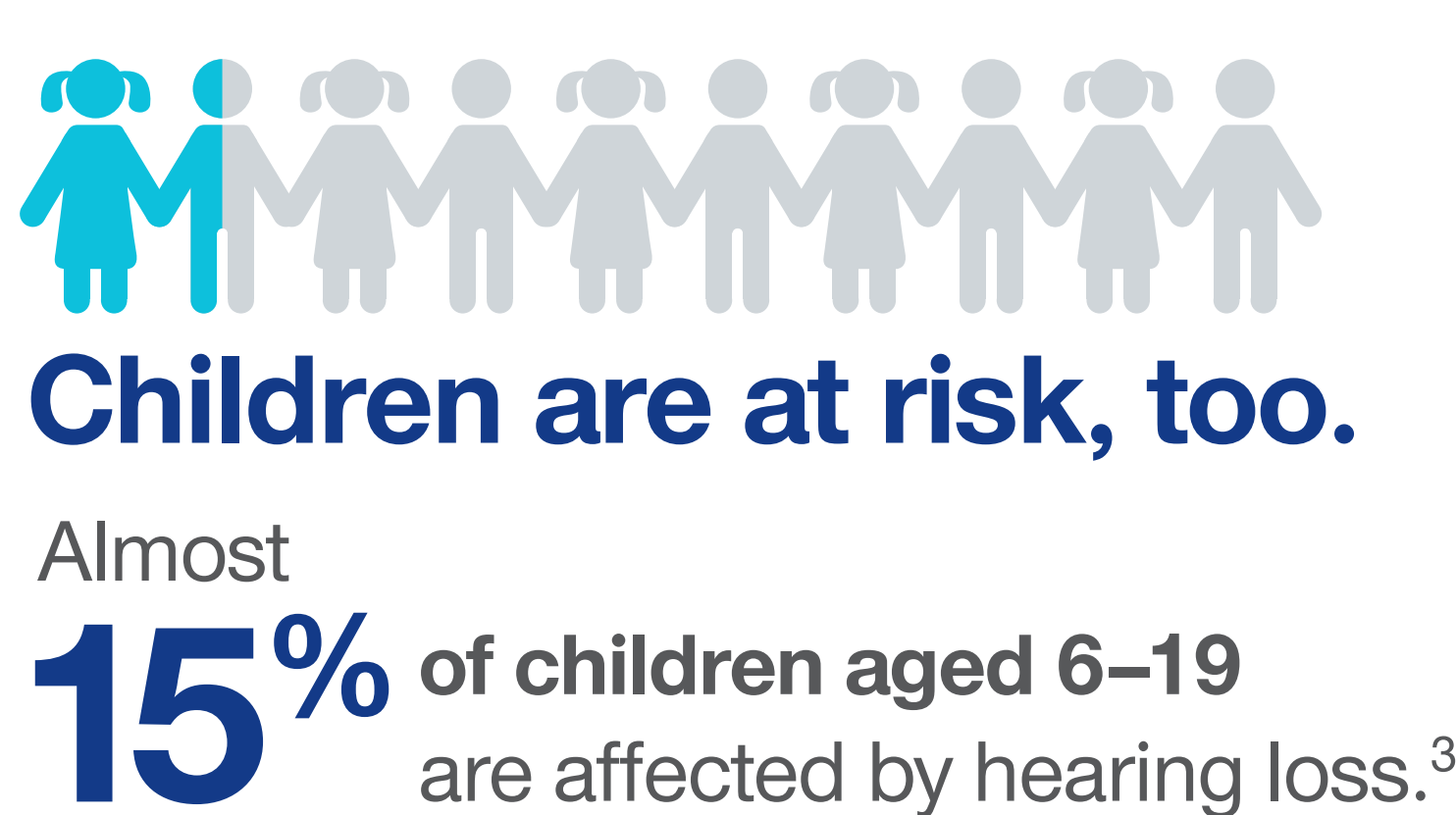
