

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.

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

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.



Eye Health

Vision helps you identify where a sound is coming from.



Heart Health

A healthy cardiovascular system has a **positive effect** on hearing.

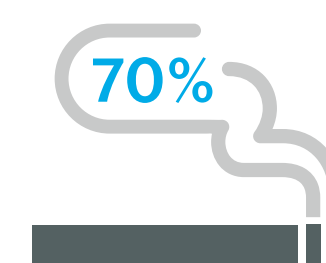
Obesity

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



Smoking

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



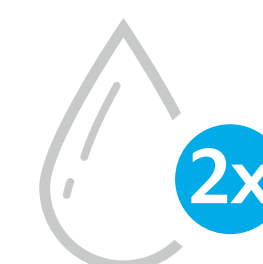
Safety/Balance

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



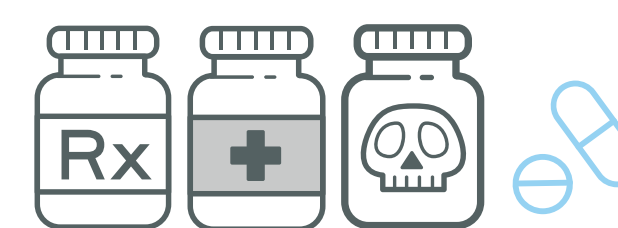
Diabetes

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



Isolation

Untreated hearing loss can contribute to social isolation, anxiety, depression and cognitive decline.



Ototoxicity

Ototoxicity is a common cause of hearing loss.

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