

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.

失聪

失聪是听力突然或逐渐降低。失聪有不同类型：

- **传导性失聪：**声音受阻。这经常由耳垢积聚引起。
- **感觉神经性失聪：**神经方面的病症会妨碍良好的听觉。这经常由老化引起。
- **混合型失聪：**传导系统和感觉神经系统都受影响引起的失聪。

原因

- 老化
- 遭受高噪音
- 受阻碍
- 耳感染
- 某些药物
- 耳和头部受伤
- 某些疾病
- 先天性耳疾
- 有家族失聪史

症状

- 声音发闷。
- 很难听到高音。
- 有背景噪声时很难听懂字句。
- 您要求别人重复或更慢、更清楚或更大声地说话。

- 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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- 您比其他人说话声音更大。
- 您避免交谈或社交活动。
- 您把电视或收音机的音量调大。
- 您头晕、耳中有鸣声或嗡嗡声。

医疗护理

将做测试找出您失聪的原因并测定您的听力程度。您的医生将检查您的外耳、中耳和内耳。

根据您失聪的原因，您的治疗可能包括：

- 除去耳垢
- 药物
- 戴助听器
- 助听装置，如耳机或闪光或门铃或电话用振动器
- 手术
- 采用帮助您的言语和听力的疗法

防止失聪

- 保护耳朵免受高噪音。操作机器或有高噪音时戴上耳塞。
- 避免高噪音，如音乐、摩托车或雪地车。
- 测试听力。

如有任何疑问或担心，请告知您的医生或护士。

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Hearing Loss. Simplified Chinese.