

The Villages Health®

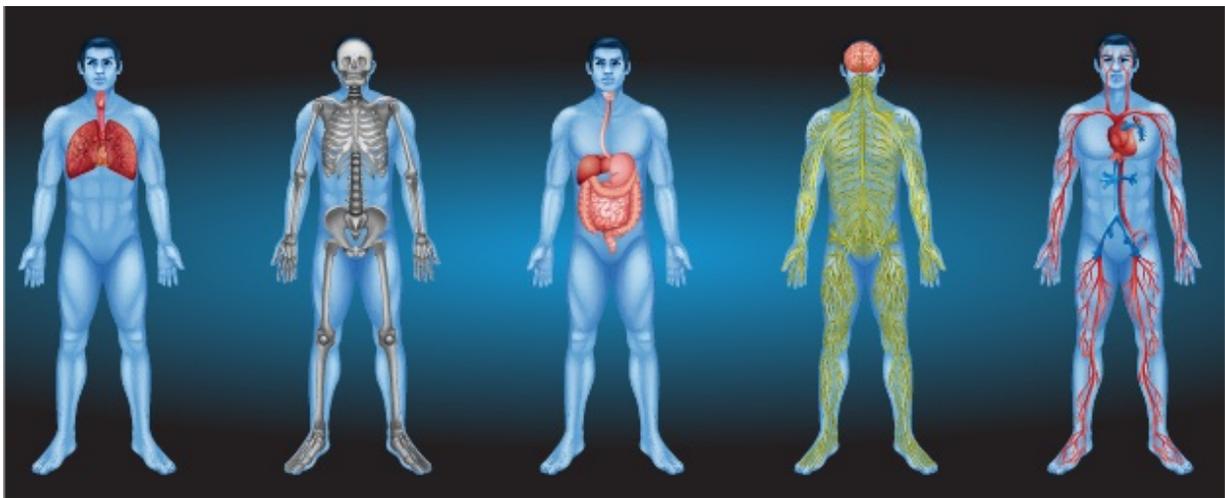
AUDIOLOGY PATIENT NEWSLETTER
February 2022



Ear to Heart, Live Smart

Let's talk systems. Our homes are powered by electrical systems, cars are driven on highway systems, and as consumers, we navigate the healthcare system. **Systems-thinking** provides a broader view of how specific events fit into overall structures, patterns and cycles. Consider the 5 W's: Who, what, where, when and why?

With all its complexity, the human body is amazing in how its **functional systems are intertwined**. The fact is, healthcare providers devote years and careers to learning how the 5 W's influence evidence-based treatment decisions. If this, literally, is their life's work, then how can our personalized plans of care benefit from more systemic learning?



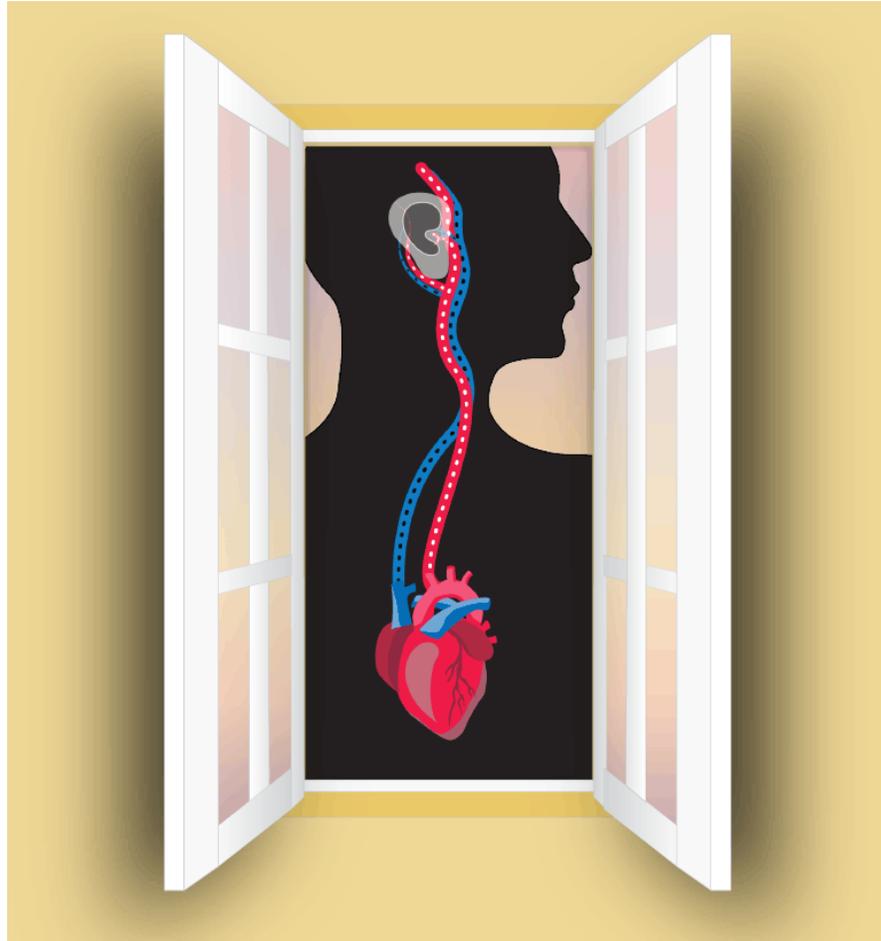
We know our respiratory, musculoskeletal and digestive systems are essential to good health. With respect to hearing function, the **nervous / sensory system** is integral to communication between and coordination of all our body systems, including brain, nerves, eyes and ears. Closely related is the cardiovascular / circulatory system responsible for blood flows, head to toe, from our heart via an extensive network of arteries and veins.

