

It can be helpful to take an inventory of your hearing experience. To get a sense of how your ability to hear can impact your daily life, take a moment to answer the following questions.

Answer each question and place a check next to the corresponding answer.	Yes	No
Do I have a problem hearing on the telephone?		
Do I often ask people to repeat themselves?		
Do I have trouble hearing the other person speaking when there is noise in the background?		
Is it hard for me to follow a conversation when two or more people talk at once?		
Do many people I talk to seem to mumble or not speak clearly?		
Do I misunderstand what others are saying and respond inappropriately?		
Do I have trouble understanding the speech of women and children?		
Do people complain that I turn the TV volume up too high?		
Do I hear a ringing, roaring or hissing sound a lot?		
Do some sounds seem too loud or too soft?		

If you answer "yes" to three or more of these questions, it's recommended that you have your hearing checked by an audiologist. If you need some encouragement, remember that hearing aids are just like glasses only for your ears.