

Types of Hearing Loss

Conductive Hearing Loss (CHL) occurs when sound is not sent properly through the ear canal to the eardrum and the tiny bones (ossicles) of the middle ear. This type of hearing loss may potentially be corrected medically or surgically.

Sensorineural Hearing Loss (SNHL) occurs when there is damage to the inner ear (cochlea), or to the nerves from the inner ear to the brain. Most of the time SNHL cannot be medically or surgically corrected. This is the most common type of permanent hearing loss.

Mixed Hearing Loss occurs when there is a conductive hearing loss in combination with a sensorineural hearing loss.



Do you answer yes to any of the following?

- Do you find yourself asking people to repeat themselves?
- Do you raise the volume of the tv louder than what others find normal?
- Does it sound like those around you are mumbling?
- Do you have trouble hearing in busy environments, like a restaurant?

If so, it's a great time to get your hearing checked

Visit us today for a
FREE hearing assessment!

Quinte Hearing Centre

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**UNDERSTANDING
YOUR HEARING LOSS**



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Possible Causes of Hearing Loss

Possible causes of CHL:

- Fluid in the middle ear from illness or allergies
- Ear infection (otitis media/otitis externa)
- Poor Eustachian tube function
- Perforated eardrum
- Benign tumours
- Impacted earwax (cerumen)

Possible causes of SNHL:

- Aging
- Illnesses, disorders
- Medications that are toxic to the ear (ototoxicity)
- Hearing loss that runs in the family
- Head trauma
- Exposure to loud noise

The Impact of Hearing Loss

Hearing loss is a burden for those who suffer from it, as well as for those people around them. More effort is required to understand communication. As a result, people with hearing loss become tired more quickly and will often withdraw from social activities. Science is now showing that hearing loss is closely linked with brain health, and that supporting a hearing loss through hearing aids/assistive devices use can promote a healthy brain as you age.

If you suffer from hearing loss, it is likely that your friends and loved ones have to repeat themselves or speak louder to be heard by you. This is fatiguing, and can lead to communication breakdown and conflict.

Hearing loss is often gradual, and can go unnoticed for a long time. See a hearing healthcare provider to determine what can be done to improve your quality of life.

Tinnitus

Tinnitus refers to “ringing in the ears”. Tinnitus may sound like hissing, pulsing, whooshing, chirping, whistling, or clicking. The exact cause of tinnitus is often unknown. Tinnitus is not a disease, it is a symptom which is common to many problems.

Is tinnitus a common problem?

Yes, almost everyone at one time or another has had a brief period of sound in their ears/head. However, some people may have a more annoying or constant tinnitus that causes distress.

How is tinnitus treated?

The most effective treatment for tinnitus is to eliminate the underlying cause. Unfortunately, in many cases, the cause of tinnitus cannot be identified and medical intervention is not an option. In these cases, tinnitus can be managed by other methods including hearing aids, sound therapy, counseling, and relaxation techniques.