

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.

Sordera

La sordera es una disminución repentina o gradual de la capacidad de audición. Existen varios tipos de sordera:

- **Sordera conductiva:** obstrucción del sonido. A menudo se produce por la acumulación de cerumen.
- **Sordera neurosensorial:** un problema nervioso que impide la audición adecuada. A menudo se produce por la edad.
- **Sordera mixta:** sordera en que se ven afectados los sistemas conductivo y neurosensorial.

Causas

- Envejecimiento
- Exposición a ruidos fuertes
- Obstrucción
- Infección de los oídos
- Ciertos medicamentos
- Lesión en el oído y en la cabeza
- Algunas enfermedades
- Problema congénito de audición
- Familiares con sordera

Signos

- Los sonidos parecen amortiguados.
- Los sonidos agudos son difíciles de escuchar.
- Se hace difícil entender las palabras cuando hay ruidos de fondo.
- Pide a los demás que repitan, o que hablen más lento, claro o fuerte.

Hearing Loss. Spanish.

- 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.

- Habla más fuerte que las demás personas.
- Evita las conversaciones o los acontecimientos sociales.
- Aumenta el volumen del televisor o radio.
- Siente mareos y un silbido o zumbido en los oídos.

Cuidados

Se harán exámenes para saber el origen de su sordera y medir su capacidad auditiva. El médico comprobará el estado de su oído externo, medio e interno. Según la causa de su sordera, el tratamiento puede consistir en:

- eliminación del cerumen;
- medicamentos;
- audífonos;
- dispositivos de ayuda auditiva como auriculares, luces parpadeantes o vibradores para los timbres o teléfonos;
- cirugía;
- terapia con un fonoaudiólogo.

Prevención de la sordera

- Proteja sus oídos de los ruidos fuertes. Use tapones para los oídos cuando trabaje con maquinaria o cerca de ruidos fuertes.
- Evite los sonidos fuertes de la música, motocicletas o motos para la nieve.
- Sométase a un examen de audición.

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

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Hable con su médico o enfermera si tiene alguna pregunta o duda.

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