

What is SSNHL ?



Sudden Sensorineural Hearing Loss (SSNHL) is the unexplained, rapid loss of hearing, usually over 3 days or less. SSNHL often only affects one ear. It can affect **27 per 100,000** people annually.

In addition to the hearing loss, people with SSNHL often experience feelings of:



Ear-fullness



Dizziness



Tinnitus

A sudden change in hearing should not be taken lightly – seek medical attention right away and visit an audiologist.

While most times the cause of SSNHL remains unknown, known causes include: viral infections; head trauma; autoimmune disease; medications, specifically those used to treat cancer and severe infections; blood circulation issues; neurological disorders such as multiple sclerosis; and inner ear diseases such as Ménière's.

Treatment options can include oral corticosteroids, hyperbaric oxygen therapy, or injecting corticosteroids directly into the eardrum.

Seek Medical Attention

Seeking immediate medical attention is crucial. 1/3 to 2/3 people with SSNHL may fully or partially recover within one or two weeks but delaying diagnosis and treatment decreases these chances.

A hearing evaluation by an audiologist should be performed as soon as possible to confirm diagnosis. Ongoing monitoring of hearing is also recommended. SSNHL can have significant impacts on mental health and quality of life.

Audiologists can work with individuals with SSNHL to manage ongoing symptoms. **Audiologists can offer several rehabilitative measures, including:**

- Ongoing monitoring of hearing and balance
- Provision of technology, (including hearing aids, assistive listening devices and sound generators) to help manage symptoms
- Counseling and education
- Audiological/vestibular rehabilitation therapies
- Tinnitus evaluation and management

Find an audiologist near you at: www.sac-oac.ca



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