

The Villages Health®

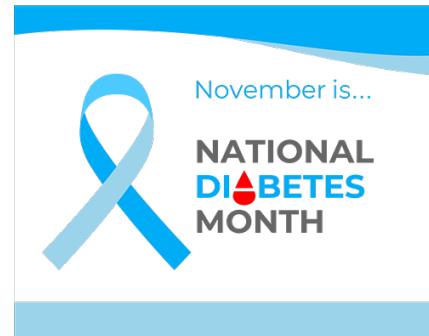
AUDIOLOGY PATIENT NEWSLETTER
November 2021

Hearing Loss with Diabetes. Twice as Likely.



With November being Diabetes Awareness month,
do you know about...

- What it is?
- Prevalence?
- Signs and symptoms?
- How it relates to hearing loss?



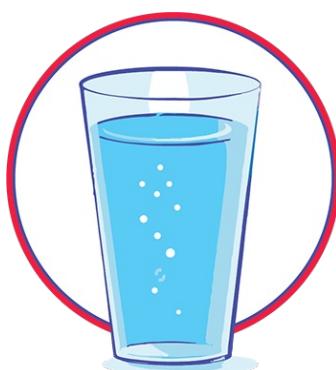
Type 2 diabetes is dysfunction in how our body regulates and uses sugar (glucose) as fuel. This chronic disease results in excess sugar circulating through the bloodstream. When the pancreas does not produce proper amounts of insulin to regulate sugar movement, cells may take in less sugar than normal. As a result, elevated sugar levels may damage circulatory, nervous and immune systems. While Type 2 diabetes has no cure, healthy nutrition and exercise, in addition to prescribed insulin therapy, can assist with managing it and reducing negative impacts.



The **Centers for Disease Control (CDC)** estimated that 34.2 million (10.5%) of all U.S adults 18 years or older have diabetes, and 7.3 million (21.4%) of those are not yet diagnosed. Prevalence increases with age, reaching 26.8% among those 65 years or older, being highest among American Indians / Alaska Natives, people of Hispanic origin and Blacks.¹

¹ <https://www.cdc.gov/diabetes/data/statistics-report/index.html>

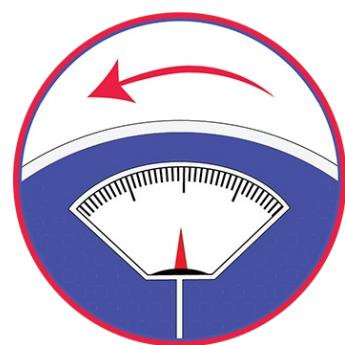
Since **Type 2 diabetes** may develop slowly, many are unaware they live with this serious condition. If and when these **signs or symptoms** persist, or if you have a family history, proper evaluation by your primary care doctor or endocrinologist is recommended.



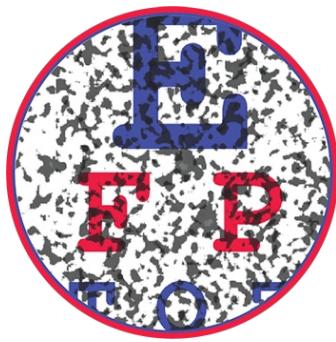
Increased thirst



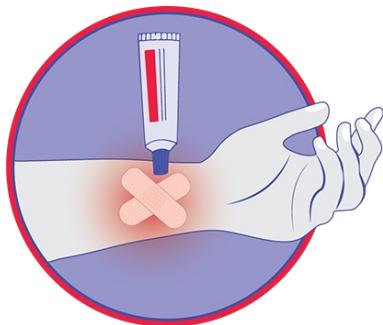
Frequent urination



Unexpected weight loss



Blurry vision or dark spots



Slow-healing sores



Numbness, pain or tingling
in feet or hands

For your easy reference, this **60-second Type 2 test** is provided by the **American Diabetes Association**, an amazing organization dedicated to raising awareness, evidence-based education and crucial community support. For your benefit, please explore their informative website's valuable resources.

While patients typically learn about this systemic disease's impact from primary care providers, endocrinologists, eye doctors or podiatrists, more should get sound advice from their **hearing care providers**. Did you know hearing loss occurs **almost twice as often** in adults who have diabetes than in those that do not?



As remarkable ADA statistics highlight:

"Diabetes and hearing loss are two of America's most widespread health concerns. More than 34 million people in the U.S have diabetes, and an estimated 34.5 million have some type of hearing loss. Those large groups of people, and it appears there is a lot of overlap between the two."

"Of the 88 million adults in the U.S who have prediabetes, the rate of hearing loss is 30% higher than in those with normal blood glucose."

For further information, please review **CDC Info**.

While many are familiar with how circulatory issues affect heart health, it is also essential to know how they can **negatively impact cochlear anatomy**, nerve signals and auditory function. Research indicates high blood sugar levels may damage the inner ear's small blood vessels and nerves, diminishing our ability to hear best.

