



by David Glaser, Au.D., CCC-A, FAAA
Doctor of Audiology

POOR HEARING RAISES THE RISK OF FALLING

The Centers for Disease Control and Prevention (CDC) reports that one in every three people over the age of 65 falls each year, and that one out of five falls results in serious injury (broken bones, head injury, etc.). Because falls often severely compromise seniors' independence and health, they should do everything they can to minimize their risk of falling. One step in this direction involves getting a hearing test and addressing any hearing impairment. According to one study involving 2,017 people between the ages of 40 and 69, even a mild degree of hearing loss was found to triple the risk of falling, with the risk increasing by 140 percent for every additional 10 decibels of hearing loss.

TIP OF THE WEEK

Even if you are not at risk for falling but experience difficulty with your communication abilities, have your hearing abilities evaluated to determine if you are a candidate for hearing devices.

P.S. We may take walking for granted, but this motion requires a high degree of spatial awareness, some of which is provided by hearing cues.

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