



# It's more than just a headache.

Concussions can affect hearing and balance.

Concussions are a form of mild traumatic brain injury. When the brain is injured by a concussion, hearing and balance systems can also be affected. Most people with a concussion recover fully, but approximately 20% of adults and children with concussions experience persistent problems that interfere with their return to daily life or regular activity.

**Audiologists are an important part of a concussion management team.**

## **Prolonged hearing and balance (vestibular) symptoms include:**

- Trouble hearing conversations in a quiet environment
- Difficulty following conversations in background noise
- Tinnitus (ringing or buzzing in the ears)
- Hyperacusis (increased sensitivity to everyday sounds)
- Misophonia (severe sensitivity to certain sounds)
- Dizziness or vertigo
- Nausea
- Visual impairments

## **They can help you return to work, school and everyday life after a concussion by:**

- Assessing hearing and balance
- Providing education and counseling about concussion and audiology-related symptoms
- Providing audiological and/or vestibular rehabilitation therapies
- Providing technology, when appropriate, including hearing aids, assistive listening devices and sound generators, to help manage symptoms



**SAC**

Speech-Language  
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Communicating care

**If you're experiencing hearing and balance difficulties after a concussion, contact an audiologist near you.**

**[communicationhealth.ca](http://communicationhealth.ca)**