


Watch your Step! Falls Increase with Hearing Loss

Falls are a leading cause of injury in older adults. For this reason, falls are a huge health problem that results in millions of health care dollars spent per year. Falling is linked to many other negative health consequences such as head trauma and chronic pain from poorly healed fractures. Falls are even linked to an increased risk of death long after the fall.

So what does this have to with hearing?

Research conducted by Frank Lin MD, PhD of Johns Hopkins University and Luigi Ferrucci MD PhD, of the National Institute on Aging at Johns Hopkins University School of Medicine found that people with just a 25-decibel hearing loss (mild) were nearly three times more likely to have a history of falling. It was also found that for every additional 10-decibel loss of hearing, the likelihood of falling increased 1.4 fold.

People who cannot hear well may not hear their surroundings, startle easier, and consequently may trip or fall. Hearing helps us maintain our balance. A hearing loss can contribute to balance problems and impair localization ability. Muscle weakness, foot problems, slower reflexes, can all cause balance problems. Cognitive overload can also occur. The brain can become overwhelmed trying so hard to keep aware of surroundings when sensory functions are impaired - vision loss, hearing loss, balance problems, etc.

Know your hearing. Wear your hearing aids (if you have them). If you have not had a comprehensive hearing assessment, schedule a test today. Falls are preventable - take action! 

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Registered Audiologist & Hearing Instrument Practitioner



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Hearing loss could choose you as the 1-in-5



... but you can choose to overcome it today.

Talk to your Audiologist

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Reg. Audiologist and H.I.P. • Sole Owner and Director

- Masters degree in Audiology.
- 19+ years nationally certified.
- 18+ years fitting hearing aids.
- Authorized to test and treat all ages.
- Part of WorkSafeBC, Veterans Affairs, RCMP, and other provider networks.

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