

# Adults with Sudden HL

Defined as loss of 30dB or more over at least 3 consecutive audiometric frequencies that develops over 3 days or less in an ear with previous normal hearing or decrease hearing previously. Sudden HL either → SNHL or may occur with conductive majority of cases → Idiopathic

## Exam.

Full ear exam.

Fistula test → if the history suggest Perilymph. fistula

full Cranial n. exam.

hearing loss ass. with other focal neurological signs → suggest (vascular/neoplasm) ex ... Parasthesia in distribution of V.n. → Acoustic neuroma or Diplopia with VI. n. involvement

## IVx.

PTA/ Tympanometry → measure of hearing loss

Blood test. ( HbA1C → DM), (CBC, ESR → autoimmune), (Gadolinium MRI → unilateral HL → Acoustic neuroma)

## Treatment → according the cause

if no any Cause → ideopathic.

according The cause → steroid (Short-high dose 1mg /kg /7days) , plasma expander, Aciclovir and carbogen

Follow up 4\_6 WKS → repeat hearing tests and monitor progression

if no improvement → hearing aid esp. in bilateral cases (unilateral no need Rx)

## History/HPI

notice of hearing loss?

when wakeup at morning or trying use Telephon

onset → gradual or Sudden

severity & interfering with daily activity

Previous hearing state → normal or pre-existing impairment ex. ( fluctuating HL in Meniere's condition.)

unilateral or bilateral (3% of acoustic neuroma present with sudden HL)

ass. Symptoms

vertigo

Tinnitus

discharge or wax problems

## P Mhx and Genr. syst. review

syst. disease (MS, antiphospholipid, autoimmune disease)

neurological condition → ( drop attacks, Transient loss of Consciousness, neck pain, weakness, Parasthesia, vertigo, double vision) → vertebrobasillav insufficiency

hx of CA. → Post irradiation and Chemotherapy → SSNHL

acoustic trauma or head trauma → perilymph fistula → SSSL, pressure changes ass with +ve Fistula tost

Drug hx → ototoxic drugs (AB → amino glycoside, Platinum chemotherapy, Salicylates, loop diuretics,

family hx → Same case run in family

Social hx → (Travel hx → Lyme disease, sexual hx → HIV, syphilis)