

# SEVEN SIGNS of Hearing Loss



# 1

## Having the TV or radio turned up too loud



If you're having trouble hearing background noises and turning up your TV or radio as a result, chances are that you're starting to lose your hearing. You may not even realise you have the volume up so loud until someone points it out to you – usually with a shocked or surprised expression on their face or in the tone of their voice.

# 2

## Struggling to follow conversations and asking people to repeat themselves



During conversation, if you're commonly asking people to repeat themselves or struggling to follow what is being said, this is a big sign that you may need to get a hearing test.

# 3

## Muffled hearing or difficulty hearing background sound



If you have consistently muffled hearing, then you should know that something is wrong. Everything will sound distorted and quiet – perhaps like your ears are being covered.

# 4

## Missing phone calls or the doorbell



Do you often have missed calls or people saying they've been outside your door knocking for an extended period of time? This is common with hearing loss, particularly as you are more likely to have your TV or radio turned up louder than usual.

# 5

## Twisting your neck to hear a sound



Turning your head so that your ear is pointing towards the source of the sound – whether this be someone talking, the TV or anything else, is one of the most blatant signs of deafness. Directing your ear towards sound is great for hearing it better, but you shouldn't need to do this and over time this will also become ineffective.

# 6

## Upset when confronted about hearing problems



Like with a lot of things, the first sign of a problem can be denial. There's plenty of help out there if you're regularly being told by a range of people that you may be going deaf. Book a hearing test and help get yourself sorted as soon as possible.

# 7

## Becoming withdrawn and isolated



Coming to terms with personal deficiencies be sometimes be tough, leaving you increasingly likely to spend time away from others. It's important not to fret, as hearing can be improved the vast majority of the time.

**If you are concerned about your hearing, book a FREE hearing test today.**

Call (03) 9800 5697, or visit [knoxhearing.com.au](http://knoxhearing.com.au)

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