

# After I prove someone wrong...

What I feel like:



What I actually look like:





The following factors contribute to age-related hearing loss:

- Family history (age-related hearing loss tends to run in families)
- Repeated exposure to loud noises
- Smoking (smokers are more likely to have such hearing loss than nonsmokers)
- Certain medical conditions such as diabetes
- Certain medicines

**MY ORAL ARGUMENT STRATEGY?**

**LOUD NOISES**

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# What is Tinnitus?

- A loss of hearing acuity that results in a constant sound.

- Screech



- Tone



- Tea Pot



## Drugs that cause tinnitus

**Anesthetics (painkillers, analgesics, sedatives)**

**Antibiotics**

**Antimalarial Medications**

**Antineoplastics (Cancer drugs)**

**Cardiac Disease Medications**

**Diuretics**

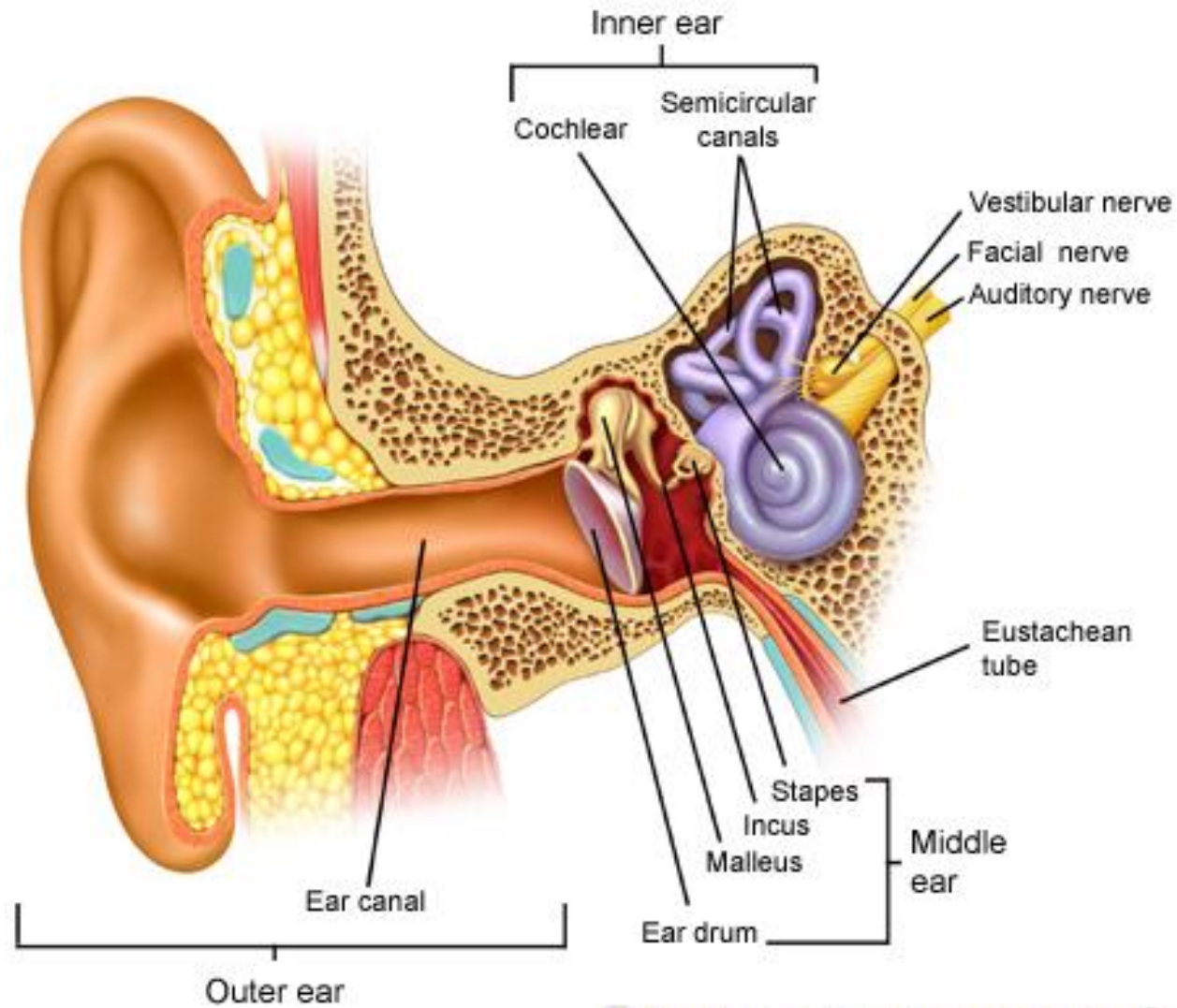
**Glucocorticosteroids (GC, steroid hormones)**

