

Unilateral Hearing Loss

Unilateral hearing loss is a **hearing loss in only one ear**.

You can have it from birth or get it later in life.

Unilateral hearing loss can be caused by many things. Some possible causes are:

- Ear or head injury
- Genetic or inherited disorders
- Damage to blood vessels in the head or neck
- Exposure to loud noise
- Tumours
- Meniere's disease
- Meningitis, mumps, measles, rubella, and other viruses
- Ear infection or inflammation

What problems might I have?



Difficulty locating sounds



Difficulty hearing in groups and background noise



Difficulty hearing sounds on your poor side



Find it harder to follow conversations



Dizziness



Buzzing or ringing in the ear called Tinnitus

How can I manage my unilateral hearing loss?

If you have a hearing concern, see a Medical Practitioner. They may refer you to an ENT Specialist or Audiologist.



You must see an Ear, Nose and Throat (ENT) Specialist to investigate the cause and begin any possible treatment such as medication or surgery.



You can also see an Audiologist for a hearing test. An audiologist can also give you useful technology and strategies for improving communication.

What technology might be available for me?

There are different options to improve your hearing. Talk to your audiologist for specific suggestions to suit your needs. You can also check if you are eligible for a trial.

Some examples are:



Special Hearing Aids for the unilateral hearing loss

Boosts sounds that are not heard well. Helpful in most situations. You may still struggle in noise.



Cochlear Implants

A small device that is surgically placed under the skin. It stimulates the nerve for hearing.



Assistive Listening Devices (ALDs)

Helps in specific situations. Can amplify a doorbell or stream audio from your phone or television to a hearing aid.

What can I do to improve communication?



Keep background noise as low as possible. Shut it off or move away from the sound source.



Make sure you can clearly see the speaker's face.



Position yourself so the speaker is on your "better ear" side. Have noise toward your poorer ear.



Look to see where sound is coming from. Especially when driving, crossing roads, and listening for alarms.

How can I look after my "good" ear?

- Have your hearing checked every 1 to 2 years
- Avoid loud noises where possible. Wear earmuffs or earplugs in noise
- If you notice any sudden changes in either ear, it is important to go to the doctor or Emergency Department of a hospital as soon as possible.

Contact Us:

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