

Test Your Hearing

Here's a simple test to see how well you're hearing, courtesy of the American Academy of Otolaryngology. Indicate how often the following statements are true, and then calculate your score. Give yourself:

- 3 points for every "almost always" answer
- 2 points for every "half the time" answer
- 1 point for every "occasionally" answer
- 0 points for every "never" answer
- If hearing loss runs in your family, add an additional 3 points to your overall score.

Here is how your score stacks up:

0-5 points: Your hearing is fine. No action is required.

6-9 points: Seeing a hearing professional is suggested.

10+ points: Seeing a hearing professional is strongly recommended.

	Almost Always	1/2 the Time	Occasionally	Never
I have a problem hearing over the telephone.				
I have trouble following the conversation when two or more people are talking at the same time.				
People complain that I turn the TV volume too high.				
I have to strain to understand conversations.				
I don't hear common sounds like the phone or doorbell ring.				
I have trouble hearing conversations in a noisy background, such as a party.				
I get confused about where sounds come from.				
I misunderstand some words in a sentence and need to ask people to repeat themselves.				
I have trouble understanding the speech of women and children.				
I have worked in noisy environments (assembly line, construction site, near jet engines).				
Many people I talk to seem to mumble or don't speak clearly.				
People get annoyed because I misunderstand what they say.				
I misunderstand what others are saying and make inappropriate responses.				
I avoid social activities because I cannot hear well and fear I'll make improper replies.				
Ask a family member or friend to answer this question: Do you think I have hearing loss?				
TOTAL				