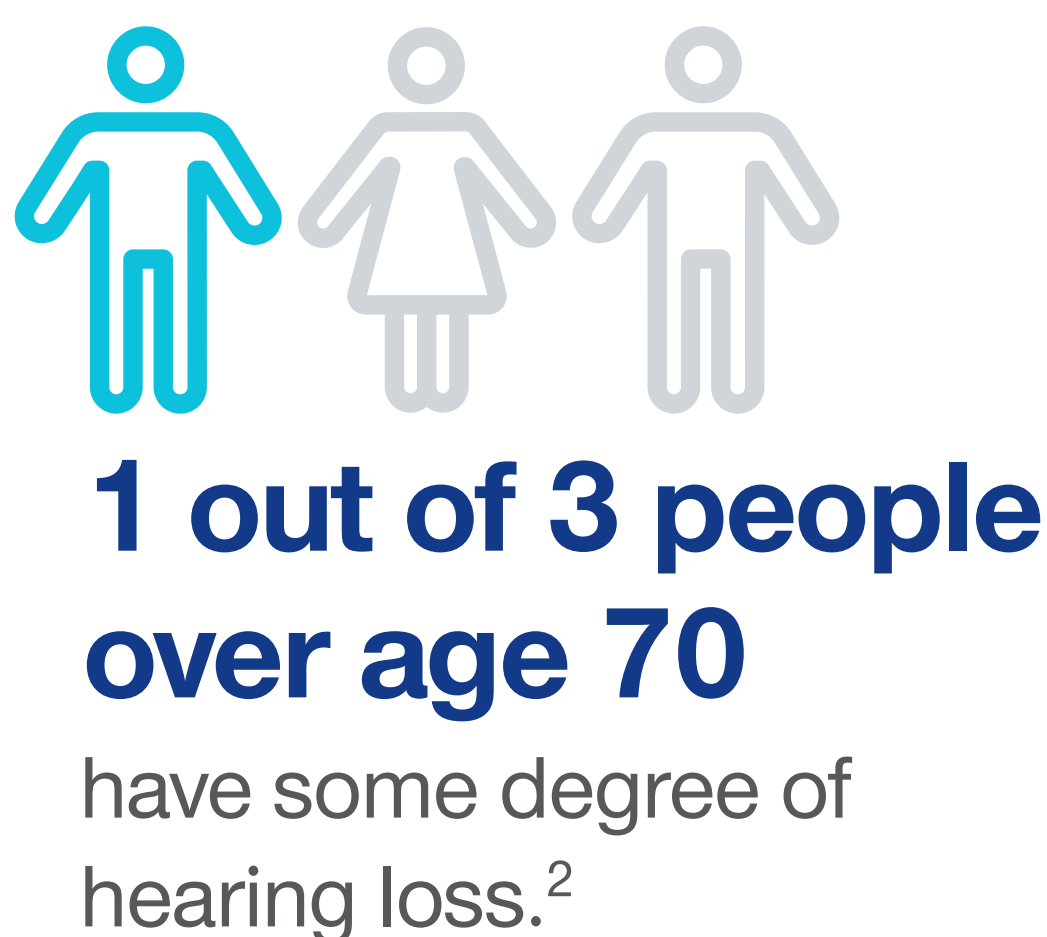
