

# 7 Consequences of Hearing Loss



## **Lower Academic or Career Achievement**

Difficulty in hearing and understanding speech could affect a person's ability to learn and carry out tasks. This could also affect their overall productivity and performance in school or at work.

## **Tiredness and Fatigue**

Putting in more listening effort to understand speech could lead to exhaustion.

## **Safety and Fall Risk**

Hearing loss will greatly affect a person's safety if warning sounds cannot be heard (e.g. traffic alert sounds, fire alarm, kettle whistling). The lack of spatial awareness of the surroundings could also increase the risk of falling.



## **Missing Environmental Sounds**

People with hearing loss may miss out on environmental sounds (e.g. bird chirping, water dripping or their grandchild's first word).

**If you or your loved ones are experiencing hearing loss/difficulty, please seek advice from your doctor or an Audiologist.**

## **Social Isolation**

People with hearing loss may avoid participating in activities and interactions. This may negatively impact their social life and relationships with others.

## **Depression**

About one-third of people with hearing loss may experience depression. They may also suffer emotional distress and anxiety.

## **Cognition Decline and Dementia**

Hearing loss is a proven modifiable risk factor of dementia before it sets in.



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# 听力损失的 7大影响



## 学术和职业成就较低

因为难以听清和理解别人的言语，导致学习与执行任务的能力降低。这也影响了在学校或工作上的整体效率和表现。

## 疲倦和疲劳

因需要付出更多精力来理解言语，以致筋疲力尽。

## 安全和跌倒的风险

听不见日常警告声（例如交通鸣笛，火警声，水壶烧开声）可极度影响个人的安危。另外，缺少环境空间意识也会增加跌倒的风险。



## 缺少环境声音

听力患者可能会错过各种常见的周遭声音（例如鸟叫声，水滴声，孙儿第一次发音）。

如果您或您爱的人正面对着听力损失/困难，  
请咨询您的耳鼻喉专科医生或听力学家。

## 社交孤立

听力患者会倾向于逃避参加需要交流的活动或聚会。这可能会对他们的社交生活与人际关系产生负面影响。

## 忧郁症

三分之一的听力患者可能伴有忧郁症，并可能同时患有情绪困扰和焦虑。

## 认知能力下降和失智症

听力损失已被证实是失智症发病前，可以被改变的危险因素。



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