

# The Villages Health

AUDIOLOGY PATIENT NEWSLETTER  
FEBRUARY 2021



## Hear the Facts About Heart Disease

With Valentine's Day comes heartfelt reflections and loving memories. While enjoying these moments, it is also critical to discover how healthy hearts and eating smart can positively influence our quality of life for years to come.

With approximately **655,000** people dying annually of heart disease in the U.S. and **17.9** million globally, more should be aware that Coronary Artery Disease (CAD) is the most common type, affecting about **18.2** million adults age 20 and older, with potentially life-threatening implications. While not enough of those at risk understand these facts, even less realize ears can be a **"window to your heart."**

**Did you know** some types of hearing loss should be considered risk factors which can be systemically associated with heart disease and strokes? Research indicates your inner ear's sensitivity to blood flow, as well as vessel trauma, may enable hearing loss to be an early indicator of and screening test for heart problems. While few are in the know, most are surprised to learn.

As peer-reviewed research states:

*"A strong relationship was found between low-frequency hearing thresholds and cardiovascular events. In both men and women, there was a statistically significant correlation between low-frequency hearing loss and coronary heart disease and stroke."*

*"Namely, we propose that low-frequency hearing loss is a marker for cardiovascular disease rather than the other way around. Low-frequency hearing loss would thus represent a potential predictor of impending*

cardiovascular events or underlying disease. We suggest that clinicians may use the audiogram as a sensitive and reproducible screen for cardiovascular compromise.”

“It appears that there may be a positive relationship between cardiovascular fitness/health and the function of the peripheral and central auditory systems in adults.”

**HEART  
DISEASE  
AWARENESS**



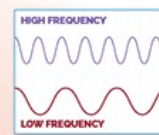
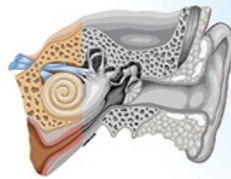
**HEARING  
HEALTH  
DECISIONS**

## DID YOU KNOW?

**Your ears can be a “window to your heart”<sup>[1]</sup>  
and that 655,000 people die annually of heart disease in the U.S.<sup>[2]</sup>**

### RESEARCH INDICATES...

your inner ear’s sensitivity to blood flow as well as vessel trauma may enable hearing loss to be an early indicator of and screening test for heart problems.



Low frequency hearing loss should be considered a cardiovascular risk factor, with systemic association to heart disease and strokes.<sup>[3][4]</sup>

### These healthy habits can help prevent or delay heart disease:



EXERCISE FREQUENTLY &  
MAINTAIN PROPER WEIGHT



CONTROL  
BLOOD PRESSURE



EAT A  
NUTRITIOUS DIET



STOP SMOKING

**TALK TO YOUR HEARING AND HEART HEALTH PROFESSIONALS ABOUT HOW:**  
low-frequency hearing loss may be an early indicator of heart disease or other cardiovascular conditions and improved heart health may positively impact your quality of life.

**OUR EXPERT ADVICE CAN HELP!**

To learn more, please visit: [www.heart.org](http://www.heart.org)

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[1] Bishop, The Ear is a Window to the Heart: A Modest Argument for a Closer Integration of Medical Disciplines. *Otolaryngology: Open Access* 2012 [2] [cdc.gov/heartdisease/facts.htm](http://cdc.gov/heartdisease/facts.htm) [3] Friedland et al. Audiometric pattern as a predictor of cardiovascular status: development of a model for assessment of risk. *The Laryngoscope* 2009 [4] [prnewswire.com/news-releases/heart-disease-and-hearing-loss-linked-so-get-your-hearing-checked-for-world-heart-day-bhi-advises-224502101.html](http://prnewswire.com/news-releases/heart-disease-and-hearing-loss-linked-so-get-your-hearing-checked-for-world-heart-day-bhi-advises-224502101.html)

While heart disease prevention is always crucial, recent research also indicates that adults of any age with heart failure, coronary artery disease and pulmonary hypertension are at increased risk of severe illness from COVID-19. More than ever, you should know.

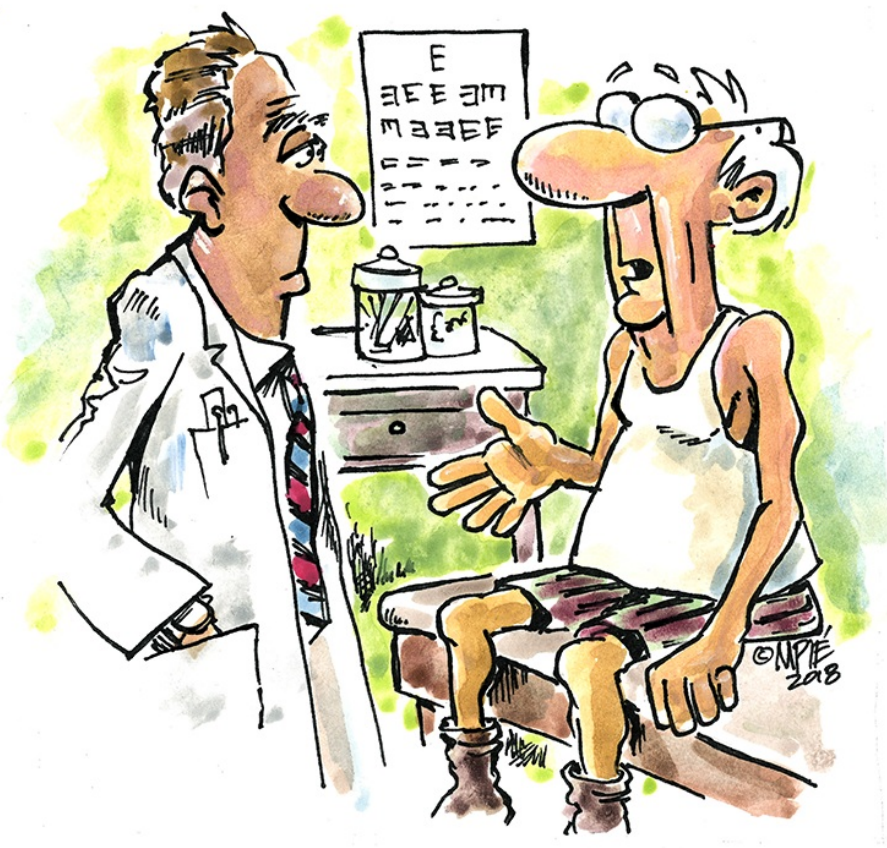
The American Heart Association suggests many practical things we can do to improve awareness and prevention, including exercising frequently, controlling blood pressure, eating a nutritious diet and not smoking.

CDC INFO

EAT SMART

And while we take your hearing care seriously,  
a little laughter goes a long way.

## Good Humor, Healthy Hearing



*“Doesn’t surprise me that I have a bad ‘ticker’. I haven’t been able to hear anything that ‘ticks’ in years.”*

VISIT OUR WEBSITE

LEARN MORE

Schedule an appointment for you or your loved ones.

(352) 674-1799



The Villages  
Health

Audiology Department

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