



Lifestyle Hearing

In the office of Dr. Arthur Rosner

Did you know......there's a link between osteoporosis and sudden hearing loss? The small bones in your ear are especially susceptible to damage caused by the bone-weakening disease.

**If you or a loved one suffers from osteoporosis,
schedule a hearing evaluation today.**

(248) 266-8679

No Bones About It: Osteoporosis May Cause Hearing Loss

If you suffer from osteoporosis, it's a good idea to make hearing exams a routine part of your medical regimen. A growing body of research has found a link between the bone density disease and sudden hearing loss. Understanding how the two seemingly different conditions are related can help in prevention.

Osteoporosis, a disease that weakens bones to the point where they become fragile and break easily, is a widespread condition that affects an estimated 54 million Americans. It can strike people of all ages, but is most common in older individuals, particularly women. Studies show that approximately 50 percent of women aged 50 and older, and 25 percent of men in that age bracket, will break a bone as a result of osteoporosis.

The low bone mass associated with osteoporosis increases the risk of developing significant bone loss and fractures. Bones in the hips, spine and wrist are the ones most likely to break. In addition to the pain associated with a broken bone, osteoporosis can cause a reduction in height, causing some patients to adopt a stooped or hunched posture. It may also contribute to limited mobility, reduced social interaction, isolation, and depression. Broken hips are most serious, especially in the elderly; statistics show that one out of five

seniors who break a hip die of complications within one year. Most fractures are the result of falls, but in serious cases even something relatively insignificant – a minor bump, or even a sneeze – can lead to a broken bone.

Fractured bones aren't the only risk associated with osteoporosis. To understand how it can contribute to hearing loss, it's helpful to have a knowledge of the mechanics responsible for hearing. Sound waves enter your outer ear canal and strike the eardrum, a thin membrane connected to three bones in the middle ear known as the ossicles; these consist of the malleus, incus and stapes, the smallest bone in the human body. Because of their tiny size, these bones are particularly susceptible to damage caused by osteoporosis.

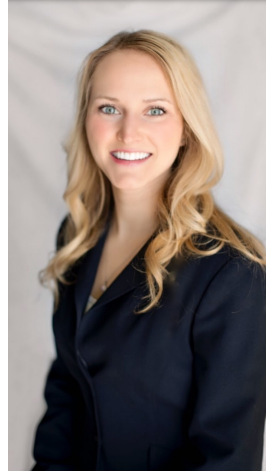
When hearing loss does occur, it is often sudden; a study of 10,000 patients with osteoporosis found that they are 76 percent more likely to develop sudden sensorineural hearing loss than persons without the bone disease¹. Osteoporosis patients are also more likely to report a ringing in their ears known as tinnitus.

If you're suffering from osteoporosis, schedule an appointment with one of our audiologists as soon as possible. Even if you're already experiencing hearing loss, it can be effectively managed with hearing devices.

¹ *Osteoporosis and sudden hearing loss: Is there a connection?* (2017). AccuQuest Hearing Centers. Retrieved 25 October 2018, from <https://accuquest.com/osteoporosis-sudden-hearing-loss-connection/>

**Call to schedule a comprehensive hearing evaluation today
with one of our licensed audiologists.
(248) 266-8679**

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