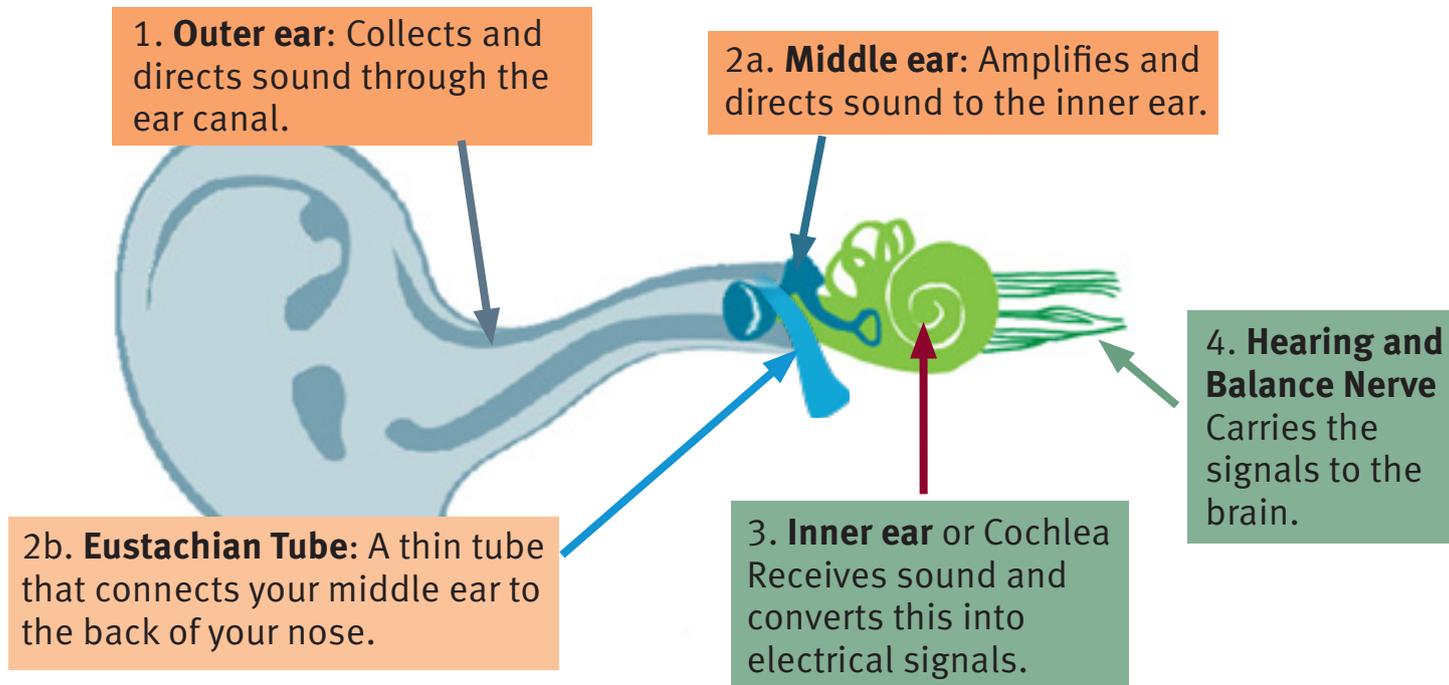


Mixed Hearing Loss

How does the ear work?



What is Mixed Hearing Loss?

A mixed hearing loss is when a conductive hearing loss happens at the same time as a sensorineural hearing loss.



What are some causes of Mixed Hearing Loss?

Mixed hearing loss can be caused by many things. It may be a combination of any of the following:

- | | |
|---|--|
| <ul style="list-style-type: none">  Ear infections  Too much ear wax  Ear or head injury  Genetic factors or Birth conditions | <ul style="list-style-type: none">  Aging  Too much noise  Some medications  Diseases or tumours |
|---|--|

How can I manage my mixed 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.

How can I improve my communication?

You may notice that some sounds do not seem as clear or as loud as they used to. These are usually consonant sounds, making it difficult for you to understand what is said.

Technology can help you hear better:



Hearing aids

Boosts sounds that are not heard well. Helpful in most situations, but you may still have difficulty in noise.



Assistive Listening Devices (ALDs)

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

Here are some communication strategies you can use:



Speak face-to-face.



Make eye contact.



Write important information down.



Ask people to speak clearly and slowly, but don't shout.



Reduce background noise.



Make sure the room is well-lit.



In groups, speak one at a time.

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