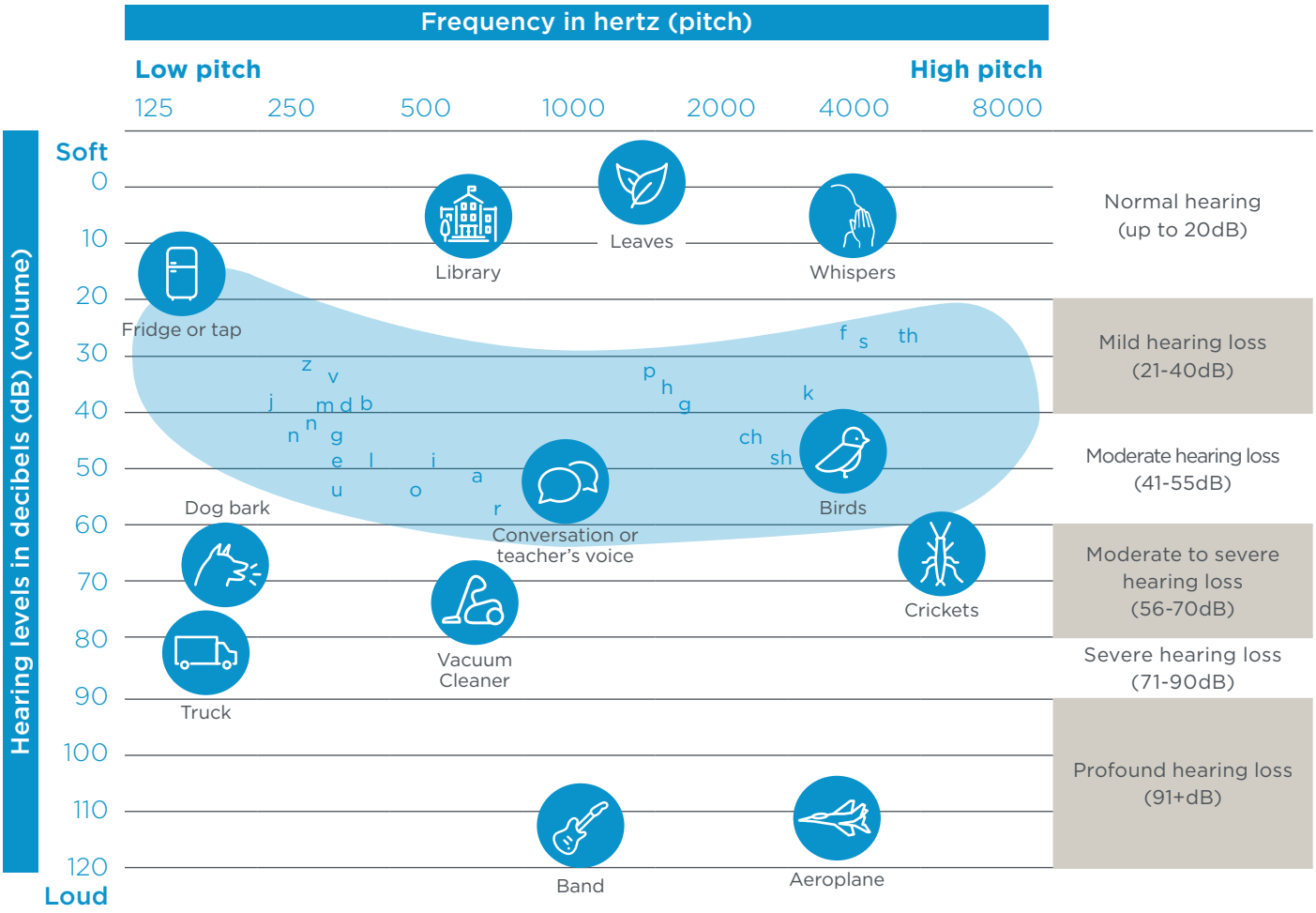
Your Hearing

An audiogram chart indicates the softest sounds someone can hear across the main speech spectrum (low, mid and high pitches).

Where your results fall on the audiogram reflects which speech and environmental sounds are or are not being heard.



*The shaded area represents where most speech sounds fall.

Levels of hearing loss

- ☐ **Mild hearing loss:** Difficulty hearing soft voices, and speech at a distance or in background noise.
- ☐ **Moderate hearing loss:** Everyday communication is impacted, especially in group situations or without visual cues. Increased listening effort and concentration is required, often leading to fatigue.
- ☐ **Severe hearing loss:** Understanding everyday speech is a significant struggle. The high levels of concentration required to try to understand speech results in noticeable fatigue.
- ☐ **Profound hearing loss:** Hearing loss is so significant that only extremely loud speech or sounds may be heard.

