

# Hearing Loss

Hearing loss is a sudden or gradual decrease in being able to hear. There are different types of hearing loss:

- **Conductive Hearing Loss:** Sound is blocked. This is often caused by earwax build up.
- **Sensorineural Hearing Loss:** A nerve problem prevents proper hearing. This is often caused by aging.
- **Mixed Hearing Loss:** Hearing loss where both the conductive and sensorineural systems are affected.

## Causes

- Aging
- Loud noise exposure
- Blockage
- Ear infection
- Certain medicines
- Ear and head injury
- Some illnesses
- Born with an ear problem
- Family members with hearing loss

## Signs

- Sounds are muffled.
- High pitched sounds are hard to hear.
- Words are difficult to understand when there is background noise.
- You ask others to repeat, or speak more slowly, clearly or loudly.

# 難聴

難聴とは、突発的または徐々に聴力が低下する症状です。難聴にはいくつか種類があります。

- **伝音性難聴**：音の伝達障害による難聴です。耳あかが溜まって生じることがあります。
- **感音性難聴**：神経障害によりの確に音を聴くことができません。加齢によることがあります。
- **混合性難聴**：伝音系と感音系の両方に障害を持つ難聴の種類です。

## 原因

- 加齢
- 騒音の影響
- 耳詰まり
- 耳感染
- 服用している薬の影響
- 耳または頭部のケガ
- 病気
- 先天性聴覚障害
- 家族の中の誰か難聴を持つ

## 兆候

- 音がこもる。
- 甲高い音が聴こえにくい。
- 周囲に雑音があると言葉を聞き取りづらい。
- 聞き返すことがある。他の人の話すのが早すぎる、はっきり聴き取れない、声が小さく聴こえる。

Hearing Loss. Japanese.

- You speak more loudly than other people.
- You avoid conversations or social events.
- You turn up the volume on the TV or radio.
- You have dizziness, and ringing or buzzing in your ears.

## **Your Care**

Tests will be done to find the cause of your hearing loss and measure how well you can hear. Your doctor will check your outer, middle and inner ear.

Depending on the cause of your hearing loss, your treatment may include:

- Removal of ear wax
- Medicines
- Hearing aides
- Listening devices such as headphones or flashing lights or vibrators for doorbells or phones
- Surgery
- Therapy to help with your speech and hearing

## **Preventing Hearing Loss**

- Protect your ears from loud noises. Wear earplugs when working with machines or around loud noises.
- Avoid loud noises such as music, motorcycles or snowmobiles.
- Have your hearing tested.

**Talk to your doctor or nurse if you have any questions or concerns.**

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- 他の人より大きな声で話す。
- 会話や社交に消極的になる。
- テレビやラジオの音量を上げる。
- めまいを感じたり、耳鳴りがする。

## 処置

難聴の原因を診断し、聴力を測定する検査を行います。医師が外耳、中耳、内耳を検査します。

難聴の原因に応じて以下の治療が施されます。

- 耳あかの掃除
- 投薬
- 補聴器の使用
- ヘッドフォン、またはドアベルや電話の音と感知してフラッシュライトや発振器で知らせる聴覚器の使用
- 手術
- 発声および聴覚の補助となる治療

## 難聴予防

- 耳を騒音から守りましょう。機械を操作するときや周囲に騒音がある場所では耳栓を使用します。
- 音楽、バイク、スノーモービルなどの騒音を避けます。
- 聴覚検査を受けます。

質問や不明な事項については、主治医または看護師にご相談ください。

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