

HEARING HEALTH SELF TEST

The procedure for taking our Hearing Health Self Test is simple; all you have to do is *honestly* answer the first 14 statements with one of four responses:

Response #1.) Almost always: 3 points

Response #2.) Half of the time: 2 points

Response #3.) Occasionally: 1 point

Response #4.) Never: 0 points

And, if you are inclined to include them, statement 15 is to be answered by a family member or close friend.

- 1.) I have a problem hearing over the telephone.
- 2.) I have trouble following the conversation when two or more people are talking at the same time.
- 3.) People complain that I turn the TV and radio volume up too loud.
- 4.) I have to strain to understand conversations.
- 5.) I miss hearing some common sounds like the phone or doorbell ringing.
- 6.) I have trouble hearing conversations in a noisy background such as a party or restaurant.
- 7.) I get confused about where sounds come from.
- 8.) I misunderstand some words in a sentence and need to ask people to repeat themselves.

- 9.) I especially have trouble understanding the speech of young children and women.
- 10.) I have worked in loud, noisy environments (assembly lines, lumber mills, construction, agriculture, with jet engines, etc.) and/or my recreational activities expose me to loud noise (hunting, target shooting, boating, off-road vehicles, race cars, etc.).
- 11.) Many people I talk to seem to mumble.
- 12.) People get annoyed with me because I misunderstand what they say.
- 13.) I misunderstand what others say and make inappropriate responses.
- 14.) I avoid social activities because I cannot hear well and fear that I'll reply improperly.
- 15.) **To be answered by a family member or close friend:** Do you think this person has difficulty hearing?

If you scored anything but a 0 on this test (including what your family member or friend answered!), you might have a hearing loss and should schedule an appointment to see me.

Call my office toll-free at 1 (888) 844-7024 and tell us you took our Hearing Health Self Test, and we will schedule you for a complimentary hour-long office visit, which includes a consultation, examination, hearing screening, and review of the results... Because hearing is a wonderful gift! — *Crystal Chalmers, Au.D.*