

Skeltons Chemists

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Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for June 2023

1. How many people in the UK suffer from hearing loss?
2. What is dBHL?
3. How many people have a hearing loss greater than 65?
4. What are the signs of hearing loss?
5. What are the causes of hearing loss?
6. What can I do if I have hearing loss?
7. What shouldn't I do?
8. Where can I learn to lip read?
9. How many people in the UK use sign language as their main form of communication?
10. By how much can hearing loss increase the risk of dementia?



Answers on the bottom of P2

How prevalent is hearing loss in the UK?

There are at least 12 million adults in the UK who have a hearing loss of greater than 25dBHL. The dB in dBHL stands for decibels and the HL stands for hearing loss. The normal hearing range is -10 to 15 dBHL and anyone who has a hearing loss of more than 25dBHL is said to have mild hearing loss. The number of people who have a hearing loss greater than 65dBHL in the UK is 1.2 million. More than 40% of people over 50 and 70% of people over 70 have hearing loss. In the UK 151,000 use BSL (British Sign Language) with 25,000 people using BSL as their main language.

Hearing loss can lead to withdrawal from social situations,



emotional distress and depression. Research shows that it increases the risk of loneliness but only for those who don't wear hearing aids. Hearing loss can increase the risk of dementia by up to 5 times, but again evidence shows that hearing aids may reduce these risks.

What are the signs of hearing loss?

Common signs of hearing loss include:

- 1) Difficulty hearing other people clearly and misunderstanding what they say, especially in noisy places
- 2) Asking people to repeat themselves
- 3) Listening to music or watching TV with the volume higher than other people need
- 4) Difficulty hearing on the phone

- 5) Finding it hard to keep up with a conversation.
- 6) Feeling tired or stressed from having to concentrate while listening.

What are the causes of hearing loss?

There are lots of possible causes of hearing loss. It may be caused by something treatable, or it may be permanent. Your symptoms may give you an idea of what could be causing it. But do not self-diagnose, see your GP for advice.

- If you have gradual hearing loss in both ears, it may be due to aging or damage from loud noise over many years.
- If you have difficulty hearing in one ear, earache, a feeling of pressure in your ear, discharge coming out of one ear, you may have an ear infection.
- Difficulty hearing in one ear, itchiness, feeling like your ear is blocked may be caused by a build-up of earwax.
- Sudden hearing loss after an ear infection, a very loud noise, or a change in air pressure (e.g. from flying) may indicate a perforated ear drum.
- Sudden hearing loss along with dizziness, a spinning sensation (vertigo) or ringing in your ears (tinnitus) which may be down to labyrinthitis or Meniere's disease.

You should see your GP if your hearing is gradually getting worse or you've had treatment for an ear infection or ear wax build-up, but your hearing has not come back. You can sometimes get a free hearing test at some pharmacies and opticians. You should ask for an urgent appointment or speak to NHS 111 if:

- ♦ You have sudden

hearing loss in one or both ears.

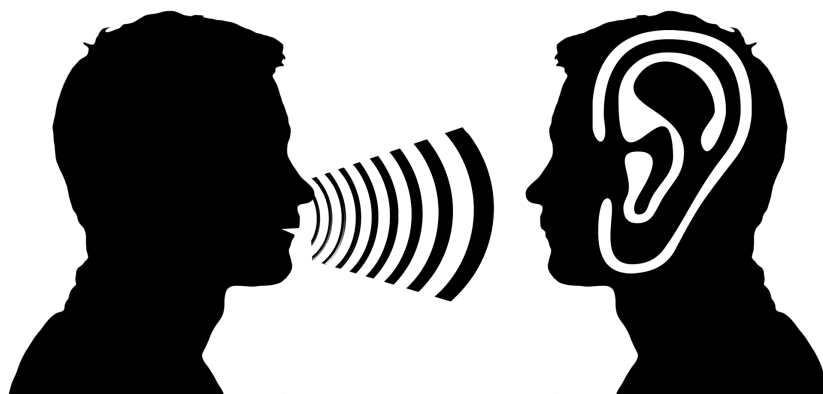
- ♦ Your hearing has been getting worse over the last few days.
- ♦ You have hearing loss along with other symptoms such as earache or discharge coming out of the ear.

What can I do if I have hearing loss?

- * Reduce background noise or move to a quieter area when you are talking to other people.
- * Face people when they are talking to you, so you can see their mouth, facial expressions and gestures.
- * Ask people to repeat themselves, speak more slowly or write things down if you need to.
- * Wear ear protectors when exposed to loud noises.
- * Do not listen to music too loudly - the volume should be just high enough for you to hear comfortably.
- * Do not put objects in your ears even if you think they may be blocked.

If you are having problems with your hearing, you can start lip reading lessons. You can find out about any local courses on the RNID website.

For more information about this or any other health problem you may have, contact one of our trained team.



Answers: Q1, 12 million adults have a hearing loss greater than 25dBHL. Q2, dB is decibels and HL stands for hearing loss. Q3, 1.2 million. Q4, Difficulty hearing other people, asking people to repeat themselves, listening to music or the TV at a louder volume than other people need, difficulty hearing people on the phone, finding it hard to keep up with conversations, feeling stressed or tired from having to concentrate while listening. Q5, Aging or damage from loud noises, ear infection, blocked/build up of earwax, perforated ear drum, vertigo or tinnitus. Q6, Reduce background noise, face people, ask people to repeat themselves, wear ear protectors when near loud noises. Q7, Listen to loud music, but objects including fingers in your ears. Q8, Look on the RNID website. Q9, 25,000. Q10, Up to 5 times but using hearing aids may reduce these risks.