

# The Villages Health®

AUDIOLOGY PATIENT NEWSLETTER  
February 2023



## Be Happy to Hear & See Better.

During life's journey, we expend considerable thought about how to reduce risks. From daily driving and pharma ad disclaimers or avoiding falls to home insurance, **safety profiles** are worthy to consider.



Importantly, **staying out of harm's way** relates to not just driving, but medical issues as well.

According to the Center for Disease Control, in the U.S.:

- Heart disease is the leading cause of death for men, women, and people of most ethnic groups
- About 697,000 people died from heart disease in 2020 – that's 1 in every 5 deaths
- One person dies every 34 seconds from cardiovascular disease<sup>1</sup>

Symptoms of a heart attack may include:



- Chest pain, tightness, pressure or

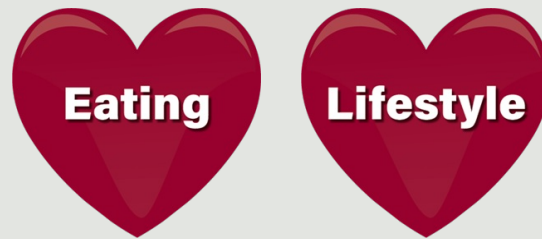
- Numbness, weakness or coldness

- discomfort (angina)
- Pain in your back, upper belly, neck or throat

- in legs or arms
- Lightheadedness or fainting

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Being mindful of these alarming statistics and symptoms, the American Heart Association provides a wealth of **healthy guidance**, including:



*Click hearts to learn more*

In the context of hereditary factors and understanding research-based ways to reduce risks, it is crucial to recognize what warning sign may preclude life-changing consequences. For example, strokes or “brain attacks” and heart attacks share common risk factors such as **blood vessel blockage**. In fact, the inner ear and cardiovascular system are each sensitive to blood flow and oxygen levels. Perhaps, beyond those age-related, this relates to common risk factors such as hypertension, diabetes and smoking.

Hearing loss, a silent thief,  
is a harmful malady from which to get relief.

For many reasons, better hearing is smart,  
including how our ears can be a window to our heart.



When our ear's blood vessels suggest hearing loss is shown,  
expert cardiovascular testing results should be known.

Instead of loneliness and despair,  
it is always wise to take care.

While life gets busy and schedules are tight,  
necessary testing helps ensure futures are bright.

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Importantly, 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."<sup>2</sup>*

*"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."<sup>3</sup>*

<sup>1</sup> <https://www.cdc.gov/heartdisease/facts.htm>

<sup>2</sup> Nash SD, Cruickshanks KJ, Klein R, Klein BE, Nieto FJ, Huang GH, Pankow JS, Tweed TS. The prevalence of hearing impairment and associated risk factors: the Beaver Dam Offspring Study. Arch Otolaryngol Head Neck Surg. 2011 May;137(5):432-9. doi: 10.1001/archoto.2011.15. Epub 2011 Feb 21. PMID: 21339392; PMCID: PMC3096733.

<sup>3</sup> Wattamwar K, Qian ZJ, Otter J, Leskowitz MJ, Caruana FF, Siedlecki B, Spitzer JB, Lalwani AK. Association of Cardiovascular Comorbidities With Hearing Loss in the Older Old. JAMA Otolaryngol Head Neck Surg. 2018 Jul 1;144(7):623-629. doi: 10.1001/jamaoto.2018.0643. PMID: 29902313; PMCID: PMC6145783.

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*While we take your hearing care seriously, a little laughter goes a long way.*

## Good Humor, Healthy Hearing



*“If you can’t hear a low pitch,  
see your Doctor.”*

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Do you have heart disease or a family history which increases your risk of heart disease-related hearing loss? If so, we suggest **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**

During the month of **Valentine’s Day**, please accept our **heartfelt invitation**

to visit us soon!

## 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.*

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