

# DIABETES RISK AWARENESS



# HEARING HEALTH DECISIONS

IN THE U.S., IT IS ESTIMATED THAT **34 MILLION** PEOPLE HAVE **DIABETES** AND **7.3 MILLION** ARE NOT YET DIAGNOSED.<sup>[1]</sup>



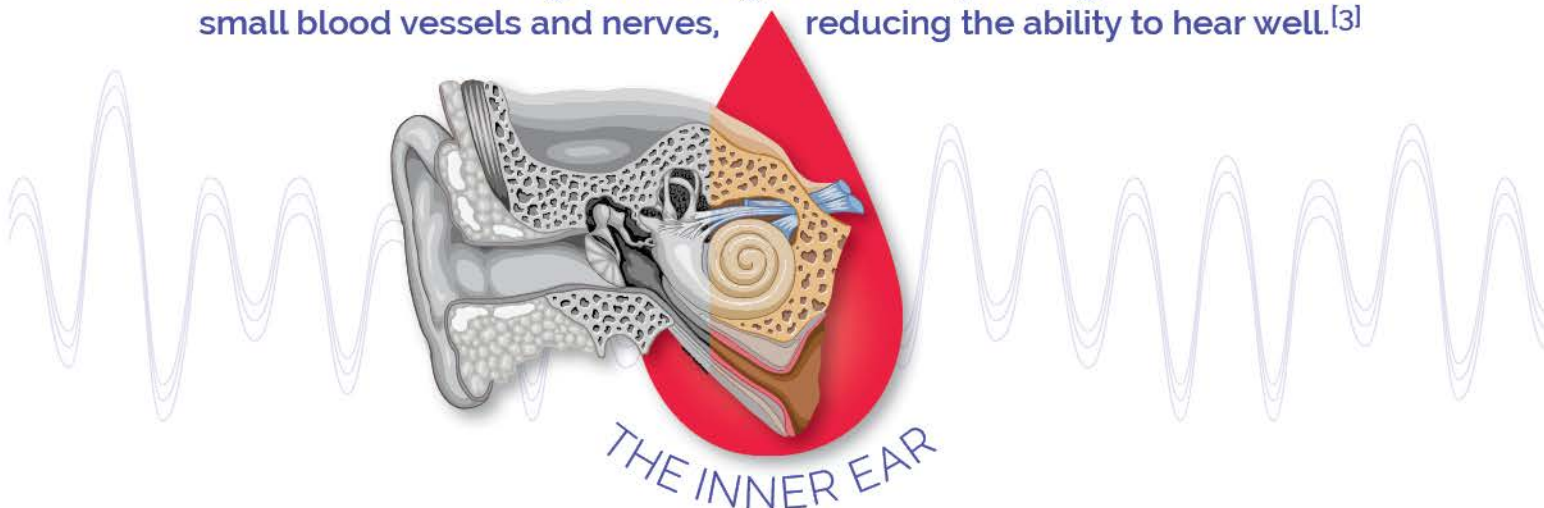
## DID YOU KNOW?

Hearing loss occurs almost **twice** as often in adults who have **diabetes** than in those who don't.<sup>[2]</sup>



## POSSIBLE CAUSES?

Research indicates high blood sugar levels may damage the inner ear's small blood vessels and nerves, reducing the ability to hear well.<sup>[3]</sup>



THE INNER EAR

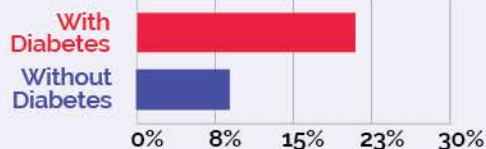
**TALK TO YOUR CARING DOCTORS:** Do you have diabetes or a family history that may increase your risk of diabetes-related hearing loss? **OUR EXPERT ADVICE CAN HELP!**

### GET ANNUAL EVALUATIONS TO DISCOVER:

- If you have hearing loss or are at risk.
- The type of hearing loss you may have.
- How your hearing health and quality of life can be improved.

To learn more, please visit: [www.diabetes.org](http://www.diabetes.org)

PERCENTAGE OF POPULATION WITH MILD OR GREATER HEARING IMPAIRMENT



Mild or greater hearing impairment of **low** or **mid** frequency sounds in the worse ear



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[1] National Diabetes Statistics Report, U.S. Department of Health and Human Services, 2020 [2] Hearing Loss is Common in People with Diabetes, U.S. Department of Health and Human Services, National Institutes of Health, NIDDK, NIDCD, 2008. [3] Cruickshanks, *et al.*: Smoking, central adiposity, and poor glycemic control increase risk of hearing impairment. *Journal of the American Geriatrics Society* 2015



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

### ✓ Check all that apply

- I have difficulty understanding speech in the presence of background noise or in a crowded restaurant.
- I avoid social situations that require me to participate in conversations.
- I avoid the movies or theater because I miss so much.
- I have greater difficulty understanding females and children.
- My family and friends complain that I am not hearing accurately.
- Others notice that I turn the volume on my television or radio too loud.
- I have difficulty conversing on the telephone.
- I ask others to repeat themselves often during conversations.

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

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



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