



Special Olympics

**Health**

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# Special Olympics **Healthy Hearing**

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# General ear health



# Ear Health



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- Earwax is produced to clean the ear
  - However, buildup of earwax leads to reduced hearing and should be removed
- Have your hearing checked regularly by your primary care doctor, and if needed an audiologist
- Illness or medical issues can lead to reduced hearing
- See an audiologist if you notice hearing loss of any kind





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# Why is ear health important?



# Importance



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- Hearing helps us perceive the world around us
- Ears help with our sense of balance
- Hearing impacts how we interact with others
- Hearing affects our physical and emotional well being





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# General Ear Care



**Remember!**



If you hear worse, have pain or  
feel strange in your ear:

**Go to a doctor!**



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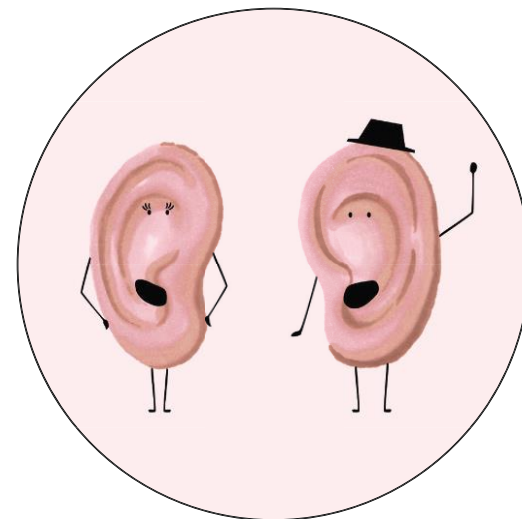
Concept | Content:  
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in cooperation with:  
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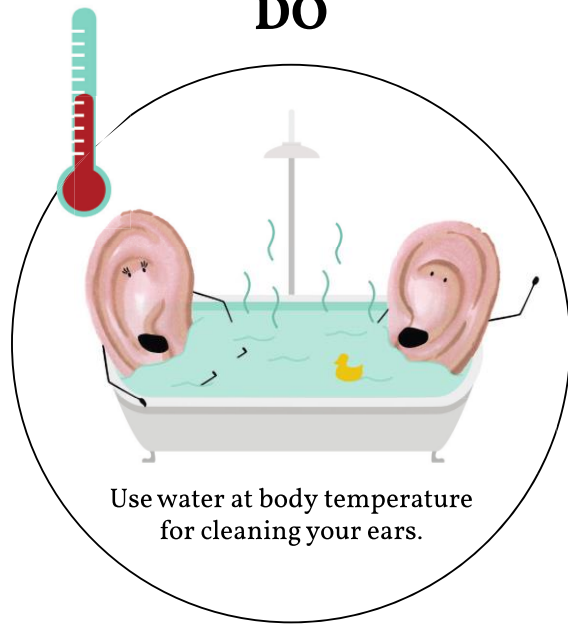
Institut Logopädie - FH JOANNEUM Graz

Grafic | Illustration:  
Emilian Hinteregger  
[www.emilianhinteregger.com](http://www.emilianhinteregger.com)

## MR. AND MRS. EARS GENERAL EAR CARE



**DO**



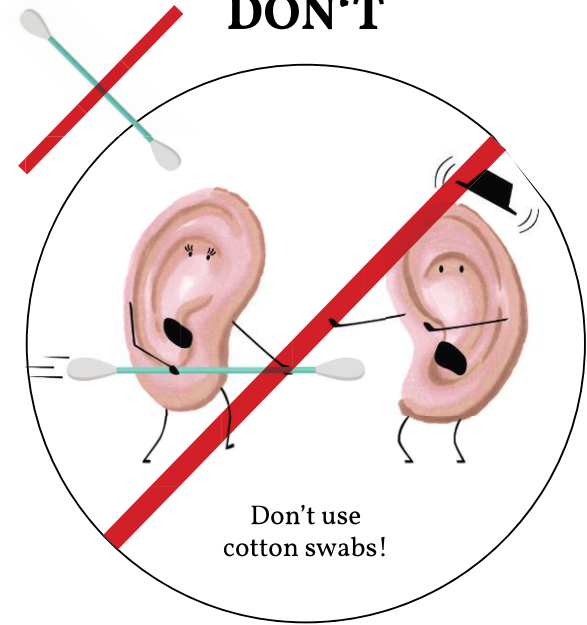
Use water at body temperature  
for cleaning your ears.

