

DIABETES RISK AWARENESS



HEARING HEALTH DECISIONS

IN THE U.S., IT IS ESTIMATED THAT **29 MILLION** PEOPLE HAVE **DIABETES** AND **8.1 MILLION** ARE NOT YET DIAGNOSED.^[1]



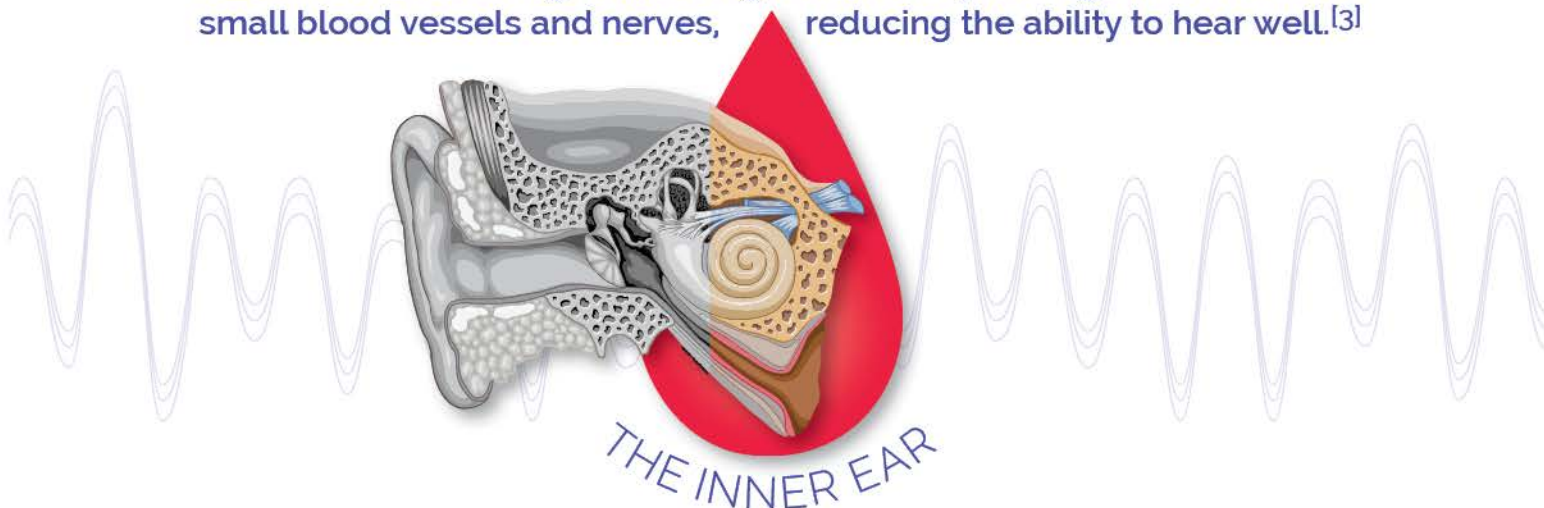
DID YOU KNOW?

Hearing loss occurs almost **twice** as often in adults who have **diabetes** than in those who don't.^[2]



POSSIBLE CAUSES?

Research indicates high blood sugar levels may damage the inner ear's small blood vessels and nerves, reducing the ability to hear well.^[3]



THE INNER EAR

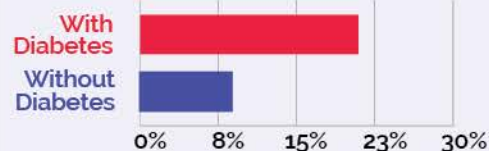
TALK TO YOUR CARING DOCTORS: Do you have diabetes or a family history that may increase your risk of diabetes-related hearing loss? **OUR EXPERT ADVICE CAN HELP!**

GET ANNUAL EVALUATIONS TO DISCOVER:

- If you have hearing loss or are at risk.
- The type of hearing loss you may have.
- How your hearing health and quality of life can be improved.

To learn more, please visit: www.diabetes.org

PERCENTAGE OF POPULATION WITH MILD OR GREATER HEARING IMPAIRMENT



Mild or greater hearing impairment of **low** or **mid** frequency sounds in the worse ear



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[1] National Diabetes Statistic Report, American Diabetes Association, 2014 [2] Hearing Loss is Common in People with Diabetes, U.S. Department of Health and Human Services, National Institutes of Health, NIDDK, NIDCD, 2008. [3] Cruickshanks, *et al*: Smoking, central adiposity, and poor glycemic control increase risk of hearing impairment. *Journal of the American Geriatrics Society* 2015



ARE YOU AT RISK FOR DIABETES-RELATED HEARING LOSS?

✓ Check all that apply

- I have difficulty understanding speech in the presence of background noise or in a crowded restaurant.
- I avoid social situations that require me to participate in conversations.
- I avoid the movies or theater because I miss so much.
- I have greater difficulty understanding females and children.
- My family and friends complain that I am not hearing accurately.
- Others notice that I turn the volume on my television or radio too loud.
- I have difficulty conversing on the telephone.
- I ask others to repeat themselves often during conversations.

✓ Questions I'd like to ask my Hearing Health Expert

1. _____
2. _____
3. _____



1 Schwab Rd, #3 (Off of New York Ave) • Melville, NY 11747
631.615.7374 • islandbetterhearing.com

