4 Signs That It’s Time To Address Your Hearing Loss
What you should look for, and what to do about it
by AARP USA (Paid Content)

Are you sometimes left scratching your head when you’re trying to understand what someone is saying? Do you feel like people are speaking too quickly or too softly for you to keep up with them? Do you find yourself repeating questions to others because you’re not sure you heard the answer properly? Does everyone seem to be raising their voices?

1. Difficulty keeping up with conversations
Do you ever find yourself struggling to keep up in conversations, especially in a noisy, loud place? For example, you might find it hard to follow a conversation in a restaurant or a coffee shop. If you can’t understand what people are saying, try asking them to speak more slowly or clearly.

2. Struggling in social interactions
Similar to the previous point, this sign can include difficulty hearing in noisy or busy environments. It can be hard to keep up in conversations or social interactions when there’s a lot of background noise. You might feel like you’re missing out or not fully engaged in the conversation.

3. Turning up the volume
Trouble hearing household devices: Does the television, telephone, or stereo seem louder? Are you casually turning up the volume on these devices? Your ears may be working overtime to catch up with the increased volume, making it harder to hear what’s being said.

4. Difficulty hearing environmental sounds
Do you notice that you’re having trouble hearing sounds like traffic, footsteps, or even the wind? This could indicate a hearing loss that needs to be addressed.

If you’re experiencing any of these signs, it’s important to take action. Hearing loss can be managed and even reversed with the right treatment. Contact a hearing professional for a hearing test and consultation to determine the best course of action for your hearing needs.

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