

● DIABETES

Health issues leading to hearing loss

HEARING LOSS IS **TWICE AS COMMON** IN PEOPLE WITH DIABETES COMPARED TO THOSE WITHOUT.

Adults whose blood glucose is higher than normal but not high enough for a diabetes diagnosis, have a **30% higher rate of hearing loss** compared to those with normal blood sugar.

DIABETES CAN LEAD TO HEARING LOSS

Currently, experts aren't entirely sure how diabetes is related to hearing loss. It's possible that the high blood glucose levels associated with diabetes cause damage to the small blood vessels in the inner ear, similar to the way diabetes can damage the eyes and the kidneys. Continued research needs to be done to discover why people with diabetes have a higher rate of hearing loss.

EARLY PREVENTION NEEDED

All people with diabetes should have their hearing checked each year. The best way to avoid complications caused by diabetes is to closely monitor your blood glucose levels, reduce hypertension, keep off excess weight, and exercise daily.

SYMPTOMS OF HEARING LOSS

Hearing loss can be so gradual that a person may not notice it. Children and adults can experience hearing loss at any time. Ask the following questions to assess any risk for hearing loss:

- | | | |
|---|---------------------------|--------------------------|
| Have your friends or family members complained that you're not listening? | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you frequently ask people to repeat themselves? | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you complain that people are always mumbling? | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you have problems following conversations with more than two people? | <input type="radio"/> Yes | <input type="radio"/> No |
| Have people complained that you listen to the television or radio too loudly? | <input type="radio"/> Yes | <input type="radio"/> No |
| Do you have trouble understanding conversations in crowded rooms or loud or busy restaurants? | <input type="radio"/> Yes | <input type="radio"/> No |

If your patient answers yes to more than one of those questions, they should have their hearing tested immediately to assess the existing loss and prevent further damage.

HEARING TEST / SCREENING SHOULD BE PERFORMED AT

50+

OF AGE OR EARLIER

IF THE PATIENT SUFFERS FROM A RELATED HEALTH CONCERN



REFER YOUR PATIENTS FOR A HEARING TEST TODAY!



HOMETOWN HEARING CENTRE

