



"Doesn't surprise me that I have a bad 'ticker'. I haven't been able to hear anything that 'ticks' in years."

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

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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 2013 | 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 2009 4) pinnerwells.com/news-releases/Heart-disease-and-hearing-loss-linked-to-get-your-hearing-checked-for-world-heart-day-the-advices-22452351.htm



"The Doc says my ears can be a window to my heart."