

World Hearing Day – Sunday March 3

One in six Australians is hearing impaired, Deaf or has an ear disorder.

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

Hearing impairment, or deafness, is when your hearing is affected by a condition or injury. Some people are born with a hearing loss while others may develop it as they get older.

Hearing loss often happens with age or is caused by loud noises.

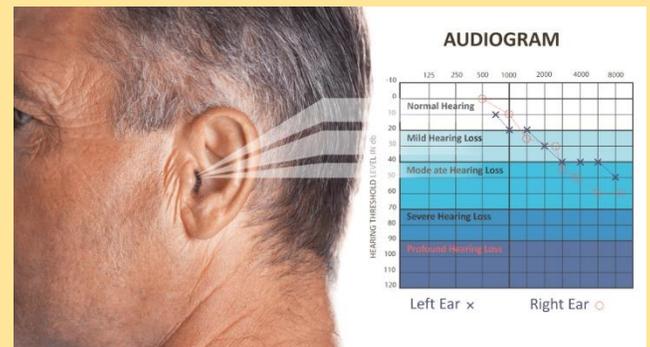
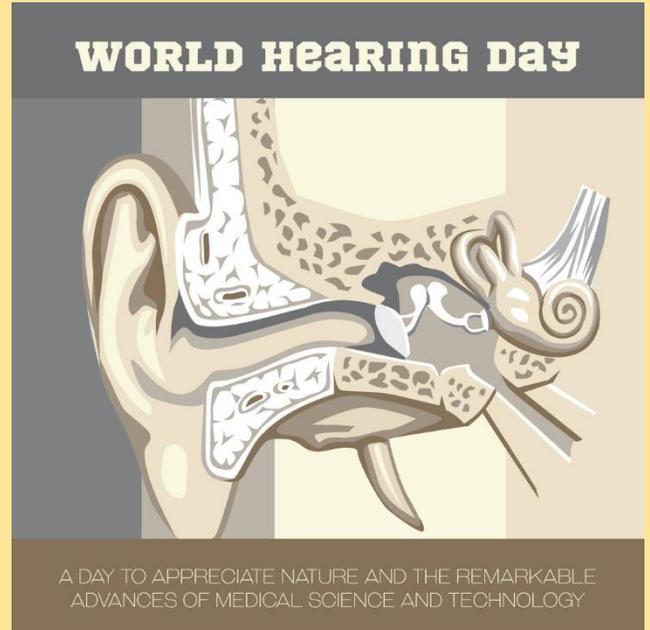
Early warning signs

- You can hear but not understand
- You think people mumble
- You find it hard to hear in noisy situations or groups of people
- You need to turn the TV up louder than others
- You don't always hear the doorbell or the phone

Levels of hearing loss

The level of hearing loss can be defined as mild, moderate, severe or profound. The level of hearing loss in an individual is determined by performing a hearing test to discover the quietest sound the person can hear.

Some ear problems may not necessarily cause hearing loss, such as tinnitus, which is the sensation of a ringing or buzzing sound in the ear.



Types of hearing loss

There are three main types of hearing loss:

1. Conductive hearing loss – where sounds are unable to pass from your outer ear to your inner ear, often as the result of a blockage such as earwax, glue ear or a build-up of fluid due to an ear infection, a perforated ear drum or a disorder of the hearing bones
2. Sensorineural hearing loss – the sensitive hair cells either inside the cochlea or the auditory nerve are damaged, either naturally through ageing, or as a result of injury
3. Mixed hearing loss – it is possible to get both types of hearing loss at the same time



How can I check if I have a hearing problem?

If you think that you or someone in your care may have hearing problems, see your GP. They will check your ear for any problems, such as earwax or a perforated eardrum.

Your GP may refer you to an audiologist (hearing specialist) or an ENT surgeon for further tests.



Resources:

www.hearingawarenessweek.org.au

<https://www.onlymelbourne.com.au/hearing-awareness-week#.XGxolGzCHIU>