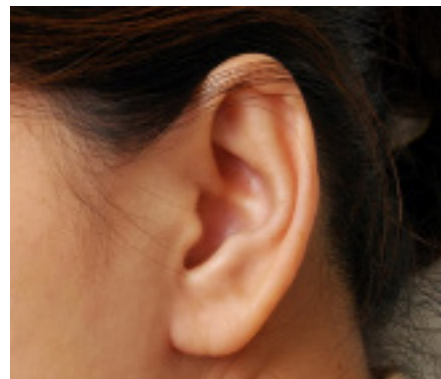


# Hearing Preservation Program

**For patients receiving chemotherapy or radiation therapy of the head or neck**

Read this pamphlet to learn more about:

- Why you need a hearing test
- Signs of possible hearing loss
- How our program helps with hearing loss treatments



## Why do I need a hearing test?

One of the possible side effects of chemotherapy or radiation therapy is hearing damage. When hearing damage happens from these types of therapies, we call it **ototoxicity**. Hearing loss can vary from mild to severe.

If you are about to receive chemotherapy or radiation therapy of the head or neck, you will be booked for hearing tests before, 6 months after, and 1 year after your treatment. Each hearing test takes 30 minutes.

## What are the possible side effects?

When you have chemotherapy and/or radiation therapy, the negative side effects may not happen right away and may even start after treatment has ended.



**Talk to your doctor if you notice any of these common signs of hearing loss during or after chemotherapy or radiation therapy:**

- Hearing that is getting worse
- Tinnitus (ringing, or other noises in the ears)
- Dizziness
- A feeling of fullness or pressure in the ears
- Buildup of earwax

Your doctor may refer you for another hearing test or more advanced testing.

## **Why is hearing important?**

Hearing loss can affect your ability to communicate, which can have a large effect on your quality of life. It is important that you can communicate effectively with your family, your friends, and your treatment team.

## **How can we help with hearing loss treatment?**

If you experienced hearing loss after your therapy, or for any other reason, it may be permanent. Even with permanent hearing loss, our program can help you choose:

- Hearing aids
- Amplification devices (for the television, phone, doorbell)

These devices can help almost everyone with hearing difficulties.

When communication difficulties arise, our clinic can guide you towards the right products that can improve your quality of life.

## **If you want to learn more about hearing loss treatments, please contact:**

The Munk Hearing Centre at 416 340 4800 extension 7067.

Visit [www.uhnpatienteducation.com](http://www.uhnpatienteducation.com) for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: [pfep@uhn.ca](mailto:pfep@uhn.ca)

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