Thirty to thirty-five percent of adults aged 65 or older report hearing loss.

Who does hearing loss affect?

- Hearing loss can occur at any age, but is most common in older adults.
- Men are more likely to have hearing loss than women.
- Hearing loss is less common in Black adults than White or Mexican American adults.
- Women’s health declines more than men’s when a spouse has hearing loss.

<table>
<thead>
<tr>
<th>Decibel Level</th>
<th>Decibel Level of other common sounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>170</td>
<td>Shotgun</td>
</tr>
<tr>
<td>150</td>
<td>Fireworks</td>
</tr>
<tr>
<td>85</td>
<td>Where damage can occur due to long term exposure</td>
</tr>
<tr>
<td>70</td>
<td>Freeway Traffic</td>
</tr>
<tr>
<td>30</td>
<td>Whisper</td>
</tr>
</tbody>
</table>

What causes hearing loss?

- Loud Noises
- Aging
- Family history
- Side-effects from medicine

Symptoms

Do you ever have a ringing sensation in your ears?

You may have Tinnitus: (TIN-i-tus)

- Available treatments can include medicine, hearing aids, vitamin supplements and counseling.
- More people had relief when combining treatments.

Is it hard to hear when there is background noise?

You may have Presbycusis: (pres-by-cu-ses)

- Hearing aids are the most common treatment

What you can do?

- Discuss hearing loss with an ear, nose and throat doctor. ⇒ An audiologist can help you choose a hearing aid.
- Ask others to face you and speak loudly when talking to you.


For financial assistance with hearing aids, Call 1-866-623-9053