

SAFETY/BALANCE

Health issues leading to hearing loss

PEOPLE WITH MILD HEARING LOSS (25dB) ARE

3 TIMES more likely to have a history of falling. Every additional 10 decibels of hearing loss increases the chances of falling by 1.4 times.

HEARING LOSS AND THE RISK OF UNEXPECTED FALLS

Untreated hearing loss has been linked to an increased likelihood of falls. Even people with mild hearing loss were shown to have a greater chance of losing their balance. One of the most obvious reasons that people with hearing loss may have an increased fall risk is because they have less environmental awareness to things going on around them.

FALL RISK PREVENTION

The best way to avoid falls is to exercise regularly, especially doing exercises that improve balance and coordination. The healthcare provider must review their patients medicines – some medicines can make a person sleepy or dizzy. The patients vision must be checked at least once a year, as poor vision can worsen the risk. The patients must have their hearing tested annually, and use hearing aids when recommended.

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

