

Clinical Tidbits

...for Physicians

Hearing Loss and Diabetes

The National Institute of Health sponsored research on over 5000 patients that proved diabetics have twice the incidence of hearing loss versus non-diabetics, and pre-diabetics have a 30 percent increase in hearing loss versus non pre-diabetics (1).

Poor blood sugar control increases the incidence and severity of hearing loss in this population. Negative consequences of untreated hearing loss are increased incidence of depression, increased risk of falls, decreased earnings and job retention, decreased social activity, and increased loss of confidence and sense of well being (2,3). Damage to the cochlea from poorly controlled diabetes creates hearing loss that is irreversible. Timely diagnosis and management of hearing loss associated with diabetes may spare patients the misfortune of having diabetes worsen their hearing.

1. Kathleen Bainbridge, PhD, MPH et al. Diabetes and Hearing Impairment in the United States: Audiometric Evidence from the National Health and Nutrition Examination Survey, 1999 – 2004. *Annals of Internal Medicine*, July 1, 2008. Vol. 149 No. 1.
2. Frank R. Lin, MD PhD, et al. Hearing Loss and Incident Dementia. *Arch Neurol*. 2011 February; 68(2): 214–220.
3. National Counsel on Aging Survey. The Consequences of Untreated Hearing Loss in Older Adults. May 1999.



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is dedicated to best practices in hearing loss diagnosis and comprehensive management. Our philosophy is to bring university-level care to the private practice setting.