

Hearvana Audiology - Quick Reference Guide

Signs you might notice yourself

- Phone calls feel harder than in-person conversation
- Restaurants and group settings feel tiring rather than fun
- You ask people to repeat themselves, then catch it the second time
- Certain voices are harder to follow than others

Signs people around you might notice first

- TV or radio volume creeping up
- Not responding when called from another room
- Answering a question that was not quite asked
- Seeming withdrawn in group settings

What to bring up at your appointment

1 When you first noticed a change

Roughly how long ago, and whether it came on suddenly or gradually.

2 Which situations are hardest

Phone calls, groups, one ear vs both, specific voices.

3 Any ringing, buzzing, or fullness

Note which ear and whether it is constant or comes and goes.

4 What family or friends have mentioned

Their observations are often more specific than your own.

Book a hearing evaluation with Hearvana