

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.

청각 손실

청각 손실은 갑자기 또는 점차적으로 청각이 감소되는 현상입니다. 청각 손실은 그 유형이 몇 가지 있습니다:

- **전음성 난청(Conductive Hearing Loss):** 소리가 차단된 현상. 주로 귀지가 막혀서 생기는 현상.
- **감각 신경성 난청(Sensorineural Hearing Loss):** 신경에 이상이 생겨 발생한 청각 장애. 주로 나이를 먹으면서 생기는 현상.
- **혼합성 난청:** 청각 손실이 전음성과 감각 신경성 양쪽 모두에 원인이 있다.

원인

- 노화현상
- 큰 소음에 노출
- 귀가 이물질로 막힘
- 귀에 감염
- 약 부작용
- 귀와 머리에 부상
- 질환
- 선천적으로 귀에 문제
- 가족력

증상

- 방음된 소리.
- 높고 날카로운 소리가 잘 안 들린다.
- 배경 소음이 있으면 말이 잘 안 들린다.
- 상대방에게 다시 말해 달라고 부탁하거나, 천천히, 명확하게, 또는 크게 말해 달라고 부탁한다.

Hearing Loss. Korean.

- 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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- 나도 모르게 다른 사람들보다 더 크게 말한다.
- 대화나 사교적 행사를 피하게 된다.
- TV나 라디오 볼륨을 올린다.
- 현기증이 있거나 귀에서 웅웅 울리는 소리가 난다.

관리 방법

청각 손실의 원인이 무엇인지, 그리고 현재 청각 상태를 측정하기 위하여 여러 가지 검사를 하게 됩니다. 의사는 외이(外耳), 중이(中耳), 내이(內耳)를 검사할 것입니다.

청각 손실의 원인이 무엇인가에 따라 치료 방법이 다릅니다:

- 귀지 제거
- 약물 치료
- 보청기
- 초인종 소리나 전화벨 소리를 듣기 위한 보조 장치(헤드폰, 전화에 표시등, 진동 장치 등)
- 수술
- 말하기와 듣기 교정 요법

청각 손실 예방

- 큰 소음 노출에서 귀를 보호한다. 기계를 사용할 때 또는 소음 주위에서 귀마개를 한다.
- 소음이 큰 음악이나 오토바이, 스노모빌 등은 피한다.
- 청각 검사를 한다.

질문이나 문제가 있으면 의사나 간호사와 상담하십시오.

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