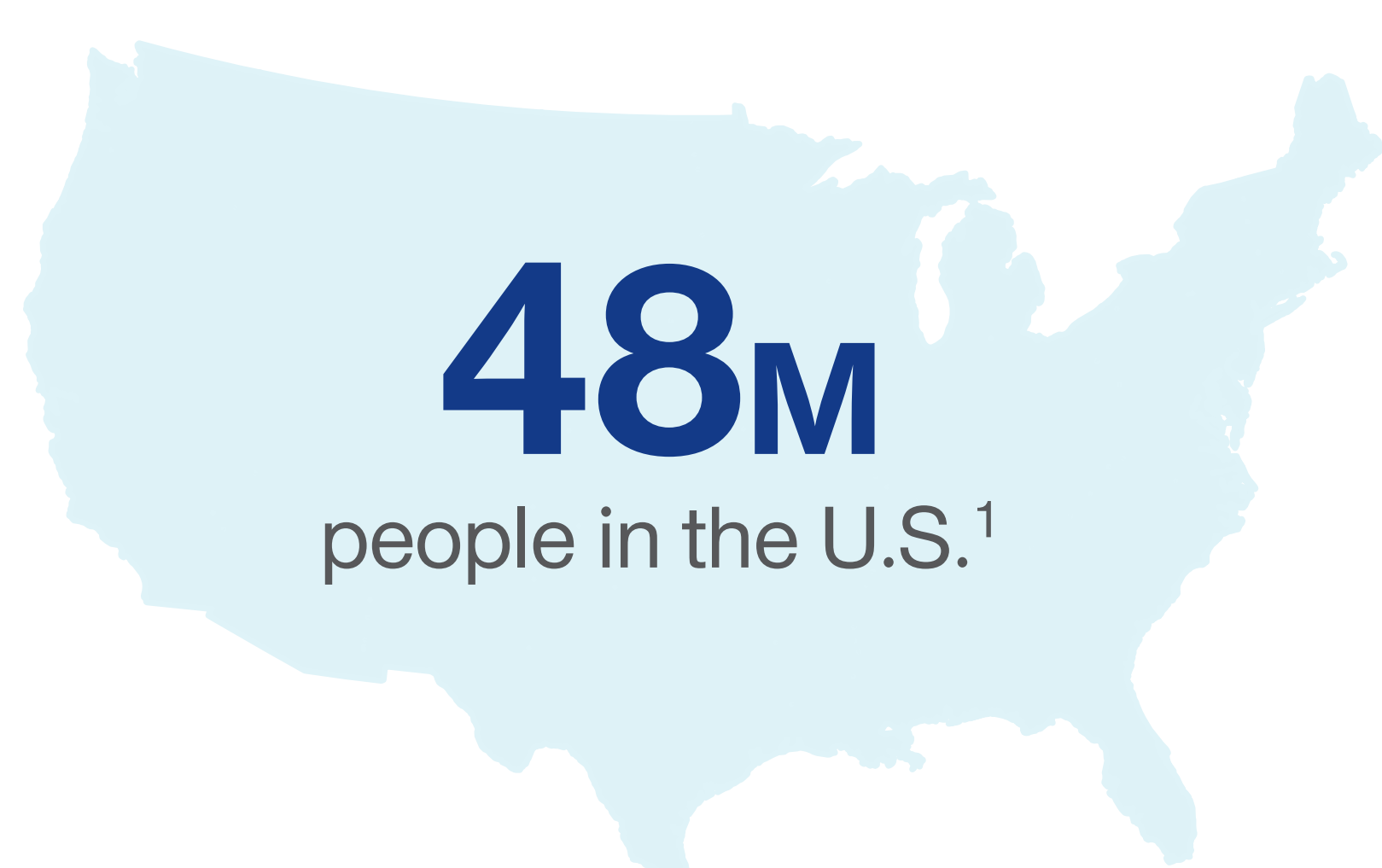


