

7 Key Comorbidities of Hearing Loss

Many studies have linked hearing loss to serious conditions, such as Alzheimer's disease, clinical depression, heart disease and more. These linkages are often referred to as comorbidities – the simultaneous presence of two or more chronic conditions in an individual¹.

1 Social Isolation and Loneliness

4 to 6 weeks²: Time passed before study participants reported feeling less social isolation once they started using hearing aids.



2 Depression

1.63 per 25 dB of hearing loss³:

The odds of an individual with hearing loss self-reporting any type of depressive symptom.



3 Falls

1.4 per 10 dB of hearing loss⁴:

For every 10 dB of hearing loss, odds of reporting a significant fall increase 1.4 fold in individuals age 40-69.



4 Cardiovascular Disease **85%** of diagnosed strokes...⁵

are associated with people who had flat or low-frequency sloping losses on an audiogram, reflecting either a vascular pathology in the cerebrovascular system or a generalized vascular compromise affecting both hearing and cardiovascular structures.



5 Diabetes

1.4 the hazard ratio...⁶

for developing hearing loss among those with diabetes and 1.04 for those with pre-diabetes.



6 Cognitive Impairment and Dementia **1.2 per 10 dB of hearing loss⁷:**

The risk ratio increase for all-cause dementia among those with hearing loss.



7 Mortality **67 years or older...⁸** is the age of participants in a landmark study that found an increased prevalence of mortality among those with hearing loss.

Ultimately, hearing loss can provide an important indicator for additional chronic conditions and it's imperative that individuals seek treatment from professionals earlier than later to avoid becoming part of a statistic. For more information, talk with your hearing healthcare professional.

1. Harvey Abrams, Ph.D., "Webinar: Hearing Loss and Associated Comorbidities: What Do We Know?" The Hearing Review, May 2017
 2. Barbara E. Weinstein, Lynn W. Sirow, Sarah Moser, "Relating Hearing Aid Use to Social and Emotional Loneliness in Older Adults" American Journal of Audiology, March 2016
 3. David J. Mener, M.D. M.P.H., Joshua Betz, M.S., Dane J. Genther, M.D., David Chen, B.S., and Frank R. Lin, M.D. Ph.D., "Hearing Loss and Depression in Older Adults," Journal of the American Geriatrics Society, Sept. 2013
 4. Frank R. Lin, M.D., Ph.D. and Luigi Ferrucci, M.D., Ph.D., "Hearing Loss and Falls Among Older Adults in the United States" Archives of Internal Medicine, Feb. 2012
 5. Friedland DR1, Cederberg C, Tarima S. "Audiometric pattern as a predictor of cardiovascular status: development of a model for assessment of risk" The Laryngoscope, Feb. 2009
 6. Min-Beom Kim, Yiyi Zhang, Yoosoo Chang, et al., "Diabetes mellitus and the incidence of hearing loss: a cohort study," International Journal of Epidemiology, Nov. 2016
 7. Frank R. Lin, MD, PhD; E. Jeffrey Metter, MD; Richard J. O'Brien, MD, PhD; et al., "Hearing Loss and Incident Dementia" Journal of American Medical Association Neurology, Dec. 2011
 8. Fisher D, Li CM, Chiu MS, et al., "Impairments in hearing and vision impact on mortality in older people: the AGES-Reykjavik Study," Age and Ageing, Jan. 2014