

## WHAT IS AGE-RELATED HEARING LOSS?

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Age-related hearing loss (ARHL) is a type of hearing loss that occurs over time as you age. It is the most common sensory disorder in the older population. ARHL develops gradually and symmetrically, meaning it affects both ears similarly. It is caused by both genetic and environmental factors. This includes exposure to

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## WHAT IF I HAVE TROUBLE HEARING EVEN WHEN USING HEARING AIDS?

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When hearing loss is severe enough, hearing aids may be insufficient in improving speech understanding. In this case, your health care provider should discuss cochlear implantation (CI) as a treatment option. CI are surgically implanted devices that directly stimulate the sensory nerve essential for hearing. Studies have demonstrated their safety and efficacy in improving communication. Your health care provider can evaluate your candidacy for CI and determine if you qualify.

## WHEN AND HOW SHOULD I REEVALUATE MY HEARING LOSS

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If you have hearing loss, it is recommended to get a hearing test at least every 3 years. This is important as hearing loss is shown to worsen over time. This process can happen gradually and often goes unnoticed. Additionally, questionnaires can be used to evaluate your hearing-related health and overall quality of life. They can help check how hearing loss impacts your life and if interventions, like hearing aids, are making a positive difference.

### ABOUT THE AAO-HNS/F

The American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) represents approximately 13,000 specialists worldwide who treat the ear, nose, throat, and related structures of the head and neck. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology-head and neck surgery through education, research, and quality measurement.