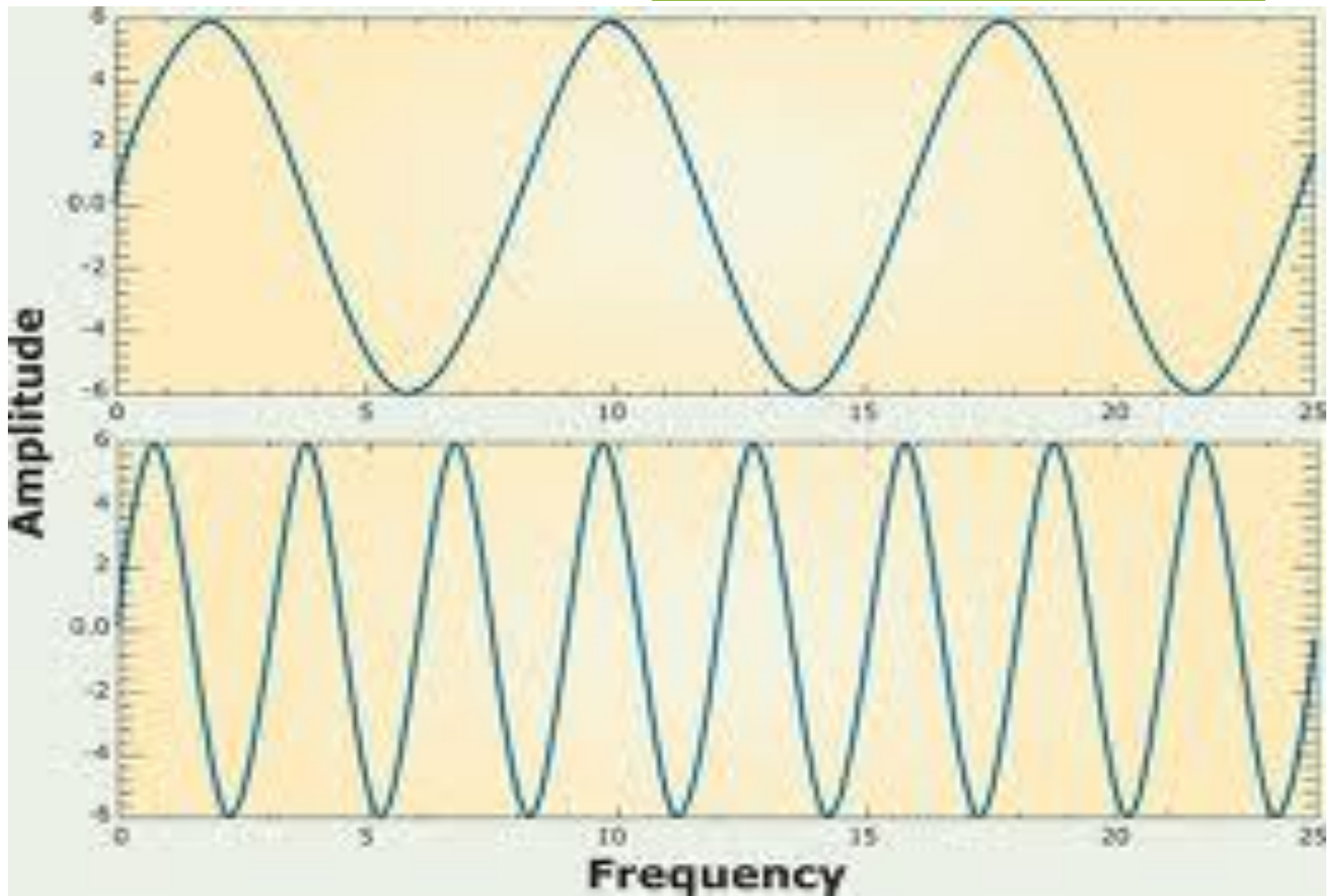
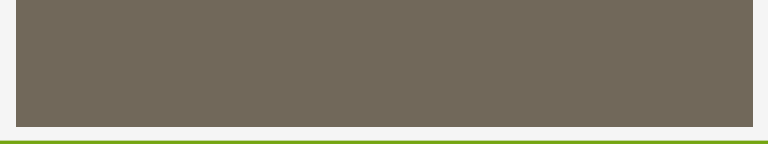
**Non-Steroidal Anti-inflammatory Drugs (NSAIDs)**

