's like for you. Share these [tips](#) and what works best for you to communicate better.

### Say yes to technology

Try using a hearing aid or other technology to hear better.



### Work your brain

Research shows that hearing loss can be linked to mental health. Eat healthy, keep learning and seek treatment if you have depression, anxiety or stress.

### Block out noise

Noise exposure can lead to ringing in your ears and other health effects. Turn down the volume to prevent [noise-induced hearing loss](#).

### Get up and move

Healthy habits can positively impact your overall health. Stay active and [Hear Well. Stay Vital.](#)



Are you or a loved one experiencing hearing loss? Take this quiz and learn the signs.

1. Do you turn up the volume on the TV or radio so high that it's uncomfortable for others?
2. Do you struggle to understand speech, especially in noisy environments?
3. Do you have difficulty hearing on the phone?
4. Do you ask others to repeat themselves or say "what" or "excuse me" a lot?
5. Ever have the feeling you can hear but not understand?
6. Find yourself shaking your head in agreement when you're not sure of the topic?
7. Do you rely on a spouse or loved one to help you hear?
8. Do you avoid social situations?

Visit [www.hearingloss.org](http://www.hearingloss.org) to learn more.

