

Mild hearing loss – mild but not insignificant



On the surface, mild hearing loss appears benign. However, the impact on social-emotional, cognitive and physical health can be significant (e.g. social isolation, cognitive decline and increased fall risk).¹ Early treatment can have a long-term positive impact on quality of life.¹

Prevalence of mild hearing loss globally:²



14.2%

Audiological definition of mild hearing loss:³



Mild **20** to **≤ 35** dB HL (PTA4)
in better hearing ear

Impact of mild hearing loss:

- Increased listening effort⁴
- Fatigue⁵
- Social isolation¹
- Stigma⁶
- Increased fall risk¹
- Cognitive decline¹

A person with a mild hearing loss can experience difficulty hearing and understanding soft speech/conversations in quiet situations and/or situations when noise is introduced.⁷



Management of mild hearing loss:

If your patients report difficulty hearing, or you suspect a mild hearing loss, recommend they seek a diagnosis and treatment. This can yield an improvement in overall long term health and wellbeing.¹

Recommendations to improve a patient's quality of life related to hearing health:

- Hearing aid fitting through hearing care specialist
- Assistive listening technology
- Noise protection (if exposed to loud environments)

When we assess hearing health it is important to look beyond just hearing test results:

Self-perceived hearing difficulty is valuable information. How is your life being impacted by your hearing ability?



Measurable hearing loss (audiogram) can affect every client differently.



Measuring your ability to understand speech in noise will also provide useful information.



Our trained hearing care professionals at Triton Hearing invest time and effort in exploring lifestyle needs and conducting audiological assessments to offer a tailored solution that minimises the impact of mild hearing loss on their clients hearing and well-being.

¹Vercammen, C., Ferguson, M., Kramer, S.E., Meis, M., Singh, G., Timmer, B., ... & Pelosi, A. (2020). Well-Hearing is Well-Being. Hearing Review, 27(3), 18-22. Retrieved March 31, 2022, from <https://www.hearingreview.com/hearing-loss/patient-care/counseling-education/well-hearing-is-well-being> ²Goman, A., Liao, M. How many people have hearing loss in the United States? Hopkins Bloomberg School- Cochlear Center for Hearing and Public Health. Retrieved March 31, 2022, from <https://www.jhucochlearcenter.org/how-many-people-have-hearing-loss-united-states.html> ³World Health Organization. (2021). World Report on Hearing. World Health Organization <https://apps.who.int/iris/handle/10665/339913>. License: CC BY-NC-SA 3.0 IGO ⁴Alhanbali, S., Dawes, P., Millman, R. E., & Munro, K. J. (2019). Measures of Listening Effort Are Multidimensional. Ear and hearing, 40(5), 1084-1097. <https://doi.org/10.1097/AUD.0000000000000697> ⁵Burke, Louise A.; Naylor, Graham (2020). Daily-Life Fatigue in Mild to Moderate Hearing Impairment: An Ecological Momentary Assessment Study, Ear and hearing, 41(6), 1518-1532. doi: 10.1097/AUD.0000000000000888 ⁶West, J. S., Low, J. C., & Stankovic, K. M. (2016). Revealing Hearing Loss: A Survey of How People Verbally Disclose Their Hearing Loss. Ear and hearing, 37(2), 194-205. <https://doi.org/10.1097/AUD.0000000000000238>