

# DIABETES RISK AWARENESS



# HEARING HEALTH DECISIONS

IN THE U.S., IT IS ESTIMATED THAT **29 MILLION** PEOPLE HAVE **DIABETES**  
AND **8.1 MILLION** ARE NOT YET DIAGNOSED.<sup>[1]</sup>



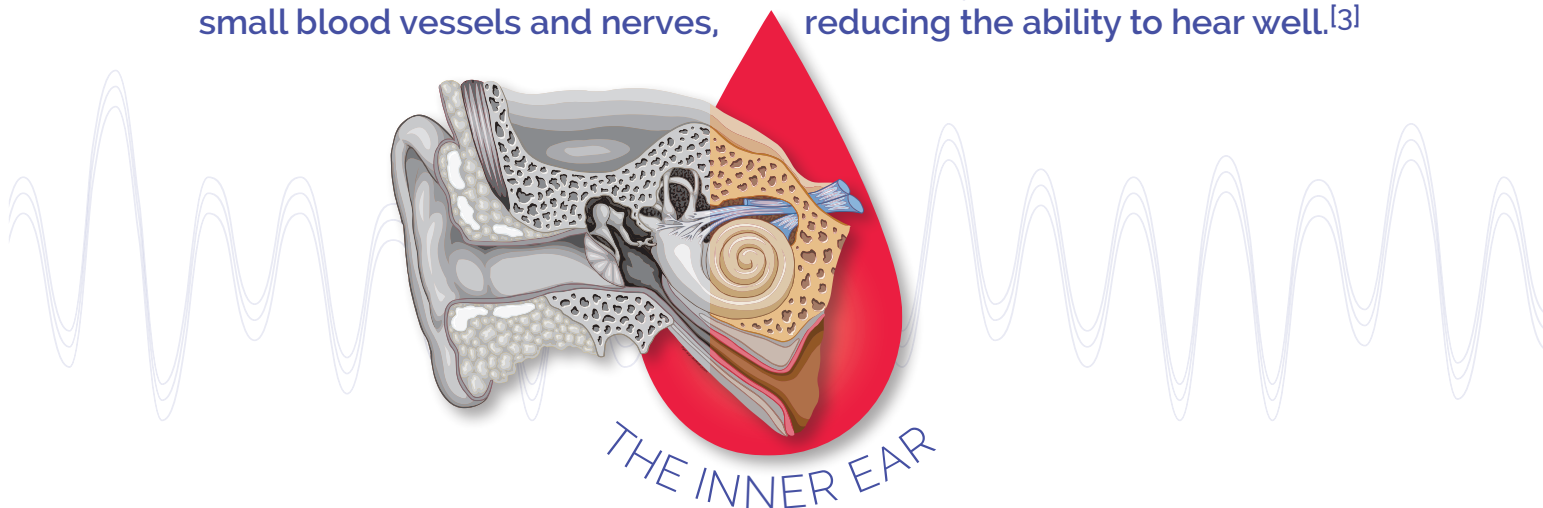
## DID YOU KNOW?

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>



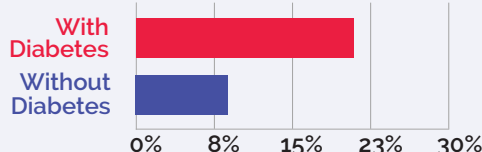
**TALK TO YOUR HEARING CARE PROFESSIONAL:** Do you have diabetes or a family history  
that may increase risk of diabetes-related hearing loss? **OUR EXPERT ADVICE CAN HELP!**