Hearing Loss

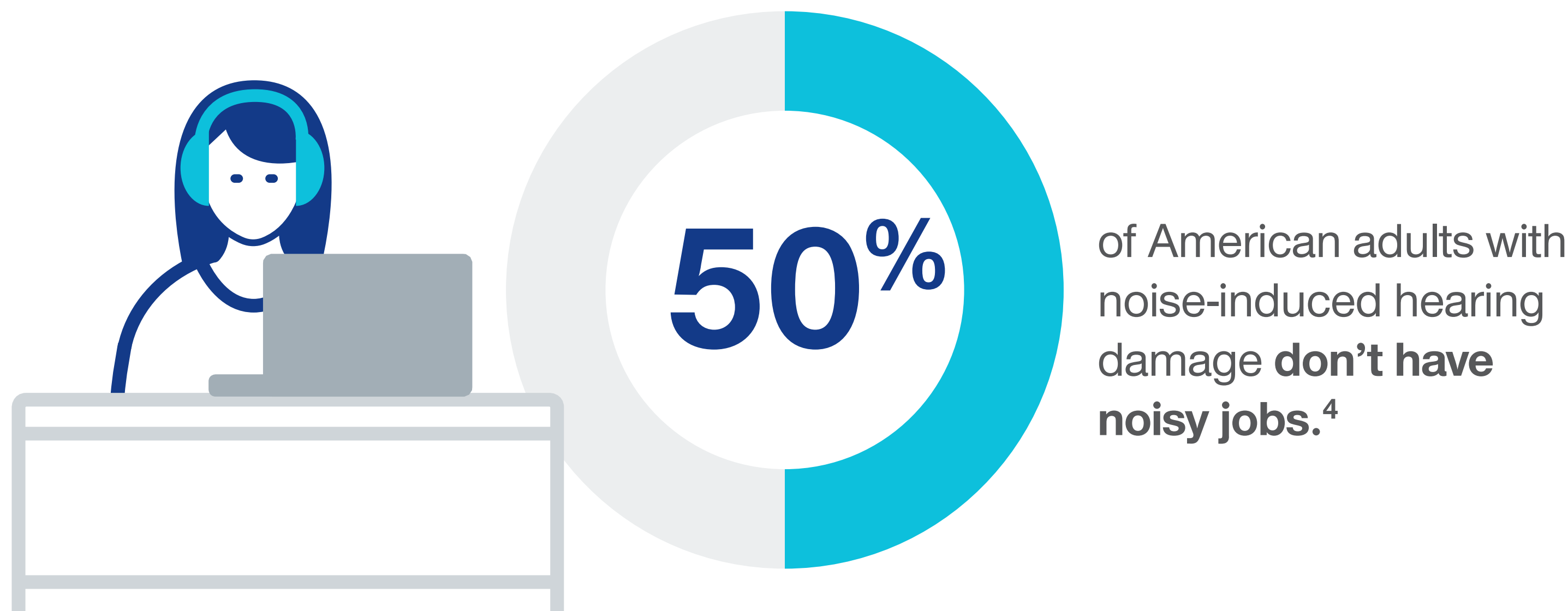
What the numbers have to say.



Who has hearing loss?



Everyday activities can be hard on your hearing.



Risks and consequences.

Untreated hearing loss may lead to:



- Fatigue, stress and depression
- Social rejection and loneliness
- Risks to personal safety
- Impaired memory and learning