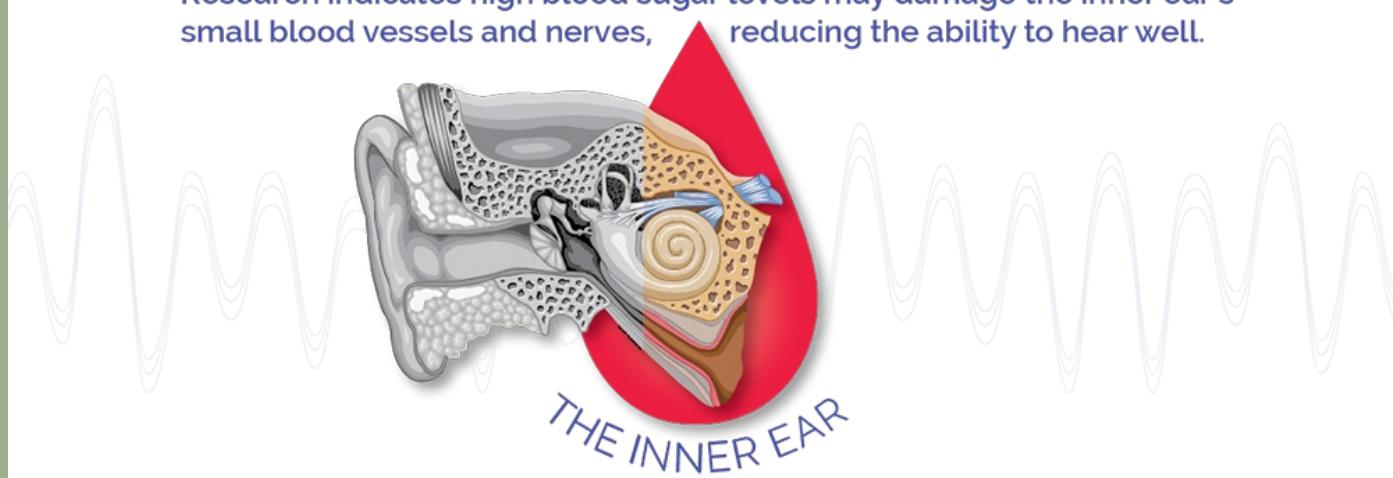


Hearing loss occurs almost **twice** as often in adults who have **diabetes** than in those who don't.



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.



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

Good Humor, Healthy Hearing



*"When it comes to Diabetes and hearing loss,
think twice!"*



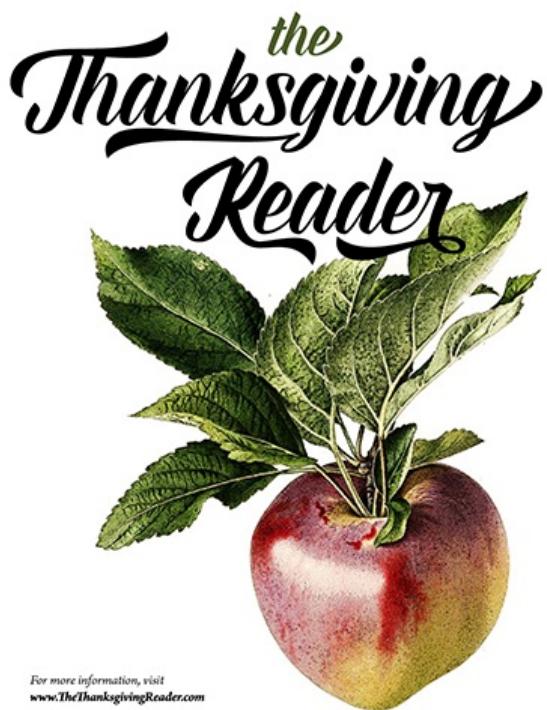
Happy Thanksgiving!

We'll be closed Thursday – Friday
November 25 – 26.



Here's some
Food for Thought

As we look forward to celebrating the upcoming **Thanksgiving Holiday** with family and friends, [this special reader](#) inspires us all to feast on an *Attitude of Gratitude*. Please take a look...



For more information, visit
www.TheThanksgivingReader.com

[View online](#)

Diabetes-Friendly Thanksgiving Recipes



[View recipes online](#)

Do you have diabetes or a **family history** that may increase your risk of diabetes-related hearing loss? With the daily challenges of having diabetes or caring for loved ones who do, effective communication is vital.

Please **proactively see us** for periodic evaluations to monitor your type and degree of hearing loss. In close coordination with your other healthcare providers, we will suggest healthy options to reduce the risk of inner ear damage, optimize hearing acuity and enhance quality of life. In the spirit of the holiday season, we **Give Thanks** for all opportunities to be of service.

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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