**Psychopharmacologic Medications**

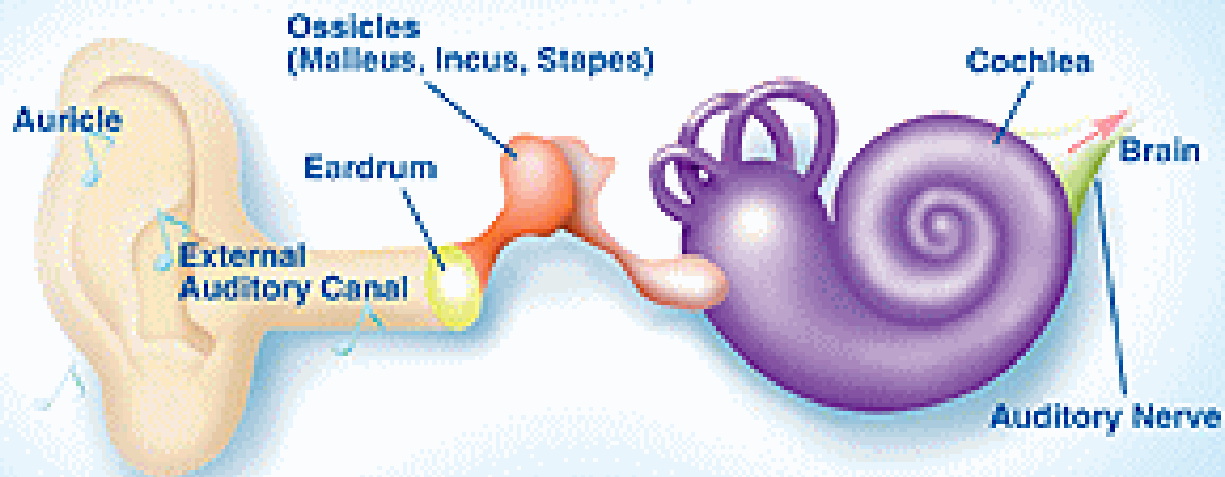








**Conductive hearing loss** occurs when sound doesn't move as it should through the eardrum, ear canal or the three bones of the inner ear.



Sound    External ear    Middle ear    Inner ear    Auditory nerve    Brain

Conductive hearing loss

Sensorineural hearing loss

Mixed hearing loss

*Here's a tip as you get older:  
Never wear a hearing aid,  
because if you do,  
people expect you  
to listen to them.*



**Sensorineural hearing loss** involves damage to the cochlea. It's the most common type, affecting about 90 percent of people with hearing loss. Sensorineural hearing loss can be a byproduct of aging, or it can occur due to infections, genes, -head trauma, exposure to loud noises or fluid buildup in the inner ear. This is the type of hearing loss that a hearing aid can help.

# Communicating



- Speak directly rather than through a companion or sign language interpreter who may be present
- Offer to shake hands when introduced. People with limited hand use or an artificial limb can usually shake hands and offering the left hand is an acceptable greeting.
- Always identify yourself and others who may be with you when meeting someone with a visual disability. When conversing in a group, remember to identify the person to whom you are speaking. When dining with a friend who has a visual disability, ask if you can describe what is on his or her plate.
- If you offer assistance, wait until the offer is accepted. Then listen or ask for instructions.
- Treat adults as adults. Address people with disabilities by their first names only when extending that same familiarity to all others. Never patronize people in wheelchairs by patting them on the head or shoulder.

•Do not lean against or hang on someone's wheelchair. Bear in mind that people with disabilities treat their chairs as extensions of their bodies. And so do people with guide dogs and help dogs. Never distract a work animal from their job without the owner's permission.



Listen attentively when talking with people who have difficulty speaking and wait for them to finish. If necessary, ask short questions that require short answers, or a nod of the head. Never pretend to understand; instead repeat what you have understood and allow the person to respond.



**Face the  
other  
person  
when  
talking**

**DON'T YELL**  
DON'T YELL







- Place yourself at eye level when speaking with someone in a wheelchair or on crutches.



Tap a person who has a hearing disability on the shoulder or wave your hand to get his or her attention. Look directly at the person and speak clearly, slowly, and expressively to establish if the person can read your lips. If so, try to face the light source and keep hands, cigarettes and food away from your mouth when speaking. If a person is wearing a hearing aid, don't assume that they have the ability to discriminate your speaking voice.

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**“I wear two hearing aids. One helps me hear what you say  
and the other helps me hear what you mean.”**



Never shout to a person. Just speak in a normal tone of voice.



- Relax. Don't be embarrassed if you happen to use common expressions such as "See you later" or "Did you hear about this?" that seems to relate to a person's disability.