Guided by this functional knowledge, we discover how our sensory and circulatory systems are interrelated. In our circle of life, do we realize how prevalent heart disease is and its potential relationship to different types of hearing loss?

With approximately **655,000 people** dying annually of heart disease in the U.S., 1 person every 36 seconds and an estimated 18 million globally, dangerous trends are not favorable. In response, what healthy steps can we each take? The American Heart Association suggests many practical things those with this prevalent disease can do to prevent or delay it including exercising frequently, controlling blood pressure, eating a nutritious diet and not smoking. To learn more about Healthy Living and Be Well, please explore these useful resources:

**HEALTHY
LIVING**

*With healthy living and hearing goals in mind, Did You Know...
your ears can be a “**Window to your Heart?**”*



Research indicates **some types of hearing loss, such as low-frequency**, should be considered risk factors systemically associated with heart disease and strokes. Evidently, our **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.

As stated: “A significant association was found between low-frequency hearing loss and cardiovascular disease and risk factors.”¹

While studies show good blood flow circulation is vital to healthy hearing, the lack of it may damage delicate hair cells in our cochlea, which translates noises in our ear into electrical impulses that our brain can recognize as everyday sounds. Simply stated, **healthier blood flow** can help sustain better hearing, while hearing challenges can be an early warning system for cardiovascular issues.

¹ Friedland DR, Cederberg C, Tarima S. Audiometric pattern as a predictor of cardiovascular status: development of a model for assessment of risk. *Laryngoscope*. 2009;119(3):473-86.

**HEART
DISEASE
AWARENESS**



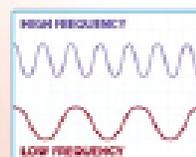
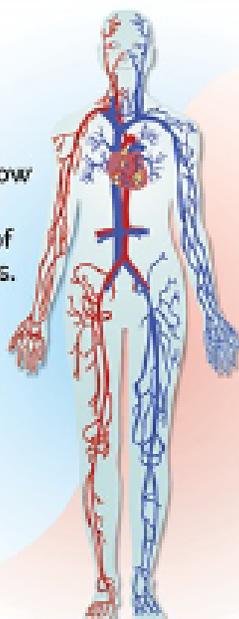
**HEARING
HEALTH
DECISIONS**

DID YOU KNOW?

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

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.^{[3][4]}

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

©2016 HEART FOUNDATION

[1] Bishop, The Ear is a Window to the Heart: A Model Argument for a Closer Integration of Medical Disciplines, *Otolaryngology: Open Access* 2012. [2] 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* 2008. [4] prowire.com/news-releases/heart-disease-and-hearing-loss-linked-so-get-your-hearing-checked-for-world-heart-day-081-advice-201402101.html

Speaking of early warning systems, here is vital information about thinking F.A.S.T. with respect to stroke symptoms.

Is there someone you think should know? Sharing is caring.

Learn the signs of a stroke. Be a hero. Save a life.

Think...

			
FACE Do their features appear uneven?	ARMS Can they raise both equally?	SPEECH Can they speak clearly?	TIME Call 911 immediately.

© 2010 HEARTHEALTHY

F.A.S.T.

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

Good Humor, Healthy Hearing



With all the daily challenges associated with having heart disease or taking care of someone who does, the ability to communicate effectively is essential. In addition, those who don't hear well may become more socially isolated in stressful ways that are not heart healthy.

Do you have heart disease or a family history which increases your risk of heart disease-related hearing loss? Please see us for periodic evaluations to accurately assess your type and degree of hearing loss. In close coordination with your other healthcare providers, we will suggest healthy options to improve your quality of life and awareness of hearing-related cardiovascular risk factors. Ear to Heart, Live Smart.

VISIT OUR WEBSITE

[LEARN MORE](#)

Schedule an appointment for you or your loved ones.
(352) 674-1799



The Villages
Health®

Audiology Department

*The information contained herein is provided for general educational purposes.
Regarding specific questions, please talk to your Doctor.*

© 2022 HIGH DEFINITION IMPRESSIONS, All rights reserved.

©2022 HEALTHSCAPES®