

IFHOH Release  
World Hearing Day  
3 March 2019  
*Check Your Hearing*

Our thanks to all members and friends who celebrate the annual World Hearing Day of March 3. This has become a worldwide day to raise awareness about ear and hearing care and it is gratifying to see increased momentum for this day.

The 2019 World Hearing Day theme is Check Your Hearing. The message is that checking your hearing at regular intervals is an important part of health care. Regular check-ups can contribute to timely interventions for living a successful life with a hearing loss.

We applaud all of the audiology and health care units around that world that are holding clinics for checking one's hearing. As well, we congratulate the World Health Organization (WHO) for its app, called "hearWHO." As stated by WHO, this is a free application for mobile devices, which allows people to check their hearing regularly and intervene early in case of hearing loss. The app is targeted at those who are at risk of hearing loss or who already experience some of the symptoms related to hearing loss. Go to <https://www.who.int/deafness/hearWHO/en/>



If a hearing loss is detected, there is so much that can be done to improve one's quality of life; there are resources, technology and many self-help strategies that can make a difference. There are numerous organizations of hard of hearing persons around the world ready to provide support and fellowship.

This release is from IFHOH is an international, non-profit federation of hard of hearing people, which provides a platform for co-operation and information exchange among its members and interested parties. IFHOH, the European Federation of Hard of Hearing People (EFHOH) and the Asian Pacific Federation of the Hard of Hearing and Deafened (APFHD) promote greater understanding of hearing loss issues and seek to improve access for hard of hearing people. IFHOH is registered in Germany and has special consultative status with the United Nations Economic and Social Council (ECOSOC).

Release by IFHOH President Dr. Ruth Warick

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