

Hearing Health Matters!



Ontario Association of Professional Audiology Clinics
Your Hearing Deserves An Audiologist

What you should know about hearing loss and Diabetes

The Canadian Diabetes Association estimates that there are currently 2.7 million Canadians with diabetes and this number is expected to rise to 4.2 million by 2020. These numbers do not include the estimated one million Canadians who are unaware that they have the condition.

Diabetics may have a higher risk of developing hearing problems than non-diabetics. Sustained high blood glucose levels from uncontrolled diabetes can eventually damage the small blood vessels of the body leading to eye, kidney, and nerve diseases. The end organ of hearing, the cochlea, is affected in the same manner. Pathophysiologic studies suggest that persons with diabetes are predisposed to hearing loss in the higher frequencies. Proposed mechanisms underlying the association between diabetes and hearing loss include the combined contributions of hyperglycemia and oxidative stress to cochlear microangiopathy and auditory neuropathy.

A 2017 study evaluated the association between diabetes mellitus (DM) and the development of incident hearing loss. The authors concluded that in this large cohort study of 253,301 young and middle-aged men and women, DM was associated with the development of bilateral hearing loss and that DM patients have a moderately increased risk of future hearing loss.¹

Based on a 2016 review of the literature, researchers concluded that there was **compelling evidence that diabetes can damage the auditory system**, and that clinicians should include hearing testing in managing Type II diabetes. The author concluded Type II diabetes has been modestly associated with a higher likelihood of hearing loss in many, but not all, population-based studies, with stronger associations found in studies that included younger age groups.²

Since hearing losses can happen slowly and are often missed, it is recommended that those with Diabetes get a regular hearing assessment from an Audiologist.

References

¹ International Journal of Epidemiology, (Volume 46, Issue 2, 1 April 2017, Pages 717–726)

² Type 2 Diabetes and Hearing Impairment" in the journal, Current Diabetes Reports, January 2016, 16:3.

Greater emphasis is being placed on hearing health.



November is Diabetes Month. Be aware: Diabetes can damage the auditory system.

The Ontario Association of Professional Audiology Clinics (OAPAC) represents independent audiology practices in Ontario.

Like Physicians, Audiologists of OAPAC

- ✓ Own and manage their practice
- ✓ No quotas, no franchises, no conflict of interest
- ✓ Assess and make appropriate recommendations
- ✓ Share the licensed Act to prescribe hearing aids
- ✓ Offer full scope of practice to all ages
- ✓ Are regulated...No misleading advertising, no testimonials

**To find an OAPAC Clinic near you, call
1-844-41-2-HEAR (4327)**



Audiologists spend 7 to 9 years in University. The minimum requirement to practice in Ontario is a Masters Degree in Audiology or equivalent.

With so many places to refer your patients, it becomes difficult to choose what is best for your patient.

"As independent practices, we are not limited. When your patient has a permanent and irreversible hearing loss, we can prescribe from 10 different hearing aid manufacturers."

Sudden hearing loss? Call us immediately!

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