

WHAT QUESTIONS SHOULD I ASK MY GP?

FACT SHEET

If you suspect you might have hearing loss, or if the results of your hearing screening test suggest you may have hearing loss, you might like to speak with your GP about it.

A GP may look in your ears or carry out other physical examinations and review your medical history. From there, they may order additional tests, recommend treatment or connect you with a specialist.

When talking with your doctor, whether GP or specialist, it's important to let them know about your concerns (and show them the results of your hearing screening test, if you took one).

Have a list of questions prepared, for example, you might like to ask some or all of the following.

WHAT'S GOING ON?

- Is there anything in my current or previous history (e.g. health conditions, medications) that could account for the change in my hearing?
- Could my family history or my exposure to noise account for my current difficulties (if these factors are relevant)?

- Is my condition likely to be stable, or get better or worse over time?
- What treatment options are available?
- Do you have any written information about my condition?

SOLUTIONS, SERVICES AND TREATMENTS

- Do I really need this treatment/service?
- How likely is this treatment/service to be successful?
- What are the likely benefits and risks from this treatment/service?
- Are there simpler or alternative options?
- What happens if I don't do anything? Ask if it might get worse or better if you don't
- What are the costs? Costs can be financial, emotional or a cost of your time. Is there a cheaper or easier alternative?
- What is the process of obtaining this treatment/service? For example, how many appointments, for how long?

ADDRESS

1 Hamilton Place
Mount Waverley
Vic 3149

HEARING LINE

1300 242 842

For hearing, social & emotional support, & general enquiries, Monday to Friday, 9am – 5pm

LET'S CONNECT



#MoreThanJustEars
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Hearing health has to be a health priority, people. If you've got tinnitus or hearing loss, don't have any stigma. Talk about it. Ask your doctor for help – Victoria

- Are there other services/specialists outside of your clinic that might be useful in my situation?
- Can you recommend an audiologist/audiometrist for a full diagnostic assessment of my hearing?

If your GP doesn't have any particular clinician that they usually recommend, ask friends or family for a recommendation – other people's experiences can be a great indication of the experience you can expect. Be sure take our fact sheet Questions for Your Audiologist (<https://soundfair.org.au/hearing-information-sheets/>) along with you to your first appointment.

"I have a cochlear implant in my left ear and although I have a hearing aid for the right ear I hadn't been using it until recently. I saw my cochlear implant surgeon for a follow-up and he asked why I wasn't wearing the hearing

aid. It turns out it was because I didn't hear the initial instructions clearly enough – they were trying to tell me not to wear it for just a little while after the implant surgery to get used to the cochlear implant, but then start wearing it again shortly afterwards. But I thought they meant don't wear it at all. So for two years I had not been wearing the hearing aid when I should have been, so I was struggling a lot. Since I've started to wear it, it's been a lot better. I should have asked more questions at the time!" – Marjia.

You should feel confident speaking to your doctor. Always ask questions if you are unclear about information and always follow up on your treatments and tests. If you would like another opinion regarding a treatment or medical condition, you should always seek a second opinion from another doctor.

This factsheet is intended to be a guide of a general nature, having regard to general circumstances. The information presented should not be relied on as a substitute for medical advice, independent judgement or assessment by a healthcare professional, with consideration of the particular needs and individual circumstances. This factsheet reflects information available at the time of its preparation, but its currency should be determined having regard to other available information. Soundfair disclaims all liability to users of the information provided.

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