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 ≤ 35 years
every (1) year > 35 years

• Athlete with hearing aid(s):
  ✔ Ear wax: twice (2) a year
  ✔ Hearing evaluation: every (1) year