

SIGNS YOU MAY NEED A HEARING TEST!

SYMPTOM CHECKLIST

Did you know that poor hearing has a correlation to balance and cognitive health? According to WebMD, people who have an undiagnosed hearing loss may experience cognitive decline (memory loss) due to:

- People with hearing loss tend to feel isolated, since it's hard to join in conversations or be social with others when you can't hear. Some research has shown a link between feeling lonely or isolated and dementia. So hearing loss may make mental decline happen faster than it would otherwise.
- Your brain has to work harder to process sound if you don't hear well. That may take away resources that it could use for other important activities.
- If your ears can no longer pick up on as many sounds, your hearing nerves will send fewer signals to your brain. As a result, the brain declines.

Signs you need to go for a hearing test!

- Do you have a problem hearing on the phone?
- Do you hear better in one ear than the other when on the phone?
- Do you have a hard time understanding the conversation when more than one person is talking at the same time?
- Do your friends and family tell you that you turn the TV volume up too high?
- Do you have to listen carefully to understand conversation?
- Do you have trouble hearing when it is noisy?
- Do you have trouble hearing in restaurants?
- Do you have dizziness, pain, or ringing in your ears?
- Do you find yourself asking people to repeat themselves?
- Do family members or coworkers say that you miss what they said?
- Do many people you talk to seem to mumble (or not speak clearly)?
- Do you respond inappropriately after misunderstanding what people say?
- Do you have trouble understanding women and children?
- Do people get upset because you don't understand what they say?

Keep the organ between your ears engaged by having healthy hearing!

**Do you need a recommendation for a licensed audiologist?
Call Trio today and we can guide you to a local Boerne company!**

