

# Unveiling Reality: Understanding Hearing and Language Facts

*This E-booklet is developed by Sunway Medical Centre Velocity in  
conjunction with **Better Hearing and Speech Month***



# DID YOU KNOW?

## FACTS ABOUT CHILDREN

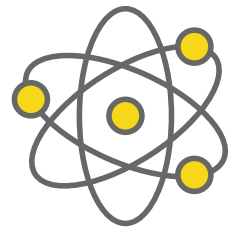


**Did you know that increased screen time (e.g., tablets, TVs, and phones) can negatively impact a child's language development and communication skills?**

Screen time often replaces opportunities for face-to-face interaction and verbal communication with others, which can limit language exposure. Many screen-based activities involve passive consumption of content, where children are recipients rather than active participants.

**Did you know that allowing children to explore food using their hands can have positive effects on their eating habits and reduce picky eating?**

Engaging in food play exposes children to different textures, colors, and shapes of food in a non-threatening and enjoyable context. This exposure can help desensitize children to unfamiliar foods, making them more willing to try new foods during mealtimes.

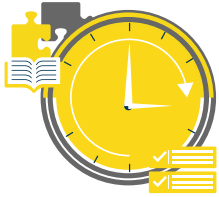


**Did you know learning more than one language does not cause language delay in children?**

Being bilingual or multilingual does not hinder language development. Children who are exposed to multiple languages from an early age have the opportunity to develop proficiency in each language with appropriate exposure and support. A bilingual or multilingual child who is demonstrating significant delays in language milestones could have a language disorder and should be seen by a speech language pathologist.

**DID YOU KNOW?**

# FACTS ABOUT CHILDREN



**Did you know increased interaction time can help improve your child's language development?**

Spending more time interacting with people exposes children to a richer language environment. This is because they hear a greater variety of words, phrases, and language structures, which helps expand their vocabulary and comprehension skills.

**Did you know that excessive speaking, singing, shouting, or misusing your voice can cause vocal nodules, leading to hoarseness, breathiness, or roughness of voice?**

When vocal abuse or misuse occurs, the vocal cords are subjected to repeated trauma, leading to inflammation, swelling, and the development of nodules. These nodules interfere with the normal vibration of the vocal cords, resulting in changes to voice quality and function.



**Did you know that hearing loss can happen at any age?**

Some people are born with hearing disability (congenital hearing loss) while other people may develop (acquire) hearing loss at a later age in life due to various factors such as exposure to loud noises or medical condition. The most common cause of hearing loss is ageing and being exposed to loud noise. People who work in loud environments are also at a higher risk.

# DID YOU KNOW?

## FACTS ABOUT ADULTS



Did you know that dementia can cause patients to lose interest in food?

Dementia can cause patients to experience difficulties with eating due to cognitive and behavioral changes associated with the condition. Patients might refuse to eat, keep food in their mouths, or spit it out.



Did you know that a person with a mild hearing loss may not notice that they have a hearing loss because they assume they can hear well enough?

Mild hearing loss often develops gradually and individuals with this condition may not immediately recognize the subtle changes in hearing and may not notice the small difficulties that they may have. One of the early signs of having mild hearing loss is hearing muffled speech and other sounds, having trouble understanding words especially in a crowded or noisy places, having trouble hearing certain consonants and often asking others to speak slowly, clearly and loudly.



Did you know an individual who has difficulty swallowing will have a higher risk of developing lung infections?

Swallowing difficulty can lead to food, liquid, or saliva being inhaled into the airway (aspiration) instead of passing safely into the stomach. When foreign material enters the lungs, it can cause infection, leading to aspiration pneumonia.



Did you know poor oral hygiene can increase the risk of developing lung infections?

When oral hygiene is poor, bacteria can accumulate in the mouth. These oral bacteria can enter the lungs, and cause lung infections.



Did you know stroke might cause swallowing, speech, and language problems?



When a stroke occurs, blood flow to certain parts of the brain is interrupted, leading to cell damage or death. It can affect swallowing, speech, and language through damage to areas of the brain responsible for these functions.



Did you know that untreated hearing loss may cause cognitive decline?

Hearing loss is not solely an issue of ears, it may have broader implications on one's overall health and well-being. Individuals with hearing loss may separate themselves from the outer world as they may not be able to hear and communicate well especially in social gatherings etc. This will later cause cognitive decline, social isolation and even an increased risk of having depression. Research suggests that using hearing amplification devices such as hearing aids will ensure an on-going stimulation to the brain and may be able to help slow the development of cognitive problems.

# Contact and find us at:

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-  **Operation Hours:**  
**Monday to Friday: 8:30 AM – 5:00 PM**  
**Saturday: 8:30 AM – 1:00 PM**  
**Closed on Sunday and Public Holidays**

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