

RISK OF FALLS AWARENESS



HEARING HEALTH DECISIONS

In the **UNITED STATES**, unintentional falls are the **LEADING CAUSE OF INJURY AND INJURY DEATH** among adults aged ≥ 65 years.^[1]

DID YOU KNOW?

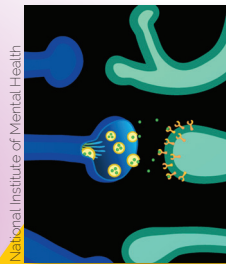
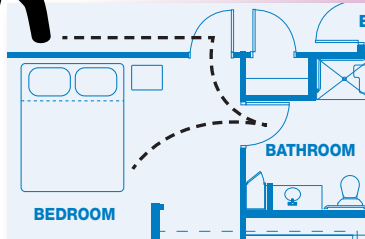
Mild degrees of hearing loss can cause up to a **threefold increased risk of falling**.^[2]

Research indicates reasons why hearing loss can increase the risk of falls. Those with hearing challenges may have:

Older adults with hearing loss are at a **2.4 times greater risk of falls** than their normal hearing peers.^[3]



Increased cognitive load as the brain struggles to interpret sounds, leading to fewer cognitive resources to help with balance and stability.^[2]



Shared pathways between hearing and balance-related brain structures.

Fewer sensory cues in daily surroundings which help with spatial orientation and hazard avoidance.



An ounce of prevention is worth a pound of cure...

As hearing loss may increase the risk of falls, with negative impact on quality of life and longevity, it is vital to get an expert consultation. With timely evaluation and trusted advice, those at risk will be better able to make well-informed decisions.



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[1] Kakara R, Bergen G, Burns E, Stevens M. *Nonfatal and Fatal Falls Among Adults Aged ≥ 65 Years — United States, 2020–2021*. MMWR Morb Mortal Wkly Rep 2023;72:938–943. DOI: <http://dx.doi.org/10.15585/mmwr.mm7235a1>. [2] <https://www.utsouthwestern.edu/newsroom/articles/year-2022/july-hearing-loss-and-falls.html> [3] *J Am Geriatr Soc*. 2023 Oct;71(10):3163–3171. doi: 10.1111/jgs.18461. Epub 2023 Jun 14.

Take Control, Get Your Life Back in Balance

Your Personalized Treatment Plan - Symptom-Driven, Expertly Diagnosed

TOP 10 BALANCE PROBLEM SYMPTOMS

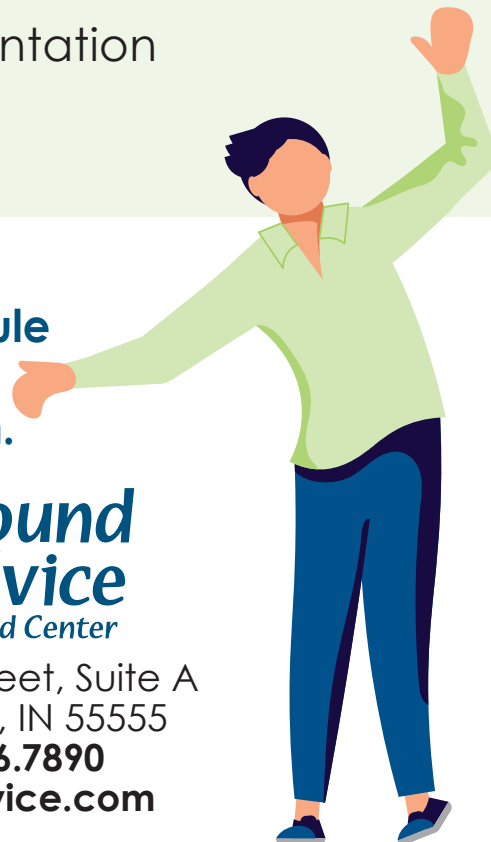
Check all that apply:

- Sense of motion or spinning (vertigo)
- Fatigue
- Memory loss or inability to concentrate
- Loss of balance (disequilibrium)
- Dizziness and nausea
- Falling or feeling as if you are going to fall
- Light-headedness, faintness or a floating sensation
- Difficulty reading
- Confusion or disorientation
- Fogginess

Call today to schedule
your one-on-one
hearing consultation.



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Our focus is you enjoying a better quality of life