



Healthy Hearing Checklist

If you have one or more of these conditions, a baseline hearing screening is suggested

- ☐ Aged 50 or older
- ☐ History of noise exposure
- ☐ Tinnitus (ear ringing)
- ☐ Balance problems (vertigo, unsteadiness)
- ☐ History of smoking/current smoker
- ☐ History of excessive drinking
- ☐ Forgetfulness or memory loss
- ☐ Diabetes

ACTIONS

The American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) recommends that all adults aged 50 and older undergo regular hearing screenings. This recommendation is specifically for those who haven't noticed any issues with their hearing and aims to detect age-related hearing loss early.