Did you know that your **hearing health** has a direct effect on your **overall health and well-being**?

### Tinnitus
- Up to 90% of people with tinnitus have some level of noise-induced hearing loss.

### Osteoporosis
- Osteoporosis can **adversely affect the three tiny bones** in the middle ear, which can lead to hearing loss.

### Hypertension
- High blood pressure can be an accelerating factor of hearing loss in adults.

### Obesity
- Higher body mass index (BMI) and larger waist circumference are **associated with increased risk of hearing loss in women**.

### Safety/Balance
- People with mild hearing loss are **3x more likely** to have a history of falling than people with normal hearing.

### Isolation
- Untreated hearing loss can **contribute to social isolation, anxiety, depression and cognitive decline**.

### Cognitive Decline
- Adults* with hearing loss experience a **30-40% faster decline in cognitive abilities** than their peers with normal hearing.
  - *75 years and older

### Depression
- In a recent survey, adults* with untreated hearing loss were **more likely to report depression, anxiety and paranoia** than peers who wore hearing aids.
  - *50 years and older

### Eye Health
- Vision helps you identify where a sound is coming from.

### Heart Health
- A healthy cardiovascular system has a **positive effect** on hearing.

### Smoking
- Current smokers have a **70% higher risk** of having hearing loss than nonsmokers.

### Diabetes
- Hearing loss is **twice as common** in people with diabetes as their peers without.

### Safety/Balance
- People with mild hearing loss are **3x more likely** to have a history of falling than people with normal hearing.

### Ototoxicity
- Ototoxicity is a common cause of hearing loss.

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**Sources:**
- Over 200 medications, including aspirin, certain antibiotics and some anti-cancer drugs, are known to be ototoxic (which literally means “poisonous to the ears”).