



Hearing loss:

Hearing loss is defined as inability to hear and understand speech, hearing loss may occur in one or both ears and most common in the elderly. Hearing loss can either be congenital or acquired.

Symptoms:

- Difficulty hearing others clearly and misunderstanding what they say, especially in noisy places.
- You ask others to repeat, or speak more slowly, clearly or loudly.
- Listening to music or watching TV with the volume higher than what normal people need.
- Difficulty hearing on the phone.
- Feeling tired or stressed from having to concentrate while listening.



Prenatal Period

- Genetic factors
- Intrauterine infections – such as rubella and cytomegalovirus infection

Perinatal period

- Birth asphyxia (a lack of oxygen at the time of birth)
- Hyperbilirubinemia (severe jaundice in the neonatal period)
- Low-birth weight
- Other perinatal morbidities and their management

Childhood and adolescence

- Chronic ear infections (chronic suppurative otitis media)
- Collection of fluid in the ear (chronic **nonsuppurative** otitis media)
- Meningitis and other infections

Adulthood and older age

- Chronic diseases
- Smoking
- Otosclerosis
- Age-related sensorineural degeneration
- Sudden sensorineural hearing loss



Prevention:

- Good maternal and childcare practices
- Avoid too much noise.
- Check your hearing regularly.

