

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Medical Case History Form

There are several genetic, medical and lifestyle factors that increase the risk of developing hearing loss and tinnitus. This hearing loss, when left untreated, can also lead to a host of other comorbid medical conditions. Please complete this form in its entirety and review with your hearing healthcare provider.

### 1. Direct Risk Factors Hearing Loss and Tinnitus:

**Age:** The primary risk factor for hearing loss & tinnitus is your age. Indicate which age category you are in:

- Younger than 60 y/o. (*Hearing Loss that results from age can begin in a person's 40's and 50's*)
- Between the age of 60-70 y/o. (*~50% of people have disabling hearing loss*)
- Between the age of 70-80 y/o. (*~66% of people have disabling hearing loss*)
- Over the age of 80 y/o. (*+80% of people have disabling hearing loss*)

**Genetics:** Our genetics increase our predisposition to developing hearing loss and tinnitus. Please describe your family history of hearing loss and tinnitus:

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**Noise Exposure:** Exposure to noise is detrimental to the ear and impacts our ability to process words. Check the situations below where you have been exposed to loud noises.

- Work
- Concerts
- Weddings
- Lawn Mower
- Firearms
- Sporting Events
- Motorized Vehicles
- Power Tools
- Fireworks
- Fire Alarms
- Movie Theaters
- Restaurants
- Smartphone / Headphones

**Medications:** Pharmaceuticals can affect the ear and result in hearing loss and tinnitus. Please check the medications you have been exposed to.

- Cancer Treatment (i.e. Chemotherapy)
- Fluoroquinolones (i.e. Ciproflaxin / 'Cipro')
- Aminoglycoside Antibiotics (i.e. Azythromycin / 'Z-Pac', Streptomycin, and medication that ends with 'mycin')
- Long-term use of Aspirin, Naproxen (Aleve), Ibuprofen (Advil) and Acetaminophen (Tylenol)

**Please provide a list of your prescriptions and supplements.**

### 2. Indirect Risk Factors: Other Medical Conditions That Can Increase the Risk of Hearing Loss and Tinnitus

Many common health conditions significantly increase the risk of hearing loss and tinnitus. Please check all of the medical conditions you are currently managing / concerned about as they significantly increase your risk of hearing loss and tinnitus:

- Cardiovascular Disease (i.e. hypertension, arrhythmia and / or Hx of stroke, heart valve complications or heart attack)
- Thyroid Disease (i.e. Hyper- or Hypothyroidism, Cancer, etc.)
- Diabetes or Pre-Diabetes
- History of Smoking
- Kidney Disease (i.e. Chronic Kidney Disease, Kidney Infections, Kidney Stones, Cysts or Cancer)
- Head Trauma (i.e. Hx of concussions or unconsciousness)
- Autoimmune Disease (i.e. Rheumatoid Arthritis, Lupus)

Over >>>

## Medical Case History Form Continued

### 3. Associated Medical Conditions and Symptoms:

Damage to the ear that causes hearing loss and tinnitus can have a significant impact on a person's social, emotional, physical and cognitive health. Please check all of the following conditions that apply:

**Difficulty Hearing:** *(please check all that apply)*

- Missing parts of what other people are saying to you *(i.e. you sometimes miss the beginning or the end of a conversation)*
- I often need the TV louder than others
- Difficulty following a conversation in background noise
- People around me tend to mumble a lot!
- My family / friends tell me I have a problem hearing / listening
- Difficulty hearing on the phone
- Difficulty hearing at church / large gatherings

**How long have you been experiencing these difficulties with hearing?** \_\_\_\_\_

**Have you ever had ear infections or ear surgery? If yes, please explain.** \_\_\_\_\_

**Sound Sensitivity:** (Hyperacusis, aka sensitivity to loud sounds, is a common symptom of hearing loss.)

- Do you experience discomfort to loud sounds? **Yes or No**

**Tinnitus:** (Phantom sounds in the ears and/or head occur in over 90% of people living with hearing loss.)

- I have been experiencing tinnitus for \_\_\_\_\_ months / years
- My tinnitus is present in: **Both Ears** or **One Ear** (if so, which ear \_\_\_\_\_)
- My tinnitus is: **Constant** / **Only Noticeable in Quiet** / **Intermittent** (comes and goes) / **Pulsates**
- On a scale of 1-10 (1 = 'What tinnitus?'; 10 = 'MAKE IT STOP!') I would rate the annoyance of my tinnitus as a \_\_\_\_\_

**Cognitive Decline:** (Untreated hearing loss and tinnitus can increase the risk of dementia by 200-500%.)

- Are you concerned about memory loss or developing dementia? **Yes or No**
- Do you have a family history of cognitive decline or dementia? **Yes or No**
- If so, who? \_\_\_\_\_

**Mental Health Concerns:** (Untreated hearing loss and tinnitus increases the rate of depression, isolation and loneliness.)

- Do you have feelings of sadness or depression? **Yes or No**
- Are you feeling 'on edge' or stressed, lately? **Yes or No**
- Do you find yourself isolating from others (i.e. saying 'no' to invitations from others)? **Yes or No**

**Falls:** (Untreated hearing loss and tinnitus can significantly increase your risk of a traumatic fall.)

- Have you fallen in the past 12 months? **Yes or No**
- Are you concerned about falling? **Yes or No**