**DO**

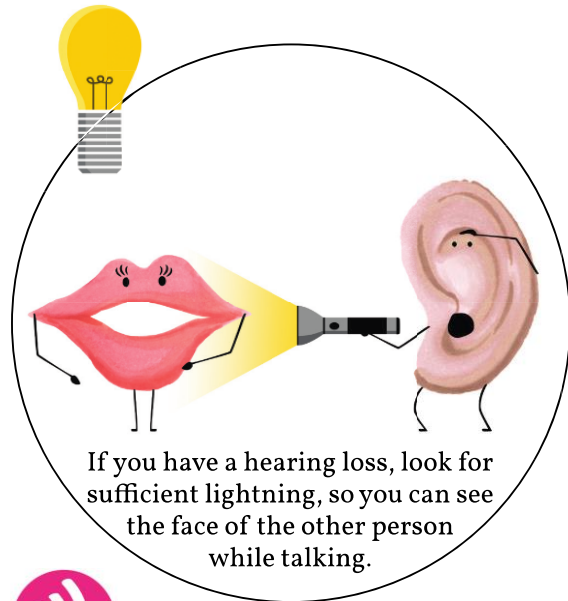


Use individual ear protection  
if you practice water sports.

**DON'T**



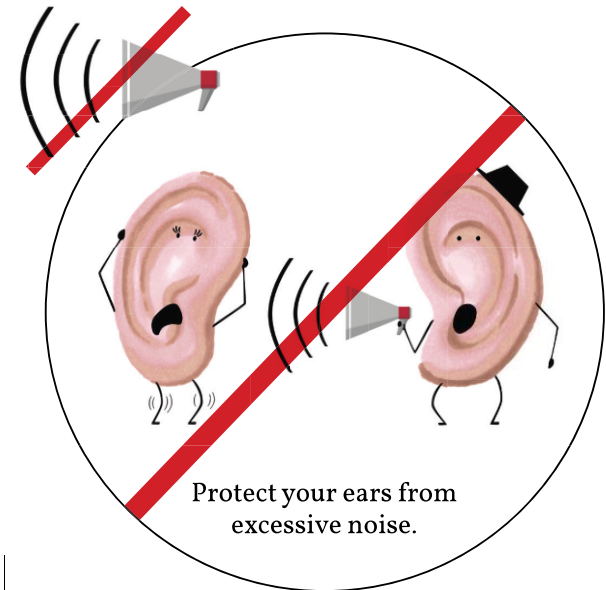
Don't use  
cotton swabs!



If you have a hearing loss, look for  
sufficient lightning, so you can see  
the face of the other person  
while talking.



Use an individual ear protection  
to protect your ear from noise.



Protect your ears from  
excessive noise.







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# Advice on Ear and Hearing Screening



# Ear and Hearing Screenings



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- An athlete, without Down syndrome, without hearing aid(s):
  - Ear wax: once (1) a year
  - Hearing evaluation: every 5 years
- An athlete with Down syndrome, without hearing aid(s):
  - Ear wax: twice (2) a year
  - Hearing evaluation:
    - every 3 years  $\leq$  35 years
    - every (1) year  $>$  35 years
- Athlete with hearing aid(s):
  - Ear wax: twice (2) a year
  - Hearing evaluation: every (1) year





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Test your knowledge with this  
quiz for a chance to win a prize!

