# 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.

#### **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



#### 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  $\bigcirc$ 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,

#### 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.



**2**x

#### Diabetes

Hearing loss is twice as common in people with diabetes as their peers without.



Ototoxicity

Ototoxicity is a common

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





The National Institutes of Health [NIH] | National Institute on Deafness and Other Communication Disorders [NIDC] | National Council on Aging [NCOA] | Kochkin, S.[n.d]. The Impact of Treated Hearing Loss on Quality of Life - Better Hearing Institute, Washington, DC. Retreived from: www.betterhearing.org/Hearingpedia Lin, F. (2014, January) Hearing Loss: Linked to Accelerated Brain Tissue Loss. Johns Hopkins Medicine News Release. | Li-Korotky, H. S. (2012) Age-Related Hearing Loss: Quality of Care for Quality of Life. The Gerontologist, 52(2) 265-271 | Cruickshanks, K. J. Klein, R., Klein, B. E. K., Wiley, T. L., Nondahl, D. M., Tweed, T. S., (1998) Cigarette Smoking and Hearing Loss: The Epidemiology of Hearing Loss Study. JAMA. 1998;279[21]:1715-1719. doi:10.1001/jama.279.21.1715 | Hull, R. H. & Kerschen, S. R. (2010) The influence of cardiovascular health on peripheral and central auditory function in adults: a research review. American Journal of Audiology. 19(1):9-16. doi: 10.1044/1059-0889(2010/08-0040). | Hypertension As a Factor Associated with Hearing Loss. Braz J Otorhinolaryngol. Jul-Aug;72(4):533-40. Babich, M., Hoffmeister, D. & Doughty, A. (2009). Osteoporosis and Conductive Hearing Loss: A Novel Model of Clinical Correlation. Retrieved from: PHILICA.COM Article number 148. | American Tinnitus Association, ATA.org | www.mayoclinic.com/health/tinnitus/DS00365

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