

● OSTEOPOROSIS

Health issues leading to hearing loss

A study linked osteoporosis and hearing loss, theorizing that demineralization of the three middle ear bones may contribute to a conductive hearing impairment.

OSTEOPOROSIS CAN LEAD TO HEARING LOSS

Osteoporosis is when the bones become fragile making them susceptible to fractures. Osteoporosis can also be one of the causes of hearing loss. There are bones that form the eardrum; they support the thin membrane of the eardrum. When sound enters the ear canal, it strikes the eardrum to emit sound waves to your inner ear. Damage to any of these middle ear bones results in what is called 'conductive hearing loss.' If this happens, the sound is not being transferred to the inner ear, where the hearing nerve is located. Interestingly enough, osteoporosis can affect these bones. Damage to one or all of the 3 middle ear bones will result in a conductive hearing loss. The bones of the middle ear can deteriorate leading to this hearing impairment.

EARLY PREVENTION NEEDED

Ask your patients who are suffering from osteoporosis if they have noticed some changes in their hearing, it is likely osteoporosis is the culprit. They may be able to have something done medically, but oftentimes, it may not be curable. The following are things they may consider for helping their hearing: A formal hearing test should be done once a year to rule out tumors, Meniere's, or other ear diseases. Hearing aids are the best option that is proven to help the hearing-impaired and are less risky than ear surgery. There are some hearing aids known as bone-implanted hearing aids (BAHA) that can be very convenient for the wearer.

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

