

Sensorineural Hearing Loss

How does the ear work?

1. Outer ear: Collects and directs sound through the ear canal.

2. Middle ear: Amplifies and directs sound to the inner ear.

3. Inner ear - Cochlea: Receives sound and converts this into electrical signals.

4. Hearing and Balance Nerve: Carries the signals to the brain.

2b. Eustachian Tube: Is a thin tube that connects your middle ear to the back of your nose. It helps with the air flow in the middle ear.

What is Sensorineural Hearing Loss?



Is usually a permanent hearing loss that occurs when there is a problem affecting the:

- Inner ear and/or
- The hearing and balance nerve from the ear to the brain.

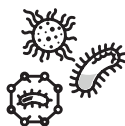
Sensorineural hearing loss can be caused by many things. Some common causes include:



Aging



Excessive noise



Viruses or infections



Some medications



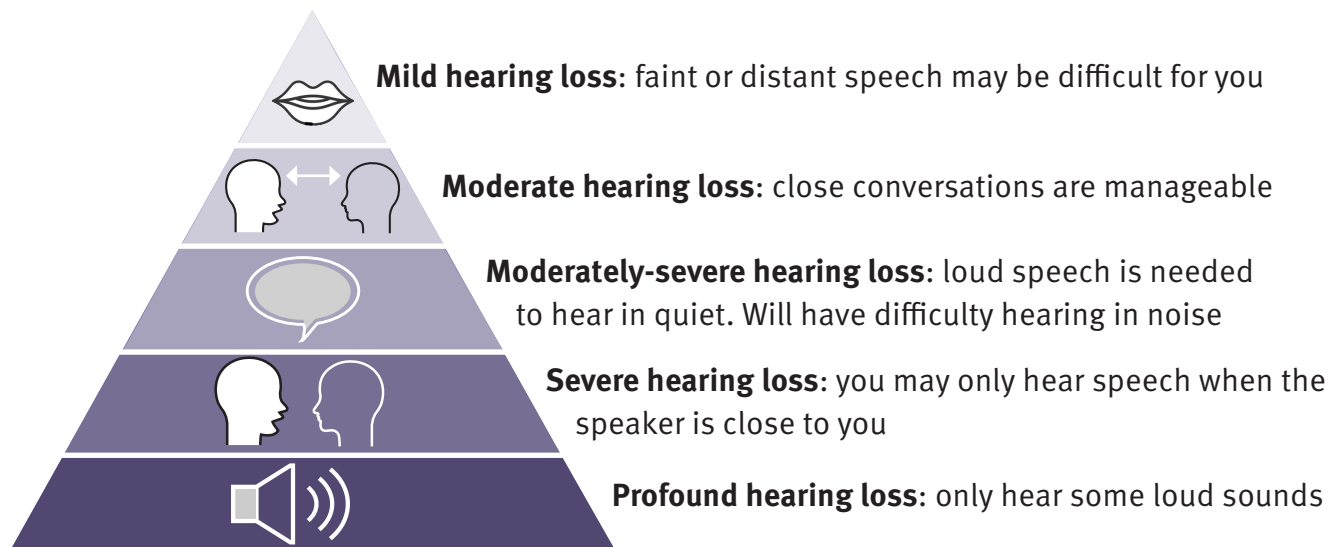
Genetic factors or birth conditions



Ear or head injury

How will my hearing loss affect me?

You may notice that some sounds do not seem as clear or as loud as they used to. This will depend on the level of your loss. Your audiologist can perform tests to determine your level of hearing loss.



You can also experience any of the following:

- Ringing or buzzing sounds in the ear also known as Tinnitus
- Increased frustration or loneliness
- Listening fatigue.

How can I manage my hearing loss?

A sensorineural hearing loss usually **cannot be reversed**. It is important to get a check-up with your audiologist every 1 to 2 years. They may also suggest:



Hearing aids: Boost sounds that are not heard well. They can be helpful to hear conversations in most listening situations. You may be able to trial these.



Assistive Listening Devices (ALDs): Helps hearing in specific situations with or without hearing aids. Some examples include amplifying a doorbell, or streaming audio from the phone or television to your hearing aid.

Communication strategies: An audiologist can teach you ways to help with your hearing. This can help to improve the flow of conversations.

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