



Clinical Tidbit

...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. Some 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). It is worth noting that the loss we may find now is permanent, and cannot be improved with dietary control, and increased exercise. Yet the severity of the loss may be restricted by improved life style behavior if the patient can bring their diabetes under control.

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.

Now Hear This Audiology and Hearing Solutions is a leader in the Triangle audiological community and is dedicated to best practices in hearing loss diagnosis and comprehensive management. Our philosophy is to bring University-level care to the private practice settings. We use the latest technology and best practices to help patients reach their maximum hearing.

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