

• SMOKING

Health issues leading to hearing loss

CURRENT SMOKERS HAVE A 70% HIGHER RISK OF HAVING HEARING LOSS THAN NONSMOKERS.

SMOKING CAN LEAD TO HEARING LOSS

The exact connection between smoking and hearing loss is unclear. Scientists theorize that the nicotine and carbon monoxide that is found in cigarettes may diminish oxygen to the inner ear, causing tissue deterioration. Nicotine is also known to cause neurotransmitter impairment. Because neurotransmitters are responsible for chemical messages to the brain, any injury to them will affect the brain. Neurotransmitter damage from smoking can make the brain unable to identify sounds. This study also expresses the risk that smoking provides for late-life hearing loss. Smoking poses an intense threat to those who are or have been smoking since adolescents. During those developmental years, hearing nerves are not fully formed yet; thus the hearing ducts are particularly susceptible to damage, especially those brought on by toxins, such as carbon monoxide and nicotine.

EARLY PREVENTION NEEDED

The research team has found that the amount of cigarettes smoked, along with amount of years spent smoking, greatly influence the depth of hearing loss. It is advised that smokers quit their habit and always protect their ears from loud noises. It is important to spread the word about the effects of smoking and making people aware of the steps they can take, including getting an annual evaluation by a Hearing Healthcare Professional, to help prevent hearing loss.

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

