

Hearing Loss Tied to Heart Disease

Studies have shown that a healthy cardiovascular system — a person’s heart, arteries and veins — has a positive effect on hearing. Conversely, inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss. According to David R. Friedland, MD, PhD, Professor, and Vice-Chair at the Medical College of Wisconsin in Milwaukee, “The inner ear is so sensitive to blood flow that it is possible that abnormalities in the cardiovascular system could be noted here earlier than in other, less sensitive parts of the body.”

Friedland and fellow researchers found that audiogram patterns correlate strongly with cerebrovascular and peripheral arterial disease and may represent a screening test for those at risk. They concluded that patients with low-frequency hearing loss should be regarded as at risk for cardiovascular events and appropriate referrals should be considered.

Experts like Charles E. Bishop, AuD, Assistant Professor, University of Mississippi Medical Center, find the evidence showing a link between cardiovascular and hearing health so compelling that they say the ear may be a window to the heart. “There is simply too much evidence that hearing loss is related to cardiovascular disease and other health conditions,” said Bishop.

Because the jury is still out on exactly why there is a connection and which comes first, it behooves those age 50 and older to get their hearing tested as a routine part of their medical care. In addition to cardiovascular health, research has associated hearing loss with numerous other physical, mental and emotional health conditions. As a result, those who address their hearing loss often experience better quality of life.

To make sure your hearing is cared for, click the button below to fill out our online contact form or call us at [PHONE NUMBER] today.