Type of hearing loss

- ☐ **Conductive:** Hearing loss resulting from an issue with the middle ear and/or outer ear.
- ☐ **Sensorineural:** A permanent type of hearing loss due to damage to the hair cells within the cochlea (inner ear) and/or to the auditory nerve.
- ☐ **Mixed:** A combination of both sensorineural and conductive hearing loss.

The ear explained

The ear is responsible for both hearing and balance, however it's actually our brain that hears or processes information. The ear is just the funnel or the pathway to get the sound or information from our outside world to our brain for processing.

There are three main parts to the ear – the outer ear, middle ear and inner ear. The outer ear picks up the sound from our outside environment and sound waves vibrate down the ear canal. These sound waves then travel into the middle ear, and vibrate the ear drum. The ear drum is connected to three little bones called the ossicles which form a little chain, which pushes the sound into the cochlea.

Once the sound has reached the cochlea, there are tens of thousands of little hair cells that vibrate depending on the frequency of sound. This helps convert the sound from being an acoustic signal in our outside environment, to an electrical signal which travels up the auditory nerve pathway to our brain for processing.

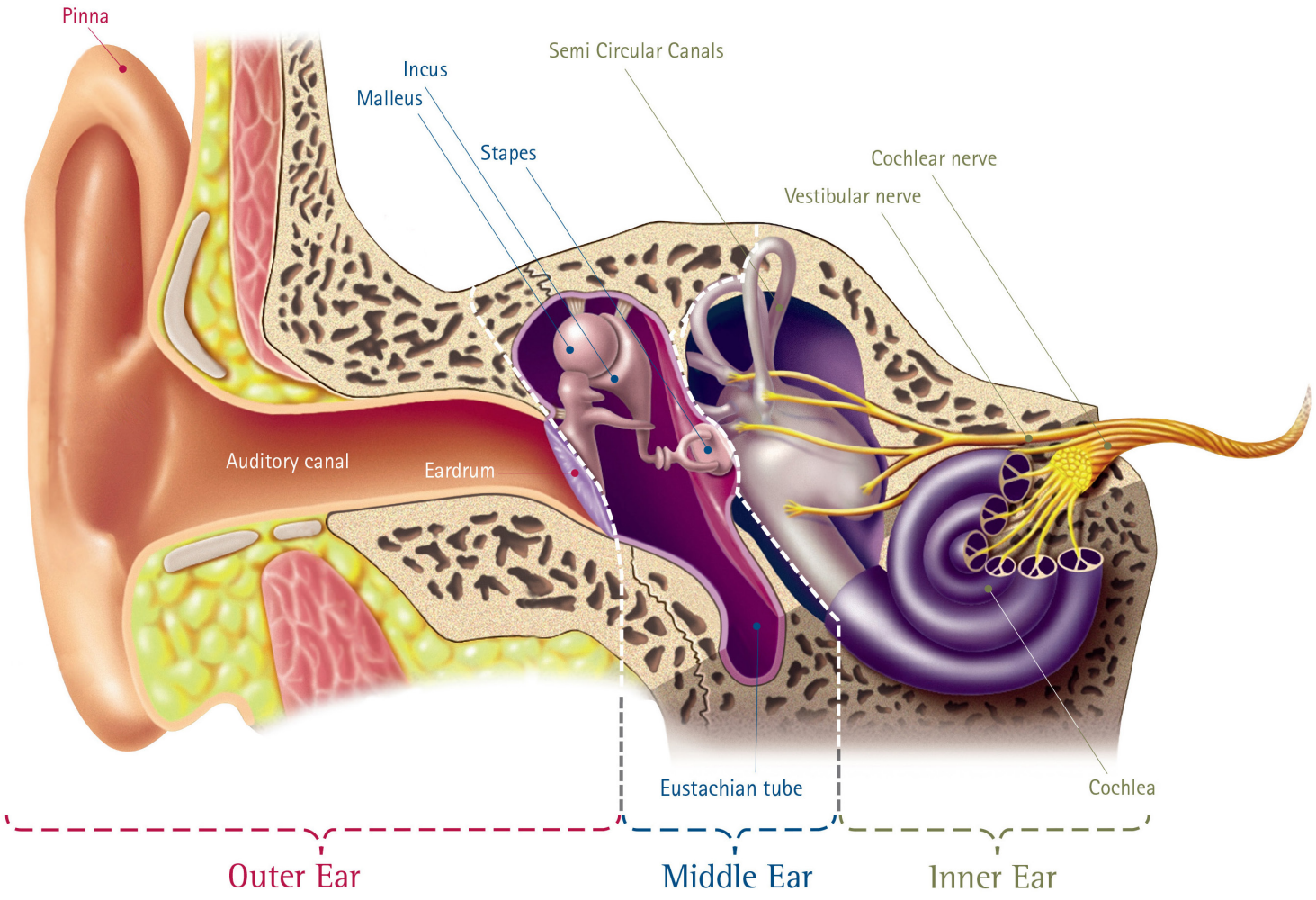


Diagram sourced from Phonak.

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Hear and Say
Opening worlds