

# 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.

# Dhego Beelid

Dhego beeliddu waa hoos u dhac lama filaan ama ah tartiib-tartiib ugu yimaada in wax la maqlo. Waxaa jira noocyo kala duwan oo dhego beelid ah:

- **Dhego Beelid uu Dhego Xiran keenay:** Dhawaqa ayaa xannibma. Tan waxaa badanaa keena dhukay meesha ku urura.
- **Dhego Beelid Dareen Xididdo:** Dhibaatada dareemayaasha oo celisa maqal habboon. Tan waxaa badanaa keena gabowga.
- **Isku Dhaf Dhego beel:** Dhego beelidda hababka dhego xiranka iyo dareenka xididdada la wada saameeyey.

## Sababaha

- Gabow
- Dhawaq dheer la kulanka
- Xannibaad
- Jeermis dhegta ku dhaca
- Daawooyinka qaarkood
- Dhaawac madaxa iyo dhegaha ku dhaca
- Jirrooyinka qaarkood
- In dhibaato dhego lagu dhasho
- Xubno qoyska ka tirsan oo dhego la'aa

## Calaamadaha

- Dhawaaqyada ayaa cidhiidhi gala.
- Dhawaaqyo aad u sarreeya ayey adkaataa in la maqlo.
- Way adag tahay in ereyada la fahmo marka uu dhawaaq xagga danbe ah jiro.

Hearing Loss. Somali.

- You ask others to repeat, or speak more slowly, clearly or loudly.
- 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.

- Waxaad dadka kale weydiinaysaa in ay ku soo celiyaan, ama si gaabisa u hadlaan, oo kala cad ama qaylo ah.
- Waxaad u hadlaysaa si qaylo dheer dadka kale.
- Waxaad ka fogaanaysaa wada sheekeysiga ama munaasabadaha bulshada.
- Waxaad kor u qaadaysaa codka TV-ga ama raadiyaha.
- Waad caajisaysaa, waxaadna dhegaha ka dhex maqlaysaa garaac jaras ama telefoon oo kale.

## **Daryeelkaaga**

Baaritaanno ayaa lagugu sameyn doonaa si loo ogaado sababta dhego beelidda waxaana la cabbiri doonaa sida aad wax u maqli karaysid. Takhtarkaagu wuxuu hubin doonaa gudaha, dibedda iyo dhexda dhegtaada.

Iyadoo ku xiran sababta dhego beelidda, ayaa laga yaabaa in daaweyntaada ay ka mid noqoto:

- In lagaa saaro dhukayga
- Daawooyin
- Caawiye maqal
- Qalabka wax lagu dhegeysto sida headphones ama ileys biligleynaya ama gariiriyeyaal loogu talagalay jarasyada albaabka ama telefoonada
- Qalliin
- Daaweyn si lagaaga caawiyo hadalka iyo maqalka

## **Ka hortagidda Dhego Beelidda**

- Dhegahaaga ka ilaali buuqa sarreeya. Xiro dhego-gashi marka aad ka shaqaynayso makiinado ama dhawaaqyo dheer.

- 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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- Ka fogow dhawaaqyada dheer sida muusikada, mootooyinka ama baabuurta barafka.
- Iska baar maqalkaaga.

**Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah qabtid.**

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