

Risk Factors for Hearing Loss



SMOKING

- Current smokers are 1.69 times more likely, or have a 70 percent higher risk, to have hearing loss than nonsmokers.



HEART HEALTH

- The inner ear is extremely sensitive to blood flow. Studies have shown that a healthy cardiovascular system – a person's heart, arteries and veins – have a positive effect on hearing. Conversely, inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss.



DIABETES

- Hearing loss is about twice as common in people with diabetes compared to those without the disease.
- Adults with pre-diabetes, whose blood glucose is higher than normal but not high enough for a diabetes diagnosis, have a 30 percent higher rate of hearing loss compared to those with normal blood sugar.



HYPERTENSION

- There is a significant association between high blood pressure and hearing loss. Hypertension is an accelerating factor of degeneration of the hearing apparatus due to aging.