### 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



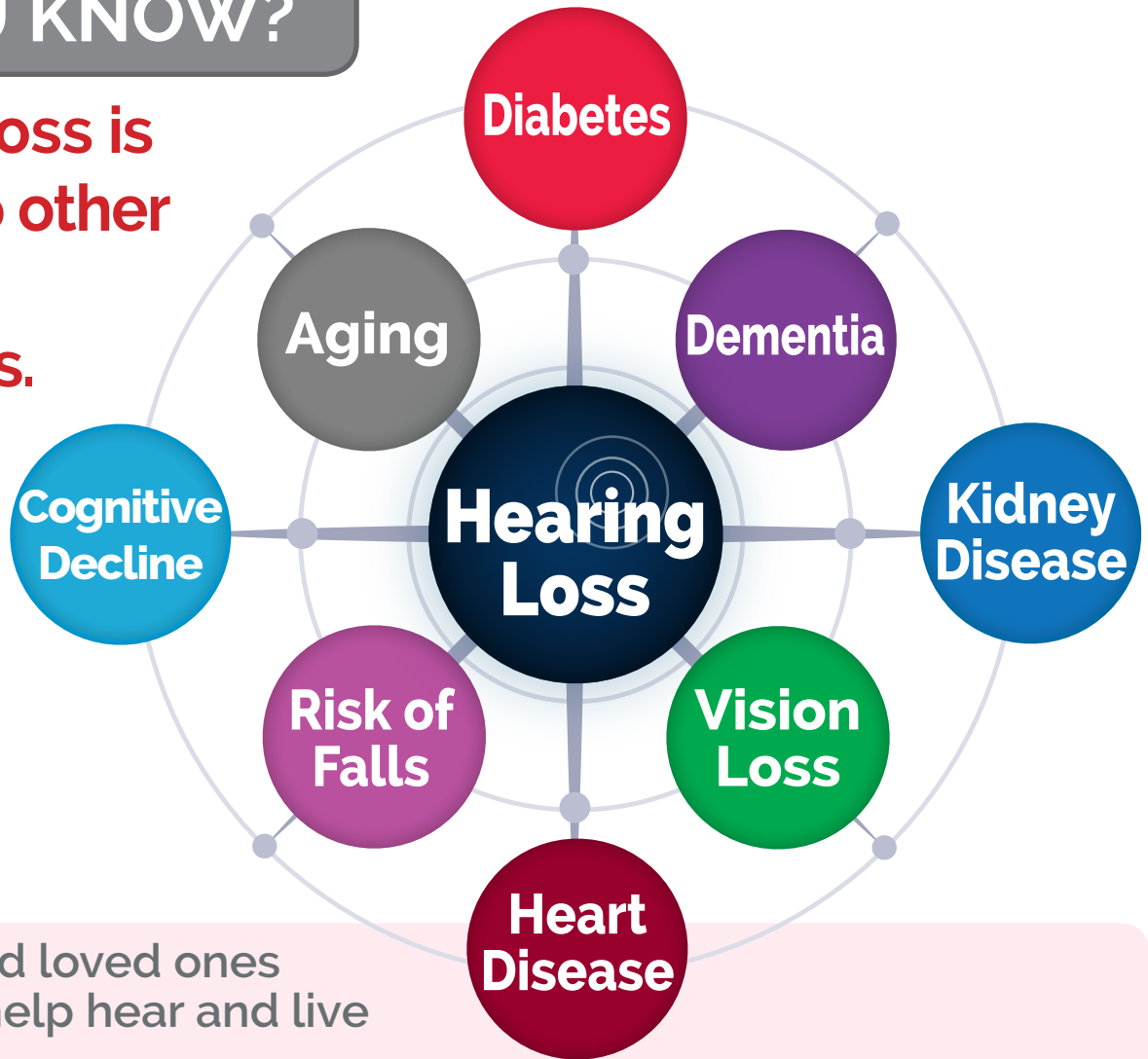
412.469.9754  
[hearingunlimited.net](http://hearingunlimited.net)

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[1] National Diabetes Statistic Report, American Diabetes Association. 2014 [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

## DID YOU KNOW?

Hearing loss is related to other medical conditions.



Friends and loved ones I'd like to help hear and live better are:

Name \_\_\_\_\_

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Phone \_\_\_\_\_



### SOUTH HILLS

South Hills Medical Building • 575 Coal Valley Road, Suite #202 • Clairton, PA 15025

412.469.9754 • [hearingunlimited.net](http://hearingunlimited.net)

### ALSO

**Penn Hills**

Premier Medical Building

**Monroeville**

Forbes Regional Hospital

**Harmarville**

Alexander One Building

**North Huntingdon**

Rte 30 (Across from Denny's)

**House Calls**

At Your Convenience