

# HEALTHY HEARING

## GUIDELINES FOR GENERAL ADVICE ON

### REGULAR EAR AND HEARING SCREENING

#### General advice on recommendation forms:

It is also important to:

- have your ears checked by a medical doctor for ear wax 1 / 2\* times a year
- have a hearing evaluation by an audiologist / ENT-specialist every 1 / 3 / 5\* year(s)

*\* circle the frequency that is appropriate and strike out the other numbers*

#### Guidelines for general advice:

Frequency depends on if an athlete has Down syndrome or not (and age) AND if an athlete has a hearing aid or not:

- 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

Special Olympics  
**Healthy Hearing**

