


HEARING & MENTAL HEALTH HISTORY TAKING

Scan the QR code for online referral and more info




- Have you had a hearing test in the last 12 months?
- Is there a family history of hearing loss?
- Do you have ringing in your ears? (**“Ninety percent of those with tinnitus have hearing loss”**
- Dr. Gayla Poling Mayo Foundation for Medical Education & Research)
- Do you find shopping centers, cafes, and restaurants overwhelming?
- Have you started to withdraw from social gatherings and public spaces?
- Have you noticed family, friends or yourself being frustrated when communicating?




Hearing loss affects **1 of every 5 people** and is **strongly linked to loneliness.**

Source: NPR
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For people with hearing loss, **using a hearing aid** is associated with a **reduced risk of depression.**

Source: Washington Post / Consumer Reports
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Health consequences associated with hearing loss:

Increased risk of hospitalizations



Increased risk of falls



Increased risk of dementia



Diminished physical and mental health

Source: Johns Hopkins Medicine

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