

- o Implantable hearing device Unit at AIISH is for programming of cochlear implants and other implantable hearing devices. Cochlear implant is a device which is implanted inside the temporal region of the head. It is advised for people who don't benefit from hearing aids.

- **Rehabilitation services**

- o **Listening training:** After hearing aid/ cochlear implant is fitted, the individual needs to attend training to associate meaning to the sound heard. This is done through Listening training by Audiologists and Speech Language Pathologists



- o **Speech and language therapy:** Speech Language Pathologists works on enhancing the language abilities and improving the clarity of speech of persons affected by hearing loss.



- o **Tinnitus retraining therapy:** It helps individuals suffering from tinnitus to get adapted to ringing sounds in the ear.
- **Vertigo clinic:** To asses and treat individuals having balancing problems related to the ear.

## How to prevent hearing loss?

### Do's

- Take your child for regular vaccination
- Use ear protective devises when working in noise
- Proper health care and nutrition during pregnancy

- Make sure that water does not enter the ears (while bathing and swimming)
- Seek immediate treatment for ear related infections
- Get the hearing tested by an audiologist at regular intervals
- Consult doctor immediately for treatment of medical conditions like measles and mumps etc.

### Don'ts

- Avoid infections during pregnancy especially in the first trimester
- Avoid marriage among blood relatives
- Avoid first baby conception before 18 and after 35 years
- Avoid taking certain medications which can lead to hearing loss (e.g. Mycin group of medicines)
- Avoid injuries to ears and head
- Avoid exposure to loud noise and music for longer duration
- Avoid using earphones/ headphones at loud volume for longer duration
  - o Whenever it is necessary to use, it is recommended to keep the volume at 1/3rd of the total volume.
- Avoid cleaning the ear with sharp objects or ear buds
  - o Ear wax protects our ears and often comes out by itself, so we don't need to remove it by using ear buds (this can push wax further inside) or any other sharp objects (can cause injury to eardrum). If wax is hard and impacted, you need to consult an ENT doctor for removing it.

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CONTACT US



@AIISHMYSORE1



AIISH Mysuru



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# FAQs on Hearing Loss



## DEPARTMENT OF PREVENTION OF COMMUNICATION DISORDERS

### ALL INDIA INSTITUTE OF SPEECH AND HEARING

(An Autonomous Institute under the Ministry of Health and Family Welfare, Government of India)

Assessed and Accredited by 'NAAC' with 'A' Grade : ISO 9001: 2015 Certified  
Naimisham Campus, Manasagangothri, Mysuru - 570 006

**Phone:** +91-0821 2502703 / 2502575, **Toll free :** 18004255218

**Email:** director@aiishmysore.in, **Website:** www.aiishmysore.in



@AIISHMYSORE1



AIISH Mysuru



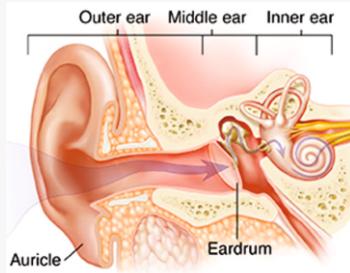
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## What is hearing loss?

Hearing loss is the reduction in the hearing capacity in one or both ears. It can occur at any age from infancy to old age. Human ear is divided into three parts: outer, middle and inner ear. If there is damage in any of these parts, it can lead to hearing loss.



## How do you identify hearing loss?

If you have any of these following symptoms, you may be at risk or may be having hearing loss.

- Difficulty in hearing and asking for repetitions
- Difficulty understanding conversation in presence of noise (traffic noise, loud music, classroom noise, etc.)
- Ear pain or ear discharge
- Blocking or itching sensation in the ear
- Ringing or buzzing sounds in the ear
- Difficulty in identifying the directions of sounds
- Giddiness and balancing problems
- Children don't learn to speak if they have hearing loss

## What are the causes for hearing loss?

- Infections (viral or bacterial) during pregnancy (ex: Rubella in first trimester, Cytomegalovirus etc.) can cause hearing loss in the new born baby
- Infections like measles and mumps can cause permanent hearing loss in children

- Ear infection due to bacterial, viral or fungal infections.
- Aging: After the age of 40 there is a chance of deterioration in hearing capacity. This can be rapid in some individuals.
- Family history: Hearing loss is found to run in families. Individuals who have relatives with hearing impairment are at higher risk for having hearing loss.
- Genetic causes: Hearing loss can occur due to mutation in genes (e.g. Syndromes like, Down syndrome, Hunter syndrome etc).
- Injury or physical trauma to the ears: Injury to head and ear during road traffic accidents, slap on the ear etc.
- Inserting sharp objects such as hair pins, pencil tips, matchsticks etc. into the ears can damage the eardrum and cause hearing loss.
- Exposure to loud noise for long duration (industry Noise, rock concerts, music system sounds, cracker sound etc.) can cause harm to ears.
- Excessive use of ear phones/headphones at high volume levels for longer duration can damage the delicate structures in the ear.
- Intake of certain medications in conditions like typhoid are harmful to ears (ototoxic drugs, ex: Mycin group) and can damage hair cells of inner ear.

## What are the treatment facilities available at All India Institute of Speech and Hearing (AIISH) for hearing loss?

AIISH has state of the art equipments and technology for treating hearing disorders. Following are the treatment facilities available:

- ENT Consultation: For any ear related problems which can be treated medically or/and surgically.



- Audiological consultation: For ear related issues which cannot be treated medically/surgically, an audiologist should be consulted.



- o **Detailed hearing evaluation:** An Audiogram is obtained to identify degree and type of hearing loss.



- o **Hearing aid prescriptions:** Hearing aid is an instrument which helps a person with hearing loss to hear better as it is an amplification device. With advancement in technology, now hearing aids are less conspicuous. It can be worn behind the ear, or in the ear etc. which are very small in size. Suitable hearing aids for a person are prescribed at AIISH. Using hearing aid is like using a spectacle for vision correction.

- o Suitable hearing aids and its accessories are dispensed at AIISH through Hearing Aid Dispensing Unit (HADU).