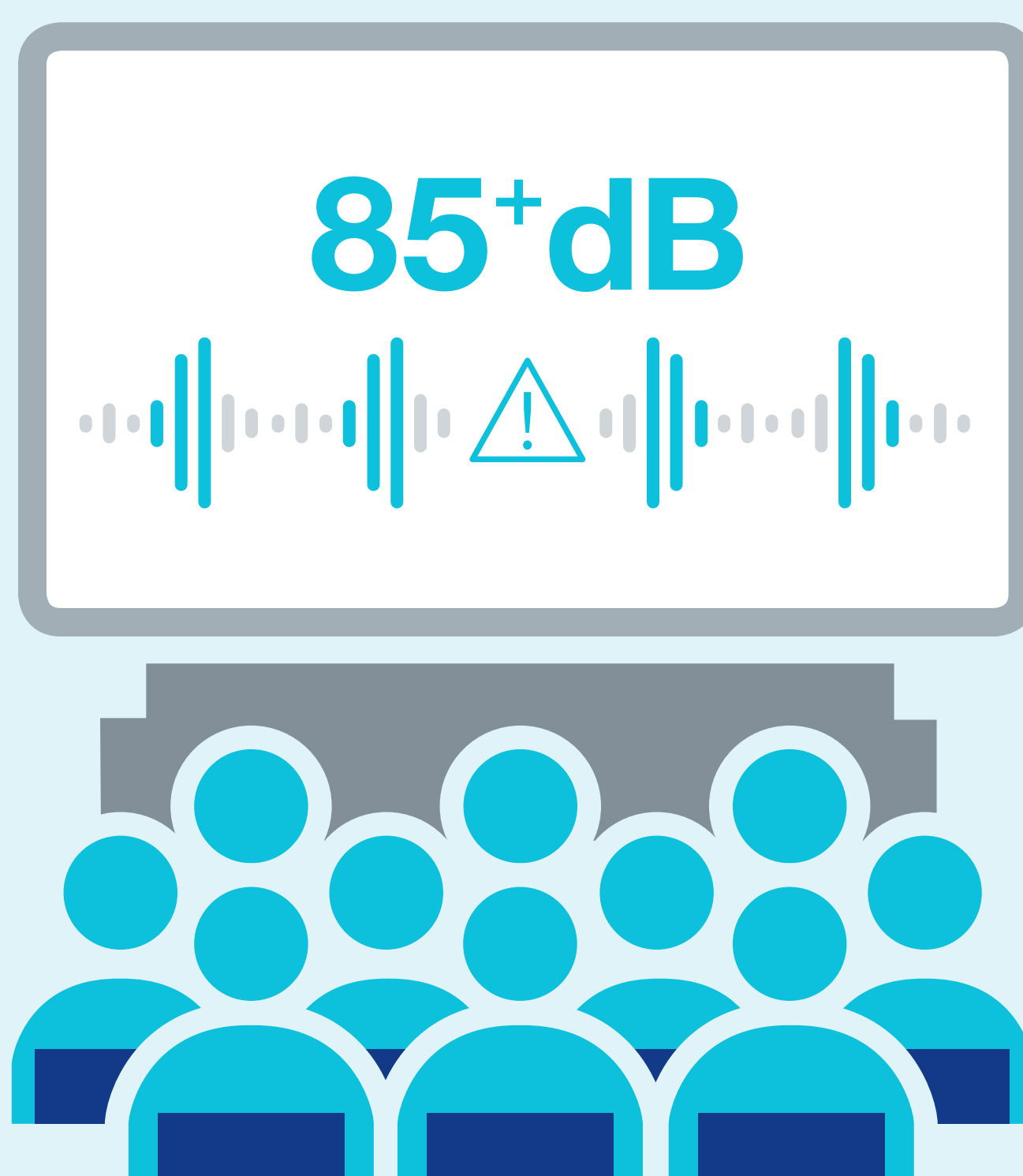


Smoking, obesity and medications (including common pain relievers) all increase your risk.⁵

Noise is the most common (and preventable) cause of hearing loss.

Sounds of 85 decibels or higher can cause hearing loss.⁶ Examples may include:

| | |
|-------------------|-------------------------------|
| • Movie theaters | • Rock concerts |
| • Lawnmowers | • Playing music with ear buds |
| • Sporting events | |



What you can do.

Practice healthy hearing habits.



- ✓ Turn down the volume on your music.
- ✓ Limit exposure to other noises and wear hearing protection when you can't.
- ✓ Download a decibel meter app to measure noise levels.

Take advantage of available support.



Many people put off getting their hearing checked, and **only 17%** of those who could benefit from a hearing aid actually use one.⁷

- 1 Check to see if you have coverage for hearing exams and hearing aids.
- 2 See a network hearing provider for a hearing exam.
- 3 Choose a hearing aid that works best for you.

Think you might have hearing loss?

Take a quick online hearing test at [EPICHearing.com/test](https://epichearing.com/test).



¹Center for Hearing and Communication. Statistics and facts about hearing loss. [chc.org/facts-about-hearing-loss/](https://www.chc.org/facts-about-hearing-loss/). Accessed April 2020.

²National Institute of Deafness and Other Communication Disorders. "Hearing Loss and Hearing Aid Use." Last updated July 17, 2017. [nidcd.nih.gov/shareable-images/infographic-hearing-loss-and-hearing-aid-use](https://www.nidcd.nih.gov/shareable-images/infographic-hearing-loss-and-hearing-aid-use).

³Centers for Disease Control. "Data and Statistics About Hearing Loss in Children." [cdc.gov/nchs/data/hestats/hearing-loss-in-children.html](https://www.cdc.gov/nchs/data/hestats/hearing-loss-in-children.html). Accessed April 2020.

⁴Centers for Disease Control. "Too Loud! For Too Long!" [cdc.gov/nchs/data/hestats/hearing-loss-in-children.html](https://www.cdc.gov/nchs/data/hestats/hearing-loss-in-children.html). Accessed April 2020.

⁵Hear-it.org. [hear-it.org/smoking-and-being-overweight-damaging-to-your-hearing](https://www.hear-it.org/smoking-and-being-overweight-damaging-to-your-hearing). Accessed June 2020.

⁶National Institute on Deafness and Other Communication Disorders. "Listen Up! Protect Your Hearing." [nidcd.nih.gov/health/listen-infographic](https://www.nidcd.nih.gov/health/listen-infographic). Accessed April 2020.

⁷World Health Organization. "Deafness and hearing loss." [who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss](https://www.who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss). Accessed April 2020.