

The link between chronic disease and hearing loss: Are you at risk?

Hearing loss isn't a harmless condition to be ignored. In fact, hearing loss often coexists with other serious health problems. And a growing body of research indicates that there may be a link. Studies show that people with heart disease, diabetes, chronic kidney disease, Alzheimer's disease, and depression may all have an increased risk of hearing loss, according to Mandurah based Hearing Rehabilitation Specialist, Graham Weir of Hearing Biz.

When left untreated, hearing loss alone can lead to a wide range of physical and emotional conditions. Impaired memory and the impaired ability to learn new tasks, reduced alertness, increased risk to personal safety, irritability, negativism, anger, fatigue, tension and stress are among its more common side effects. But when untreated hearing loss coexists with a chronic illness, the likelihood is all the greater that the individual will experience exacerbated levels of stress and diminished quality of life.

Here's the good news: Research also indicates that professionally fitted hearing aids can help improve quality of life for people with chronic diseases when hearing loss does coexist.

"In the vast majority of cases, hearing loss can be addressed with hearing aids to help people hear better and improve their quality of life," says Dr. Sergei Kochkin, executive director of the Better Hearing Institute (BHI). "I strongly urge anyone with heart disease, diabetes, chronic kidney disease, Alzheimer's, and/or depression to talk with their doctor and make hearing screenings a routine part of their medical care."

Mr Weir encourages people to book a free, confidential hearing check at their Warnbro clinic at Palm Springs Medical Centre, 3 Halliburton Ave or at their Mandurah showrooms at unit 1/279 Pinjarra Rd Mandurah Ph. 9586 1925 or visit their website www.hearingbiz.com.au