

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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PECC-ENT-ED-2023-1570-v1

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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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