

# RISK OF FALLS AWARENESS



# HEARING HEALTH DECISIONS

**67%** OF **EMERGENCY ROOM VISITS** BY ADULTS AGES 65-85+ ARE FOR FALLS.<sup>[1]</sup>  
FALLS ARE THE LEADING CAUSE OF **INJURY-RELATED DEATHS** FOR ADULTS AGES 65+.<sup>[2]</sup>

## DID YOU KNOW?

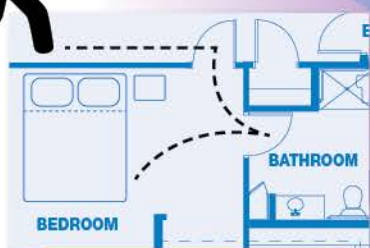
Poor hearing may increase the risk of falls and injuries which can reduce mobility, ability to perform daily activities and life expectancy.

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

Poorer postural balance, an important factor in standing and walking stability.<sup>[3]</sup>



More difficulty, mainly for older adults, in focusing reduced attention capacity on safely finding their way.<sup>[4]</sup>



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] CDC/NCHS, *National Hospital Ambulatory Medical Care Survey, 2009–2010* [2] [http://www.nsc.org/Injury Facts 2016](http://www.nsc.org/Injury_Facts_2016)  
[3] Kanegaonkar, R.G., et al. The contribution of hearing to normal balance. *The Journal of Laryngology and Otology* 2012 [4] Viljanen, Anne, et al. Hearing as a Predictor of Falls and Postural Balance in Older Female Twins, [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov) 2009



## ARE YOU AT RISK FOR HEARING LOSS-RELATED FALLS?

### ✓ Check all that apply

- I've noticed a change in my balance or how I walk.
- My family and friends complain that I am not hearing accurately.
- I take medication that makes me dizzy and/or sleepy.
- Others mention that I turn the volume on my television or radio up too loud.
- I have not had my vision checked in the last year.
- I wish others would speak more clearly or slower.
- I strain to follow conversations and listening makes me tired.
- I have hearing aids but don't wear them as often as I should.
- I ask others to repeat themselves during conversations.

### ✓ Questions I'd like to ask my Hearing Health Expert

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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