

# Hearing Loss Checklist

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If you're ready to see a specialist about your hearing difficulty, use the list below to identify the areas where you struggle most. Bring the list to your exam to help your hearing provider learn more about your individual situation.

**Check all true statements:**

## What types of sounds are you missing?

- High-pitched sounds—like birds, children's voices, your turn signal clicking, etc.
- Low pitched sounds—like a dog barking, thunder, an idling engine, etc.
- All sounds equally

## Do you have difficulty with speech comprehension?

- I hear people talking, but have a hard time understanding them
- When I turn up the TV volume or people speak more loudly, I still have a hard time understanding what's being said
- I feel like most people mumble when they talk

## What situations give you the most trouble?

- I have trouble hearing in places with a lot of background noise, like restaurants, large meetings, conventions, or family gatherings
- I have trouble hearing the TV, and I often turn on the closed captioning to help understand what's being said
- I have a hard time speaking one-on-one with family, friends, and coworkers

## Do you have a ringing sound in your ears?

- I regularly experience a ringing, buzzing, or whooshing sound in my ears
- I hear a constant ringing, buzzing, or whooshing sound in my ears

## How did the hearing loss occur?

- My hearing loss came on suddenly over a short period of time
- My hearing loss has slowly gotten worse over the last three to five years
- I've had hearing difficulty for more than five years
- Was there an incident that triggered your hearing difficulty?
  - Illness
  - Injury or accident
  - Exposure to an unusually loud sound

## List any medications you are currently taking:

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